

200 Meter Dash (All-Time Best with Legal Wind: 23.41 Jedah Caldwell Chanhassen 2016)

23.41	Jedah Caldwell	Chanhassen	2016	24.84	Odell Frye	Waseca	2019
23.70	Jordyn Borsch	Maple Grove	2023	24.84	Cipriani Jones	Moorhead	2025
23.80	Maddie Dahlien	Edina	2022	24.86	Jasmine Dittrich	Rochester John Marshall	2009
23.81	T'nia Riley	Minneapolis North	2018	24.87	Vanessa Oguamanam	Farmington	2025
23.93	Vanessa Clarida	Bloomington Kennedy	2001	24.88	Jada Lewis	Minneapolis Edison	2017
24.01	Laubenra Ben	Park Center	2022	24.88	Kendra Mehrkens	Thief River Falls	2024
24.13	Anna Keefer	St. Michael-Albertville	2017	24.90	Xiaobao Liang	Mahtomedi	2025
24.16	Emma Kvant	St. Michael-Albertville	2025	24.91	Jaylene Gerenz	Rosemount	1987
24.20	Sasha Davis	Park Center	2010	24.91	Kyndal Hargrow	Blake	2003
24.21	Gabriella Keefer	St. Michael-Albertville	2025	24.92	Leighton Lerum	Providence Academy	2009
(10)				(70)			
24.23	Honour Finley	Bloomington Kennedy	2016	24.92	Jebbeh Cooke	North Saint Paul	2017
24.26	Wensia Johnson	Alexandria	2012	24.93	Sophia Thorsen	North Branch Area	2025
24.27	Ruby Marble	Mankato West	2025	24.94	Kiah Blalark	Lakeville North	2025
24.29	Heather VanNorman	Windom	1986	24.95	Denitria Nichols	Owatonna	2007
24.36	Shalicia Jones	North Saint Paul	2019	24.95	Hattie Anderson	Mpls Washburn	2025
24.41	Zeal Kuku	Minnetonka	2024	24.96	Kristi Buerkle	Forset Lake	2007
24.42	Brieasha (Hunter) Hobbs	Cretin-Derham Hall	2014	24.96	Sophie Charlton	Rochester Mayo	2009
24.44	Anika Larson	Cambridge-Isanti	2023	24.96	Elika Vahhaji	Mpls Southwest	2025
24.44	Lulu McGarry	Breck	2025	24.97	Anuli Okonkwo	Osseo	2011
24.46	Jia Lewis	Minneapolis Edison	2017	24.98	Erica Rhodes	Mpls Edison	2004
(20)				(80)			
24.46	McKaylen Lewis	Math & Science Acad	2024	24.98	Shaina Zinter	Concordia Academy	2022
24.47	Taylor Anderson	Hopkins	2012	24.99	Jordan Grell	Waconia	2022
24.50	Sade Pollard	St. Paul Harding	2005	25.00	Abby Berens	Shakopee	2009
24.51	Analisa Huschle	Bagley	2009	25.00	Kinga Mozes	Rochester Century	2018
24.51	Emelia Skistad	Monticello	2023	25.00	Florence Leon	Rogers	2025
24.52	Brooke Hohenecker	Providence Academy	2024	25.00	Violet Udovich	Ely	2025
24.54	Jessica Mittelstadt	Mankato West	1999	25.01	Sydney Ruckett	Mpls Washburn	2025
24.55	Megan Linder	Cretin-Derham Hall	2014	25.02	Taylor Browning	Apple Valley	2010
24.58	Ellie Magnus	Hastings	2025	25.02	Trinity Giddings	Two Harbors	2025
24.60	Kendra Kelley	Cloquet	2018	25.03	Quina Davis	Mpls Henry	1990
(30)				(90)			
24.60	Ava Phrakonkham	Bagley/Fosston	2024	25.03	Chloe Bermel	Pequot Lakes	2016
24.62	Rosey Erickson	Alexandria	2009	25.03	Hannah Claussen	Blaine	2024
24.65	Jennifer Bell	Bloomington Lincoln	1982	25.03	Isabelle Reinders	Prior Lake	2025
24.66	Liesa Brateng	Roseau	1987	24.8 *	Tara Kazemba	Winona	1977 (24.9y)
24.66	Liza Conteh	Moorhead	1998	24.8 *	Julie Kosowski	South St. Paul	1979
24.68	Kylie Peterson	Apple Valley	2008	24.8 *	Shelly Johnson	Blue Earth	1985
24.68	Molly Reighard	Waconia	2015	25.05	Akuoma Omeoga	Irondale	2009
24.68	Liberty Quast	Stillwater Area	2025	25.05	Lauren Hansen	Orono	2018
24.71	Kadeshia Fortune	Mpls. Washburn	2005	25.05	Hailey Hollar	River Valley	2024
24.71	Alexis Pratt	Stillwater	2021	25.06	Joy Krekelberg	Pelican Rapids	1995
(40)				(100)			
24.72	Amber James	Woodbury	2000	25.07	Avery Nelson	Stewartville	2025
24.72	Shanda Larsen	Holdingford	2002	25.08	Jummy Alowonle	Park Cottage Grove	2001
24.5 *	Jane Oas	Mound-Westonka	1972 (24.6y)	25.08	Ashley Magelssen	Concordia Academy	2010
24.5 *	Kim Watts	St. Paul Central	1978 (24.6y)	25.09	Majik Reed	DeLaSalle	2000
24.74	Antioinette Goodman	Burnsville	2009	25.09	Taylor Raines	Woodbury	2015
24.77	Chichi Omeoga	Irondale	2004	25.09	Alexandra Doty	East Ridge	2017
24.77	Claire Oberle	Holy Family	2013	25.09	Reginae Tandoh	Centennial	2025
24.77	Nyeaee Robins	Farmington	2019	25.10	Adriana Brenengen	Winona	2023
24.79	Deborah Cordner	St. Louis Park	1998	25.11	Natasha Holt	Henry Sibley	1998
24.79	Kelsey Conrad	Robbinsdale Cooper	2006	25.11	Mackenzie Jacobson	Rosemount	2021
(50)				(110)			
24.79	Brynn Bakken	Hills-Bever Creek	2025	25.11	Chantle Reiland	GMLOKS	2024
24.80	Phillis Webb	Osseo	2013	25.12	Nicole Ryan	Apple Valley	1995
24.80	Maddie Gourley	Eagan	2016	25.12	Bri Fernholz	Willmar	2008
24.80	Brianna Shroyer	Buffalo	2023	25.12	Emily VanHeel	Little Falls	2009
24.81	Paige Kuplic	Prior Lake	2009	25.12	Lauren Samuel	Champlin Park	2017
24.81	Ashley Tingelstad	East Grand Forks	2009	25.12	Janiya Moore	Richfield	2024
24.81	Ashley Fisher	Holy Angels	2023	25.13	Jada Narveson	Lakeville South	2007
24.81	Kaela Skistad	Monticello	2025	25.13	Megan Geyen	Watertown-Mayer	2009
24.83	Kou Lougon	Park Center	2001	25.13	Makayla Shipman	Champlin Park	2024
24.83	Kim Troung	Apple Valley	2004	24.9*	Christy Vitze	Rochester Mayo	1976 (25.0y)
(60)				(120)			

25.14	Kristin Mulrooney	Visitation	1987	25.30	Rose Jackson	Willmar	2012
24.9 *	Nikki Martineau	Park Cottage Grove	1993	25.30	Karlona Gregory	Minneapolis Washburn	2014
25.14	Abbey Fischer	Stillwater	2001	25.30	Lily Anderson	Waterville-Elysian-Morr	2016
24.9 *	Anne Hillier	Blake	2002	25.30	Aaliyah Heine	St. Michael-Albertville	2021
24.9 *	Arteshia Knight	Minneapolis Washburn	2010	25.30	Emily Anderson	Centennial	2022
25.14	Tenley Senden	Wayzata	2025	25.31	Dana Watts	St. Paul Central	1979
25.14	Erin Spence	Holy Angels	2025	25.31	Angela Lindsay	Richfield	1993
25.15	Anna Muellner	Woodbury	2018	25.31	Holly Gondeck	Foley	1996
25.15	Cassia Cady	Rockford	2022	25.31	Emily Bartusek	Albert Lea	2001
25.15	Olivia Sauer	Foley	2024	25.31	Natasha Moore	St. Paul Johnson	2012
(130)				(190)			
25.16	Dami Manuel-Moore	Hopkins	2014	25.31	Ava Maly	Mpls Roosevelt	2023
25.16	Miatta Flemister-Smith	Champlin Park	2015	25.32	Katisha Bishop	Woodbury	2009
25.16	Jackie Cole	Medford	2023	25.32	Bridgette Sweeney	Hopkins	2011 & 09
25.16	Taylor Kurtz	Rochester Mayo	2024	25.32	Lindsey Heinecke	Detroit Lakes	2014
25.16	Gwen Wojciechowski	Thief River Falls	2025	25.32	Ellen Maea Wall	Bemidji	2015
25.17	Jane Timm	St. Peter	1984	25.33	Sheena Porter	DeLaSalle	2006
25.17	Megan Sartor	Faribault	2001	25.33	I'Tianna Salaam	DeLaSalle	2021
25.17	Kalesha Taylor	Rochester Mayo	2010	25.33	Addison Beier	Foley	2025
25.17	Brianna Finnegan	Spring Lake Park	2025	25.1 *	Mary Jandro	Owatonna	1973 (25.2y)
25.18	Linnea Johnson	Robbinsdale Armstrong	2006	25.1 *	Erin Donnalley	Red Wing	1976 (25.2y)
(140)				(200)			
25.19	Alex McCannel	Delano	2002	25.1 *	Joni Meilahn	Owatonna	1976 (25.2y)
25.19	Leah Hansen	Mounds View	2008	25.1 *	Teri Snoddy	Mpls North	1977 (25.2y)
25.19	Sienna Schmitz	Sartell	2025	25.1 *	Julie Raub	Alexander Ramsey	1981
25.20	Sue Faus	Rocori	1987	25.34	Becky Schwartz	Red Wing	1989
25.20	Sue Chopskie	Park Cottage Grove	1988	25.1 *	Karla Stromme	Bryon	1989
25.20	Kayla Stowell	LeSueur-Henderson	2014	25.1 *	Jenni Porter	Champlin Park	1993
25.20	Katelyn Tschida	St. Michael-Albertville	2017	25.34	Stormy Nesbit	Roseville Area	2008 & 09
25.20	Kyra Dalluge	Rogers	2019	25.34	Jailyn Robinson	Eagan	2018
25.20	Kate Van Erp	Rocori	2025	25.34	Katie Lambrecht	Byron	2021
25.21	Kate Kowhegba	Blaine	2025	25.34	Anika Reiland	GMLOKS	2023
(150)				(210)			
25.22	Jaylon White	Blake	2001	25.34	Addison Hoof	Lester Prairie	2025
25.22	Dominique Thompson	Robbinsdale Armstrong	2009	25.34	Logan Webster	Mpls Southwest	2025
25.22	Sasha Steinbach	Monticello	2024	25.35	Kathy Novak	Hopkins Lindbergh	1978 (25.48y)
25.23	Karen Ryan	Chaska	1987	25.35	Anna Ratzloff	Little Falls	1991
25.23	Lashauna Porter-Wrzos	Benilde-St. Margaret's	2015	25.35	Dani Detloff	Elk River	2010
25.23	Robbie Grace	Blake	2018	25.35	Rachel Schow	Rosemount	2012
25.0 *	Laura Lepsche	Hill-Murray	1976 (25.1y)	25.36	Nancy Golie	Irondale	1984
25.0 *	Sara Jones	Martin Cty West	1991	25.36	Heather Dorniden	Rosemount	2005
25.24	Camille Kyte	New Richland-H-E-G	2002	25.36	Kaija Crowe	Milaca	2013
25.25	Mel McClaskie	North Branch	1997	25.36	Eva Welsch	Lakeville South	2025
(160)				(220)			
25.25	Nicole Drangstveit	Andover	2006	25.37	Janet Cullen	Coon Rapids	1986
25.25	Mariah Schroeder	Caledonia/Spring Grove	2016	25.37	Janene Grutzmacher	Shakopee	1988
25.26	Jean Schuller	Prior Lake	1979	25.37	Cece Lewis	Fridley	2018
25.26	Sarah Mishmash	Elk River	1996	25.38	Julie Hay	Duluth East	1982
25.26	Megan Charles	Apple Valley	2007	25.38	Niamya Holloway	Eden Prairie	2021
25.26	Danielle Jones	Mpls Washburn	2009	25.39	Tamara Webb	Roseville	1988
25.27	Maureen Leonard	Minnetonka	1988	25.39	Shyla McKibbon	Hibbing	1996
25.27	Sandy Jorgensen	Woodbury	2003	25.39	Carley Johnson	Thief River Falls	2019
25.27	Ekene Obi	Cretin-Derham Hall	2006	25.40	Jennifer Hale	Concordia Academy	1989
25.27	Emerald Egwin	Eagan	2013	25.40	Amanda Beckman	Eastview	2010
(170)				(230)			
25.27	Kya Phillips	Cristo Rey Jesuit	2017	25.40	Erica Dombro	St. Paul Highland Park	2011
25.27	Violette Metz	Pillager	2025	25.40	Marquetta Berlin-Burns	Winona	2021
25.28	Amanda Darling	Jackson County Central	2007	25.40	Paige Halder	Byron	2024
25.28	Paige Stratioti	Duluth Central	2011	25.41	Claire Gapinski	Foley	2011
25.28	Kaia Lein	Southwest Christian	2025	25.41	J'ianna Cager	North Saint Paul	2017
25.29	Jennifer Newsom	Breck	1996	25.41	Ervina Swaray	DeLaSalle	2025
25.29	Lyndsey Mattson	Grand Rapids	2009	25.42	Brigette Stuewe	Norwood-Yng America	1986
25.29	Carolina Bowe	Minnetonka	2012	25.42	Martha Harris	Bryon	1991
25.29	Taylor Nivala	Andover	2012	25.42	Julia Rozman	Edina	2008
25.29	Katherine Eidem	Rochester Century	2017	25.42	Rachel Trentor	Totino Grace	2011
(180)				(240)			

25.42	Mikayla de Souza	Coon Rapids	2023
25.43	Sara Schroeffer	Mounds View	1986
25.43	Careese Coleman	International Falls	2007
25.2 *	Denise Bullocks	Mt. St. Benedict's	1978 (25.3y)
25.2 *	Laurie Hernke	Cannon Falls	1979 (25.3y)
25.2 *	Cathy Anderson	Stillwater	1980
25.2 *	Jeri Domes	Albert Lea	1980
25.2 *	Kalin Jackson	St. Paul Central	1981
25.44	Peggy Natterstad	Jackson	1986
25.2 *	Carmen Richardson	Irondale	1993
25.2 *	Vanessa Lane	Pequot Lakes	2013

(250)

25.44	Sophia Anderson	Holy Angels	2015
25.2 *	Karley Motschenbacher	Park Christian	2019
25.44	Lauren Reynolds	Lakeville North	2023
25.44	Ashley Gulyard	Minnetonka	2025
25.44	Isabelle Kapanke	St Croix Lutheran	2025

(255)

* = handheld time (add .24 seconds to convert to FAT)
y = 220 yards (about .1 second longer than 200 meters)

11/16/2025