

Girls All-Time 300 Meter Low Hurdles (State Meet event beginning in 1985)

41.35	Meleah Biermaier	Thief River Falls	2016	44.29	Cassie Ortberg	Zimmerman	2012
42.16	Claire Kohler	Minnetonka	2024	44.29	Sabrina Fronning	Fergus Falls	2018
42.21	Natalie Windels	Eagan	2018	44.32	Ara Warren	Moorhead	2023
42.38	Shaina Zinter	Concordia Academy	2022	44.33	Mylea Monahan	Glencoe-Silver Lake	2023
42.45	Karina Joiner	East Ridge	2016	44.34	Mariah Witt	Hopkins	2011
42.57	Addyson White	Prior Lake	2024	44.34	Carlee Kordosky	Hastings	2024
42.57	Maddyn Greenway	Providence Academy	2025	44.35	Chanel Miller	Apple Valley	2010
42.62	Liesa Brateng	Roseau	1987	44.36	Ava Fitzgerald	Roseville Area	2019
42.63	Erin Huls	Rocori	2015	44.37	Bree Woelber	Pipestone Area	2009
42.81	Gina Perich	Esko	1995	44.38	Tyarra English-Paulson	Watertown-Mayer	2017
(10)				(70)			
42.88	Erika Townley	White Bear Lake	2018	44.38	Kelsie Sealock	Osseo	2018
42.97	Caraline Slattery	Lakeville South	2015	44.39	Hannah Hanson	Rochester Mayo	2022 & 23
43.09	Gina Dare	Apple Valley	2004	44.40	Luanne Sorrell	St. Francis	1991
43.10	Ava Cinnamo	Rosemount	2022	44.42	Jenna Gillson	Grand Rapids	2010
43.11	Jaylen Struck-Schmitz	Belle Plaine	2019	44.42	Lauren Berg	Bemidji	2022
43.22	Kalley Harris	Coon Rapids	2017	44.44	Taryn Simmons	Bloomington Kennedy	2007
43.22	Elizabeth Tuttle	St. Paul Academy & SS	2025	44.47	Madison Smith	Brainerd	2010
43.25	Ann Harlos	Eden Prairie	2015	44.48	Molly Bauman	Coon Rapids	2002
43.39	Lisa Ristau	Farimont	1988	44.50	Rose Lamberts	Buffalo	2025
43.40	Jessica Haux	Wayzata	2025	44.52	Reese Kasper	Mound-Westonka	2023
(20)				(80)			
43.43	Julia Hayes	Irondale	2015	44.58	Elena Hartung	Pine Island	2025
43.45	Cecelia Woods	Rocori	2022	44.59	Taylor Grandgenett	Blue Earth Area	2014
43.47	Melissa Steele	Eden Prairie	2001	44.60	Ellen Graef	SSC/SV-RL-B	2000
43.47	Mikeala Raddatz	Eastview	2003	44.61	Andi Noel	Stephen Argyle	1996
43.50	Mallori Johnson	Moorhead	2014	44.62	Holly Hargroder	Stillwater	1991
43.56	Jenna Severson	Spring Lake Park	2008	44.62	Jill Steinbach	Wayzata	2003
43.58	Jill Hiveley	Jordan	2022	44.63	Sandra Gramer	East Ridge	2014
43.62	Haylie Strum	Stewartville	2023	44.66	Katie Bestul	Coon Rapids	1996
43.62	Allison Richter	Mounds View	2025	44.66	Ashley Williams	Chaska	2001
43.66	Alexis Urbick	Winona	2025	44.66	Sammy Laatsch	Lakeville South	2001
(30)				(90)			
43.68	Rebekah Kok	Anoka	2003	44.67	Charis Lawson	Spring Lk Pk/St. Anth	2019
43.69	Mackenzie Lynch	Cloquet	2025	44.69	Maddie Jerome	Roseau	2017
43.71	Violette Metz	Pillager	2025	44.70	Hannah Lamkin	Eagan	2018
43.74	Kennedy Martinson	Coon Rapids	2022	44.73	Althea Gutzmann	Cretin-Derham Hall	2017
43.77	Anna Ratzloff	Little Falls	1991	44.75	Ashley Ramacher	Eden Prairie	2016
43.80	Shaina Burns	Lakeville South	2014	44.77	Emma Russ	Simley	2011
43.81	Evelyn Adams	Edina	2019	44.77	Alexandra Williams	Blaine	2014
43.82	Kristi Dean	Fridley	1991	44.77	Ansley Schug	East Ridge	2017
43.82	Alison Gamache	Mounds View	2005	44.77	Laila Moses	DeLaSalle	2025
43.83	Danielle Larson	St. Peter	2011	44.78	Jennifer Becker	Eden Valley-Watkins/K	2005
(40)				(100)			
43.84	Ava Noble	Benson/KMS	2025	44.79	Caitlin Lynch	Eastview	2003
43.85	Sarah Menden	Eden Prairie	2000	44.82	Trend Fields	Brainerd	1988
43.85	Kaye Paschka	Alexandria	2019	44.82	Rena Kneeland	New Prague	2009
43.87	Rachel Schow	Rosemount	2014	44.82	Miranda Simon	St. Cloud Tech	2014
43.87	Chloe Angerman	Mpls Washburn	2025	44.83	Abby Lien	St. Cloud Cathedral	2004
43.89	Kylee Loren	PACT/Legacy	2025	44.83	Summer Storm	Holdingford	2016
43.91	Ella Martens	Stillwater Area	2025	44.83	Lauryn Ankeny	Minnewaska Area	2025
43.98	Brooke Bredenberg	Champlin Park	2001	44.84	Megan Rasmussen	Kasson Mantorville	2006
44.03	Grace Brandt	Spring Lake Park/SA	2021	44.84	Katlyn Sawtelle	Luverne	2009
44.05	Jessica January	Richfield	2010	44.84	Kayla Sawtell	Mounds View	2010
(50)				(110)			
44.10	Alyssa Parco	Farmington	2012	44.86	Gretchen Otto	Rochester Lourdes	1985
44.10	Naomi Moore	Simley	2024	44.86	Kaitlyn Dunsmore	Minnetonka	2008
44.12	Brigitte Stuewe	Norwood-Young America	1988	44.87	Chloe Foster	Forest Lake Area	2017
44.15	Leah DiNardo	Minnehaha Academy	2024	44.89	Dianne May	Eden Prairie	1986
44.17	Cally Strobel	Mayer Lutheran	2010	44.91	Swen Minnema	Mankato West	1991
44.18	Ekene Obi	Cretin-Derham Hall	2005	44.91	Emma Breitschrecher	Laneboro/FC/M-C	2019
44.21	Olivia Fixsen	Mounds View	2014	44.91	Sophia Vogel	Central MN Christian	2025
44.23	Kendra Mooberry	Benson	2009	44.92	Amy Doherty	Roseville	1991
44.23	Brooke Cina	Totino Grace	2023	44.94	Holly Manthei	Burnsville	1993
44.29	Katie Drentlaw	Prior Lake	1997	44.94	Katie Newgard	Pipestone Area	2004
(60)				(120)			

44.95	Andrea Shamp	Totino Grace	2004
44.97	Maya Woods	Park Center	2023
44.99	Niki Saiko	Roseville	1991
44.99	Caitlin Winey	Burnsville	2004
44.99	Karley Motschenbacher	Park Christian	2017
45.01	Alison Foley	Hastings	2002
45.04	Greta Bauer	Sauk Rapids	1999
45.04	Bethany Murray	Mankato West	2009
45.04	Becky Moore	Minnetonka	2015
45.05	Kelsey King	Burnsville	2007
(130)			
45.05	Heather Ryan	Maple Grove	2018
45.05	Rilee Breth	Holdingford/Upsala	2025
45.05	Adella Schmoll	RACE	2025
45.06	Janelle White	Burnsville	1993
45.06	Selin Dikmen	Belle Plaine	2016
45.07	Elena Swan	St. Paul Central	1994
45.08	Meghan Dybvig	Burnsville	2000
45.08	Angel Fredin	Elk River	2017
45.09	Chere Fuchs	Anoka	1996
45.09	Carmen Lundell	Breck	2008
(140)			
45.09	Jessica Keesling	White Bear Lake	2009
45.09	Hailey Hindt	Grand Meadow/L-O/S/A	2019
45.10	Brook Divine	Austin	1993
45.10	Stephanie Kemo	Blaine	2022
45.10	Lily Hamacher	Saint Paul Central	2022
45.11	Carrie Stuart	Blaine	1998
45.11	Mariah Willard	Trinity/Unity	2023
45.11	Grace Jacobson	Mankato West	2025
45.13	Kay Fuller	Bertha-Hewitt	1993
45.13	Bria Jones	Spring Lake Park/St. A	2010
(150)			
45.13	Brielle Bierman	LaCrescent	2014
45.14	Brenda Braun	Moorhead	1985
45.14	Tara Croteau	Mesabi East	1996
45.14	Claire Beckman	Andover	2021
45.14	Lauen Dimler	Mankato West	2022
45.15	Amy Hansen	Bloomington Jefferson	1986
45.15	Hallie Wollner	Mound-Westonka	2009
45.16	Kris DeRuyck	Balaton	1996
45.16	Carrie Edmunds	Lakeville South	2007
45.17	Rose Sieve	Rosemount	2019
(160)			
45.18	Aurora Kabat	LaCrescent-Hokah	2025
45.19	Katie Shelander	Roseville Area	2006
45.19	Katie Ose	Eden Prairie	2021
45.20	Hope Wells	Osseo	2024
45.21	Jessica Butler	Grand Rapids	2007
45.21	Kirstie Townley	White Bear Lake	2010
45.21	Brooklyn Brouse	Thief River Falls	2021
45.21	Jade Rathke	Spring Lake Park	2025
45.22	Tricia Bates	Staples	1988
45.22	Heidi Lundervold	Woodbury	1994
(170)			
45.22	Nyebol Jock	Coon Rapids	2024
45.23	Camille Norman	Mpls Washburn	2003
45.24	Kelly Schoberg	Plainview	1992
45.24	Tonya Paulson	Waconia	1993
45.24	Nikki Schultz	Cedar Mountain	2005
45.25	Ciara Christenson	USC/AC	2009
45.25	Kezia Lee	Dassel-Cokato	2021
45.27	Breanna Kressin	Crookston	2022
45.28	Amy Dombrovski	Holdingford	1999
45.28	Lisa Ingvalson	Blooming Prairie	2002
(180)			

45.28	Katie Lien	Blaine	2003
45.28	Syri Williams	Alexandria	2017
45.28	Becky Peterson	Robbinsdale Armstrong	2000
45.29	Jocie Johnson	Lakeville South	2015
45.29	Annette Okafor	Visitation	2017
45.30	Becca Lee	Dover Eyota	2007
45.31	Chris Carlson	Anoka	1987
45.31	Melita Ware	Eastview	2013
45.31	Hope Guertin	Monticello	2023
45.34	Maddie Schaeffer	Rogers	2012
(190)			
45.34	Deidre Grimm	Lakeville South	2022
45.39	Marissa Janning	Watertown-Mayer	2012
45.39	Jaelin Beachy	Staples-Motley	2014
45.40	Jessica Dhaene	Forest Lake	2012
45.40	Rachel Studer	Maple Grove	2016
45.41	Marolyn Saulsberry	Minneapolis Southwest	2012
45.41	Clare Liedtke	Minnetonka	2017
45.42	Ava Loftness	Prior Lake	2025
45.43	Trinity Giddings	Two Harbors	2025
45.44	Hannah Kvant	St. Michael-Albertville	2023
(200)			
45.44	Erin Eilers	Willmar	2025
45.45	Letitia Dusich	Ely	1999
45.45	Alivia Uselding	Orono	2025
45.47	Cathy Stehr	Zumbrota-Mazeppa	1989
45.47	Sarah Oftedahl	South St. Paul	1997
45.47	Natalie Fultz	Eveleth-Gilbert	2019
45.48	Natalie Frier	Chaska	2014
45.48	Hannah Pederson	West Marshall	2024
45.49	Heather Runquist	Walker	1988
45.50	Liz Goergen	Eastview	2000
(210)			
45.50	Lisa Huska	Woodbury	2012
45.50	Payton McKnight	Andover	2024
45.51	Avery Sandman	Lakeville South	2025
45.52	Staci Beckel	Waseca	2005
45.52	Melissa Kuebler	New Ulm	2005
45.52	Eliza Warneke	Pine Island	2014
45.52	Emily Kauffman	Burnsville	2016
45.52	Chloe Hughes	Winona	2021
45.53	Hannah Niewald	Fridley	2012
45.53	Alex Wittinger	Delano	2013
(220)			
45.53	Kristi Frederick	Tri-City United	2016
45.53	Hannah Bingham	Cambridge-Isanti	2024
45.3 *	Rebecca Rhodes	Northfield	1985
45.54	Lydia Gross	Hutchinson	2019
45.55	Lily McKown	Orono	2016
45.55	Clair Shepardson	La Crescent	2017
45.55	Avery Sandman	Lakeville South	2024
45.56	Laura Weber	Eden Prairie	2008
45.56	Yajaira Lansiquot	White Bear Lake	2017
45.57	Sonja Glumich	Moorhead	1992
(230)			
45.57	Aleece Durbin	Crookston	2017
45.57	Estelle Atkinson	Orono	2022
45.58	Jenny Gordhamer	Lakeville	1996
45.58	Rachel Gilfillan	Woodbury	1999
45.58	Kim Lieder	Eastview	2006
45.59	Madeline Phillips	Rosemount	2012
45.59	Mia Barron	Minnetonka	2013
45.60	Denise Rotter	St. Bernards	1989
45.60	Michelle Depa	St. Cloud Cathedral	1992
45.60	Nikola Holmes	Apple Valley	1999
(240)			

45.60	Jennifer Plaetz	Wabasso	2008
45.60	Sidney Albright	Blake	2024
45.61	Alyssa Johnson	Mpls Henry	2001
45.61	Lindsay Oman	Benilde-St. Margarets	2002
45.61	Ava Sullivan	Farmington	2022
45.62	Nikki Anderson	Becker	2010
45.63	Paula Schwartzbauer	Rosemount	1987
45.63	Carloyn Hurst	Delano	2003
45.63	Caitlin Cheeseboro	Hill-Murray	2014

45.4 *	Betsy Utter	Edina	1988
45.64	Jenny Seip	Duluth Central	2000
45.64	Kely Fruth	St. Cloud Tech	2004
45.64	Maggie May	Grand Meadow	2007
45.64 (254)	Cecelia Peterson	Stillwater Area	2013

* = handheld time (add .24 seconds to convert to FAT)

11/17/2025