

Girls All-Time Discus

175-09	Maggie Ewen	Saint Francis	2013	142-04	Kinesha Davis	Blake	1995
167-06	Natalie Manders	Eastview	2015	141-11	Nailah Hill	Breck	2013
166-10	Amanda Anderson	Saint Francis	2017	141-11	Aubrey Schmitt	Hastings	1996
162-04	Rachel Longfors	Pelican Rapids	2001	141-09	Joan Longhenry	Clarkfield GF	1988
162-04	Jessica Cagle	Grand Rapids	2008	141-04	Rachael Wilson	Moorhead	1991
161-06	Kim Hovey	Red Wing	2010	141-03	Kristin Ogle	Grand Rapids	1994
160-10	Kasie Vollmer	Prior Lake	2014	141-01	Anna Morrison	Blake	2002
160-08	Liz Podominick	Lakeville	2003	141-01	Sylvia Zanini	Fulda	2012
158-04	Michaela Hawkins	Roseville Area	2019	141-00	Melissa Smith	Houston/Rusford-Peterson	2007
158-02	Kristi Oleen	Blaine	1988	140-09	Jasmine Henrich	Morris Area	2007
(10)				(70)			
157-06	Sandy Fuchs	Rocori	1993	140-09	Erica Oawster	Centennial	2015
156-08	Katie Kelzenberg	Wayzata	2025	140-08	Lindsey Schultz	Lakeville	2004
155-03	Lisa Marshall	Mahtomedi	1990	140-08	Olivia Duncan	Prior Lake	2023
155-01	Jaimi Salone	Blake	2016	140-06	Emma Erickson	Lakeville North	2012
155-0	Alexis Fahey	Forest Lake	2025	140-05	Ashley Thooft	St. Clair	2012
154-03	Angie Guenther	White Bear Lake	2012	140-00	Kara Karlsgodt	Atwater Cosmo	2004
154-00	Nancy Overman	Fulda	1994	140-00	Alexis Guidry	White Bear Lake	2019
152-06	Jenny Espe	White Bear Lake	1987	139-11	Laura Jacobson	North St Paul	1978
152-03	Nicole Kopari	Thief River Falls	1999	139-10	Jill Hanson	Willmar	1988
151-11	Alexandrea Hurst	Robbinsdale Armstrong	2016	139-08	Dana Hawksford	Anoka	1983
(20)				(80)			
151-10	Jessica Longfors	Pelican Rapids	1997	139-08	Katie Hoeschen	Bigfork	2000
151-08	Veronica Rasmussen	Mounds View	2015	139-08	Cayle Hovland	Willmar	2017
151-06	Tona Schmidtk	Waterville-Elysian	2000	139-06	Deb Radil	Hayfield	1981
150-07	Nicole Fautsch	Rochester John Marshall	2016	139-06	Lindsey Dare	Apple Valley	2004
149-08	Elise Jensen	Rochester Century	2023	139-06	LaiShema Hampton	St. Louis Park	2008
149-07	Kelly Weber	St. Cloud Tech	1982	139-05	Misty Langseth	Hawley-Ulen	1990
149-06	Jordan Hecht	Rosemount	2022	139-04	Heidi Jessen	Minnetonka	1990
149-03	Sara Ackman	Litchfield	2005	139-03	Kris Kuehl	Storden-Jeffers	1988
149-01	Jordyn Thornton	Lakeville South	2012	139-02	Sue Doody	South St.Paul	1984
147-7	Alysha Onwuneme	Eagan	2023	139-02	Elly Reinke	New Prague	2011
(30)				(90)			
147-06	Amy Netland	Bagley-Fosston	2000	139-00	Kayla Timmerman	Wayzata	2012
147-05	Sue Demars	Walker-Hackensch	1991	138-10	Nikki Kiebach	Luverne	1991
147-04	Kristi Wavra	EGF Sacred Heart	1990	138-10	Barbora Ungermannova	Crookston	2004
147-03	Elisa Moenkedick	Perham	2010	138-06	Sara Ehresmann	New London Spicer	1994
146-09	Michelle Potter	Winona	2007	138-04	Shannon Omities	Rosemount	1979
146-09	Jody Hagins	Chaska	1978	138-02	Ashley Stewart	Spring Lake Park	2022
146-08	Loreena Anderson	Alexandria	1980	138-00	Samantha Anderson	Forest Lake	2012
146-04	Christy Nepp	Windom Area	2008	138-00	Amy Paulzine	Fulda	2009
146-03	Allison LaVine	Clearbrook-Gonvick	2025	137-11	Julie Murphy	Spring Lake Park	1983
146-02	Janet Chapman	Sartell	1994	137-11	Felisha Willaert	Lakeville South	2005
(40)				(100)			
145-10	Ella Theobald	Stewartville	2025	137-11	Alayna Theissen	Lake Crystal-Wellcome M	2016
145-07	Liz Klukas	Waseca	2000	137-11	Elise Magaard	Alexandria	2024
145-05	Leah Klein	Mounds View	2017	137-08	Annie Cook	Sleepy Eye	1986
145-03	McKenzie Duwenhoegger	Alexandria	2019	137-08	Shiloh Oelkers	Pine Island	1992
145-03	Lauren Whitfield	Hastings	2025	137-05	April Felt	Fridley	1996
145-01	Mya Lesnar	Alexandria	2019	137-01	Molly Peppel	Agassiz	1997
144-09	Kortney Ihnen	Foley	1999	137-01	Maddie Lindhart	Zumbrota-Mazeppa	2015
144-08	Beth Mattson	Greenway	1983	137-00	Marie Mokosso	Mounds View	1997
144-04	Carol Finsrud	Mpls West	1975	137-00	Heather Sparks	Chaska	2000
144-03	Ann Sieckert	Cook County	1993	137-00	Cheryl Wick	Rochester Century	2002
(50)				(110)			
144-00	Mary Wickstrom	Watertown-Mayer	1988	137-00	Aalea Dydell	Rochester Century	2006
143-07	Shelby Svien	Northfield	2022	136-10	Arin Andrews	Triton	2001
143-05	Lillian Paynter	Robbinsdale Cooper	2004	136-09	Karen Koenig	Dover-Eyota	1984
143-02	Jamie McKibbon	Hibbing	1992	136-09	Yvonne Freese	Lanesboro	2009
143-01	Claire Ziegler	Mankato East	2013	136-09	Allie Heifort	Bemidji	2012
143-00	Becki Burt	Winona	1996	136-08	Lisa Eidenschink	Detroit Lakes	1999
142-11	Ava Mack	Robbinsdale Armstrong	2025	136-08	Jessica Stephan	Blaine	2001
142-09	Adison Kapitzke	Champlin Park	2021	136-07	Kaylie Hambrick	Prior Lake	2004
142-07	Michelle Macek	BOLD	1993	136-6	Jaimie McNamee	Lakeville South	2016
142-05	Molli Detloff	Elk River	2012	136-05	Victoria Harren	Melrose Area	2007
(60)				(120)			

136-03	Leah Kern	Saint James	2005	133-02	Betty Nagengast	Edina West	1977
136-03	Liberty Slinden	Atwater-Cosmos	2008	133-02	Julie Albrecht	Minnetonka	1983
136-02	Samantha Dehn	Owatonna	2005	133-01	Cameron Downey	Blake	2017
136-02	Annalee Olson-Sola	Northfield	2018	133-00	Linda Sunderman	Austin Pacelli	1977
136-01	Candy Bergquist	Wayzata	1982	133-00	Jino Garrison	Winona	1988
136-01	Anyia Schmidt	Rogers	2023	132-11	Kjerstin Meyer	Litchfield	2012
136-00	Ellen Blacklock	Winona	2013	132-10	Hannah Steele	Windom Area	2012
135-09	Jenny Boll	Crookston	1999	132-10	Sarah Gigstad	Burnsville	2016
135-07	Kirsten Olson	Irondale	1979	132-09	Julie Peterson	Owatonna	1978
135-07	Becky Culp	Centennial	2009	132-09	Melissa Anstadt	Glyndon	1986
(130)				(190)			
135-06	Julie Musolf	Minnetonka	1992	132-07	Emma Roethler	Northfield	2018
135-05	Caitlin Caraway	Lakeville North	2009	132-06	Desera Engholm	Pequot Lakes	2019
135-05	Samantha Hedtke	Waconia	2019	132-05	Rochelle Hause	Spring Valley	1981
135-04	Becky Alexander	Forest Lake	2005	132-05	Tazara Oliver	Eastview	2019
135-04	Katelyn Webber	St. Clair	2014	132-05	Julia Matthews	Eden Prairie	2022
135-04	Lauren Isaacson	Faribault	2018	132-04	Rita Anderson	Park	1996
135-03	Keyatta Hill	Brooklyn Center	1994	132-04	Jaclyn Hart	Luverne	2023
135-02	Whitney Cariveau	Mankato East	2012	132-03	Wendy Dale	Robbinsdale	1979
135-02	Madison Molacek	Willmar	2025	132-02	Makenna Theobald	Stewartville	2019
135-00	Terry Shebetka	St Francis	1982	132-01	Kari Torgerson	Rocori	2001
(140)				(200)			
135-00	Julie Eisenschenk	Rocori	1985	132-01	Jaclyn Kingman	Blaine	2015
134-11	Makala Keefe	White Bear Lake	2016	132-00	Sally Thurow	LeSueur	1981
134-10	Olivia Schwarzrock	Gibbon-Fairfax-Winth	2022	132-00	Madeline Fretag	Stillwater	2019
134-09	Carly Behnke	Belle Plaine	2005	131-11	Teresa Parker	Pequot Lakes	2003
134-09	Rebecca Manteuffel	Mayer Lutheran	2017	131-11	Kate Battaforyen	Lakeville North	2019
134-07	Kelsie Carlson	Mora	2000	131-11	Brianna Schneider	Rocori	2025
134-06	Sarah Jurewicz	Shakopee	1994	131-10	Piper Cook	Wayzata	1994
134-05	Nora Wilhelm	Concordia Academy	2022	131-10	Makena Larson	Martin County West	2021
134-03	Katie Gruys	Annandale	2012	131-08	Renee Pursley	Spring Lake Park	1980
134-03	Ashley Luehmann	Lewiston-Altura	2002	131-09	Lateeka Thompson	Burnsville	2012
(150)				(210)			
134-03	Lydia Oldenkamp	Alexandria	2025	131-08	Marcy Muench	Hastings	1984
134-02	Deb Bohn	Minnetonka	1985	131-08	Shay Berlin-Burns	Winona	2023
134-02	Robin Bullis	White Bear Lake	1988	131-07	Bonnie Hendrickson	Willmar	1981
134-02	Keerstin Viesselman	Hutchinson	2017	131-07	Shannon Meyer	Wabasha-Kellogg	1984
134-02	Nina Thomas	Osseo	2024	131-07	Gena Baklund	Forest Lake Area	2016
134-00	Sam Broderius	BOLD/Bufalo Lake-H	2007	131-06	Elizabeth Zellman	Mayer Lutheran	1998
134-00	Kathy Loutchko	Fridley	1983	131-05	Becky Fettig	St Cloud Apollo	1981
134-00	Jane Richards	Prior Lake	1992	131-05	Monica Burich	Roseville Area	2015
134-00	Andi Mehrer	Elk River	2023	131-04	Marie Sherwood	Pine River	1980
134-00	Alaina French	Northfield	2025	131-04	Haley Finstuen	Dover-Eyota	2017
(160)				(220)			
133-11	Karina Schroeder	Lake Crystal Wellcome M	2012	131-02	Robyn Wernberg	Brainerd	2007
133-11	Carissa Davis	Wayzata	2018	131-02	Megan Gehrke	Faribault	2017
133-10	Stacey White	Monticello	1993	131-01	Jayden Bonasera	Princeton	2013
133-10	Amy Normandin	Crookston	1995	131-01	Aubrey Scharmer	Winona	2014
133-10	Beth Miller	Little Falls	2000	131-00	Zayda Priebe	Chatfield	2022
133-10	Bethany Schultz	Rochester Century	2012	130-11	Jackie Luehmann	Lewiston-Altura	2000
133-09	Heidi Crabtree	New Richland	1996	130-11	Katie Duff	Rosemount	2013
133-09	Lucinda Mammem	Appleton	1978	130-11	Emily Lorenz	LCWM-Nicollet	2022
133-09	Ini Umana	Park Cottage Grove	2005	130-10	Johanna Johnson	St Croix Lutheran	2018
133-08	Delaney Miller	Lakeville North	2012	130-10	Joelle Kurus	Hopkins	2024
(170)				(230)			
133-07	Michelle Wagner	Ada-Borup	1991	130-09	Hanna Caughey	Brainerd	2022
133-07	Abby Busch	G-F-W/McLeod West	2009	130-08	Julie Overton	Lac qui Parle Valley/D-B	2018
133-07	Elizabeth Pahl	Osakis	2019	(232)			
133-06	Liz Bauman	Delano	2003				
133-06	Trish Curtis	Coon Rapids	1997				
133-06	Janel Lacoursiere	Frazee	2000				
133-06	Kasey Waldemar	Irondale	2018				
133-04	Kari Schmidt	Chisago Lakes Area	2004				
133-04	Breanna Price	Detroit Lakes	2018				
133-03	Chari Lehnertz	Winona	2008				
(180)							