

Girls All-Time Shot Put (4kg) (From 1972 to 1979, girls put an 8# shot. Beginning in 1980 they used the 4Kg shot which is about 8.82 pounds)

54-08.50	Maggie Ewen	Saint Francis	2013	43-04.25	Abby Gorackowski	Litchfield	2009
52-04.75	Liz Podominick	Lakeville	2003	43-04.00	Susan Semmler	New London-Spicer	1992
47-09.00	Alexandrea Hurst	Robbinsdale Armstrong	2016	43-03.75	Amanda Benz	Irondale	2004
47-08.00	Jamie McKibbon	Hibbing	1993	43-03.75	Karina Schroeder	LakeCrystal-Wellcome	2012
47-06.00	Mya Lesnar	Alexandria	2018	43-03.50	Shyla McKibbon	Hibbing	1996
47-02.00	Katelyn Webber	St. Clair	2014	43-03.25	Jenny Arneson	Lakeville	1991
46-09.75	Nicole Fautsch	Rochester John Marshall	2016	43-02.50	Sarah Moon	Marshall	1989
46-09.25	Shaina Burns	Lakeville South	2014	43-02.50	Andraya Rollins	Grand Rapids	2006
46-04.75	Monica Johnson	Northome/K/Blackduck	2022	43-02.50	Kasie Vollmer	Prior Lake	2014
46-04.50	Emma Gilbert	International Falls	2017	43-02.50	Amber Hansen	Austin	2017
(10)				(70)			
46-04.00	Kim Hovey	Red Wing	2010	43-02.00	Jessica Cagle	Grand Rapids	2009
46-02.75	Lindsey Schultz	Lakeville	2003	43-01.50	Sally Huls	Holdingford	1985
46-02.50	Nicole Kopari	Thief River Falls	1998	43-01.25	Courtney Pasiowitz	Coon Rapids	2013
46-02.00	Julie Eisenschenk	Rocori	1985	43-01.00	Emily Lesser	Maple Grove	2010
46-00.00	Beth-el Algarin	Pierz	2018	43-01.00	Hadley Streit	Mounds View	2022
45-11.75	Jenna Wendorff	Fulda	2002	43-00.50	Victoria Parker	Owatonna	2004
45-11.50	Ashley Thooft	St. Clair	2012	43-00.50	Annika Poe	Big Lake	2019
45-11.00	Jaimi Salone	Blake	2016	43-00.00	Pam Wilson	Red Wing	1983
45-10.00	Kari Schmidt	Chisago Lakes Area	2003	42-11.50	Rebecca Stier	Grand Meadow	2007
45-08.00	Delaney Smith	Windom Area	2021	42-11.25	Allison Lardy	Fairmont	2017
(20)				(80)			
45-05.75	Brianne Carmichael	DeLaSalle	2003	42-11.00	Kiley Kranz	Osakis	2023
45-05.00	Jordan Hecht	Rosemount	2023	42-11.00	Amy Farber	Walnut Grove	1987
45-04.50	Jordyn Thornton	Lakeville South	2012	42-11.00	Nora Wilhelm	Concordia Academy	2022
45-04.25	Sheena Devine	North Branch	2003	42-10.50	Rachael Wilson	Moorhead	1991
45-04.00	Jackie Luehmann	Lewiston-Altura	2000	42-10.50	LaiShema Hampton	St. Louis Park	2008
45-03.75	Madeline Moorhouse	Lakeville North	2017	42-10.00	Katy Ritten	Robbinsdale Armstrong	2001
45-02.00	Adison Kapitzke	Champlin Park	2022	42-09.50	Samantha Dehn	Owatonna	2005
44-11.50	Sharon Miller	Blaine	2015	42-09.25	Connie Lais	Luverne	1988
44-10.75	Shay Nielsen	Detroit Lakes	2015	42-09.00	Brenda Pierce	International Falls	1980
44-09.25	Julie Albrecht	Minnetonka	1983	42-09.00	Vicki Poehler	Richfield	1994
(30)				(90)			
44-08.75	Cassidy Smestad	Mounds View	2015	42-09.00	Allie Heifort	Bemidji	2013
44-08.00	Barbora Ungermannova	Crookston	2004	42-09.00	Cayle Hovland	Willmar	2018
44-07.50	McKenzie Duwenhoeffer	Alexandria	2018	42-08.50	Trinity Wilson	Lakeville North	2024
44-07.50	Tierra Doss	Rosemount	2019	42-08.50	Sylvia Boyum	Stillwater Area	2025
44-06.50	Natalie Manders	Eastview	2015	42-08.00	Maria Swanson	Brainerd	2004
44-05.50	Shirley Molitor	Rocori	1985	42-07.75	Karla Gohr	Mountain Lake	1983
44-05.00	Julie Musolf	Minnetonka	1992	42-07.50	Brooklyn Mitchell	LaCrescent-Hokah	2025
44-05.00	Becci Osterdyk	Mora	2011	42-07.00	Tona Schmidtke	Waterville-Elysian	2000
44-04.75	Megan Gehrke	Faribault	2018	42-07.00	Lianna Charlier	Brainerd	2017
44-04.00	Kortney Ihnen	Foley	1999	42-07.00	Sidney Wentland	Elk River	2017
(40)				(100)			
44-03.50	Amy Kubat	Owatonna	2008	42-06.50	Theresa Britts	Totino-Grace	1981
44-03.25	Veronica Rasmussen	Mounds View	2015	42-05.75	Kelsey Rohrig	Owatonna	2012
44-01.50	Kari Torgenson	Rocori	2000	42-05.50	Liz Klukas	Waseca	2000
44-01.00	Pam Brinkworth	Bloomington Kennedy	1993	42-05.50	Alicia Sliter	Apple Valley	2000
44-00.25	Leslie Smith	Irondale	1983	42-05.25	Kylene Ramsey	Moorhead	2007
44-00.00	Jayda Kolstoe	Minnewaska Area	2025	42-05.00	Felisha Willaert	Lakeville	2005
43-11.75	Anyia Schmidt	Rogers	2024	42-05.00	Pamela Summers	Spring Lake Park	1982
43-11.25	Desera Engholm	Pequot Lakes	2019	42-05.00	Heather Schultz	Perham	2009
43-11	Deanna Tumbaugh	Lakeville	1997	42-04.75	Janelle Bell	Coon Rapids	1982
43-10.00	Deb Radil	Hayfield	1982	42-03.50	Emma Erickson	Lakeville North	2012
(50)				(110)			
43-07.50	Kristi Oleen	Blaine	1988	42-03.25	Tamira McLemore	Eagan	2015
43-06.50	Misty Langseth	Hawley-Ulen-H	1990	42-02.75	Courtney Pasiowitz	Coon Rapids	2012
43-06.50	Amy Netland	Bagley/Fosston	2000	42-02.50	Kelly Newman	Stillwater	1986
43-06.25	Erikka Grose	Grand Rapids	1995	42-02.50	Angie Guenther	White Bear Lake	2012
43-06.00	Trish Curtis	Coon Rapids	1997	42-02.25	Sylvia Zanini	Fulda	2012
43-06.00	Maddie Lindhart	Zumbrota-Mazeppa	2015	42-02.00	Leah Kern	St. James	2005
43-05.50	Shiloh Oelkers	Pine Island	1992	42-02.00	Katie Gruys	Annandale	2012
43-05.00	Kristi Wavra	EGF Sacred Heart	1992	42-01.00	Kris Benzie	Grand Rapids	1980
43-05.00	Sandra Venghaus	St. Michael-Albertville	1998	42-01.00	Katie Johnson	Atwater-Cosmos	2003
43-04.50	Janet Chapman	Sartell-St. Stephen	1994	42-01.00	Janaie Burich	Roseville Area	2008
(60)				(120)			

42-01.00	Hannah Bruskiewicz	Rogers	2022	41-02.50	Victoria Harren	Melrose Area	2006
42-00.75	Brittany Erdmann	Mayer Lutheran	2010	41-02.25	Sahara Wilson	Lakeville North	2025
42-00.50	Arlys Johnson	International Falls	1980	41-02.00	Kara Karlsgodt	Atwater-Cosmos	2004
42-00.50	Edie Boyer	Hastings	1982	41-02.00	Emily Spier	Buffalo	2013
42-00.00	Jennifer Svobodny	Lakeville North	2011	41-02.00	Hannah Steele	Windom Area	2012
42-00.00	Alaina French	Northfield	2025	41-01.50	Marcy Muench	Hastings	1984
41-11.75	Nancy Fleischaker	Brainerd	1984	41-01.50	Hannah Schmidt	Mounds View	2013
41-11.75	Becki Burt	Winona	1996	41-01.25	Temitope Amusan	Rochester Century	2025
41-11.50	Elizabeth Pahl	Osakis	2019	41-01.00	Jessie Krejci	Lakeville	1999
41-11.25	Elizabeth Alabi	Brooklyn Center	2001	41-01.00	Neisha Monroe	Cambridge-Isanti	2007
(130)				(190)			
41-11.00	Liberty Slinden	Atwater-Cosmos	2008	41-01.00	Makala Keefe	White Bear Lake	2016
41-11.00	Andrea Abrams	Eastview	2017	41-00.75	Alyssa Leyendecker	Mounds View	2010
41-10.75	Maya Cochrane	Woodbury	2019	41-00.75	Jamie Guptill	Rush City	2019
41-10.50	Amanda Anderson	Saint Francis	2017	41-00.75	Emma Roethler	Northfield	2019
41-10.25	Amelia Davis	Pequot Lakes	2024	41-00.50	Julie Murphy	Spring Lake Park	1983
41-10.00	Patti Fitzgerald	Grand Rapids	1985	41-00.50	Lisa O'Groske	Elgin-Millville	1988
41-10.00	Vickey Willis	Park Center	1988	41-00.25	Karina Schroeder	Lake Crystal	2011
41-10.00	Jocelyn Hart	Luverne	2023	41-00.25	Ayoka Lee	Byron	2017
41-10.00	Alexis Fahey	Forest Lake	2025	41-00.00	Lisa Marshall	Mahtomedi	1989
41-09.00	Stacy DesRoches	Anoka	1984	41-00.00	Kaelene Lundstrom	BOLD	2006
(140)				(200)			
41-09.00	Becky Pettit	St. Cloud Apollo	1993	41-00.00	Aslea Dydell	Rochester Century	2006
41-09.00	Alean Frawley	Spring Lake Park	1999	41-00.00	Jeri Johnson	Moorhead	2008
41-09.00	Noelle Hall	Lewiston-Altura	2003	41-00.00	Molli Detloff	Elk River	2014
41-09.00	Cassie Cardinal	Foley	2012	41-00.00	Tatiana Donlan	Eastview	2017
41-09.00	Jaiden McCollum	Park Rapids Area	2016	41-00.00	Shelby Svien	Northfield	2022
41-08.75	Robin Bullis	White Bear Lake	1988	40-11.75	Rhonda House	Spring Valley	1980
41-08.50	Katie Kelzenberg	Wayzata	2025	40-11.50	Annie Farardeau	Grand Rapids	2017
41-08.25	Sonja Peterson	Tartan	1999	40-11.50	Kendyl Dawson	Rogers	2025
41-08.00	Missy Swanson	Coon Rapids	1990	40-11.50	Anya Schmidt	Rogers	2025
41-08.00	Audrey Scharmer	Winona	2014	40-11.00	Linda Weisbeck	Albany	1980
(150)				(210)			
41-08.00	Taye Johnson	Luverne	2025	40-10.75	Nikki Dunbar	Prior Lake	2012
41-07.50	Nicole Lonning	New Richland	2003	40-10.50	Molly Watters	Eden Prairie	2004
41-07.50	Samantha Broderius	BOLD	2005	40-10.25	Jessica Longfors	Pelican Rapids	1997
41-07.50	Annie Falardeau	Grand Rapids	2018	40-10.25	McKinley Folland	Kittson Central	2025
41-07.25	Krista Holmstrand	Cloquet	1986	40-10.00	Monica Turner	Lakeville South	2012
41-07.00	Nancy Overman	Fulda	1994	40-10.00	Leah Klein	Mounds View	2017
41-07.00	Sydney Mauch	Brainerd	2011	40-10.00	Samantha Hedtke	Waconia	2019
41-07.00	Maddy Johnson	Hayfield	2021	40-10.00	Emily Lorentz	LCWM/Nicolet	2022
41-06.75	Megan Strese	Ashby-Brandon	2010	40-10.00	Ashley Stewart	Spring Lake Park	2023
41-06.25	Toni Jameson	St. Paul Highland Park	1986	40-09.75	Cassy Claimont	Irondale	1983
(160)				(220)			
41-06.00	Roxi Haas	Cambridge	1981	40-09.50	Kaley Waldemar	Irondale	2018
41-06.00	Melanie Herrera	Mpls Roosevelt	1984	40-09.50	Nina Thomas	Osseo	2024
41-06.00	Seri Geisler	Greenway-Nashw-Keew	2015	40-09.50	Aria Garrett	Dilworth-Glyndon-Felton	2024
41-06.00	Zoe Christensen	Glencoe-Silver Lake	2018	40-09.00	Melissa Smith	Rushford-Peterson	2007
41-05.75	Kristen Warner	Redwood Falls	1990	40-09.00	Kate Brabenec	White Bear Lake	2016
41-05.75	Labirshia Michael	Bloomington Kennedy	2010	40-09.00	Kourtney Rozeboom	Hills-Beaver Creek	2018
41-05.75	Annalee Olson-Sola	Northfield	2018	40-09.00	Ashlyn Pelant	Waterville-Elysian-M	2025
41-05.50	Adri Nora	Stillwater	2011	(227)			
41-05.00	Jane Richards	Prior Lake	1992				
41-04.50	Christina Collison	Eden Prairie	2002				
(170)							
41-04.50	Hannah Gustafson	South Saint Paul	2016				
41-04.00	Amari Riley	Little Falls	2019				
41-03.50	Misty Bahr	International Falls	1994				
41-03.25	Becky Fettig	St. Cloud Apollo	1980				
41-03.25	Katrina Schloesser	Hibbing	1990				
41-03.00	Lydia Oldenkamp	Alexandria	2025				
41-02.75	Aleah Keske	Mounds View	2019				
41-02.50	Kathleen Johnson	International Falls	1989				
41-02.50	Danye Guinn	Saint Francis	2004				
41-02.50	Nichole Olson	Warren	2005				
(180)							

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