

Girls All-Time Triple Jump

(Girls All Time Best Legal Wind Jump: 41-06.00 Ava Cinnamo Rosemount 2022)

41-06.00	Ava Cinnamo	Rosemount	2022
41-02.25	Allyson Weiss	East Ridge	2018
41-01.75	Jordan Helgren	Wayzata	2008
40-10.50	Maggie Larson	Maple Lake	2021
40-07.00	Samantha Barrett	Prior Lake	2021
40-05.50	Mia Barron	Minnetonka	2014
40-05.00	Michaela Baker	Robbinsdale Armstrong	2016
40-04.00	Shiaflyn Cooper	Elk River	2024
40-03.75	Ayisat Adebayo	Simley	2025
40-02.75	Jenna Kes	Jordan	2017
(10)			
39-10.5	Jodi Lipp	Saint Cloud Tech	2017
39-09.50	Victoria Laberge	Spring Lake Park/St. A	2019
39-06.50	Lucy Hiller	Minnetonka	2023
39-05.50	Jummy Alowonle	Park Cottage Grove	2000
39-05.50	Analisa Huschle	Bagley-Fosston	2011
39-05.50	Stormy Nesbit	Roseville Area	2009
39-04.25	Amanda Thieschafer	Melrose	2000
39-03.00	Hattie Anderson	Mpls Washburn	2025
39-00.50	Anja Erickson	Spring Lake Park	2025
38-11.50	Ellie Sosa	Dilworth-Glyndon-F	2024
(20)			
38-11.50	Rylie Hansen	Mankato East	2025
38-11.25	Laubenra Ben	Park Center	2022
38-11.00	Sarah Cham	Worthington	2011
38-11.00	Cassia Cady	Rockford	2022
38-10.00	Lindsey Maruska	Big Lake	2017
38-08.50	Ashley Warne	Moorhead	2017
38-08.50	Elsa Bildtsen	Visitation	2022
38-08.25	Miah Keller	Burnsville	2017
38-08.00	Lauren Burmeister	Hayfield	2003
38-08.00	Alex Beckman	Eastview	2010
(30)			
38-07.50	Elizabeth Wilson	Robbinsdale Armstrong	2009
38-07.50	Bailey Demar	St. Francis	2014
38-07.00	Piper Jensen	Minnetonka	2013
38-06.25	Alissa Ochs	Osseo	2003
38-06.25	Akua Mensah	Irondale	2003
38-06.00	Melita Ware	Eastview	2013
38-06.00	Kaili Malvey	Mahtomedi	2025
38-05.25	Grazina Troup	Minnehaha Academy	2024
38-05.00	Heidi Lundervold	Woodbury	1994
38-05.00	Meagan Blair	St. Paul Highland Park	2014 & 15
(40)			
38-04.75	Olivia Walsh	Austin	2023
38-04.75	Ava Loftness	Prior Lake	2025
38-04.50	Camryn Brinkman	Melrose Area	2016
38-04.50	Olivia O'Brien	Minnetonka	2017
38-04.00	Kelsey Joson	Park-Cottage Grove	2007
38-03.50	Jody Helget	St. James	1999
38-03.50	Jacenta Spandl	Moorhead	2001
38-03.50	Bella Wikan	Waseca	2025
38-02.75	Niara Hill	Breck	2013
38-02.75	Olivia Keller	Holy Angels	2022
(50)			
38-02.50	Grave VanErp	Ottertail Central	2022
38-02.25	Annie Wendt	Rochester Mayo	2019
38-01.75	Stephanie Orvis	Luverne	1998
38-01.75	Michelle Maciej	Elk River	2009
38-01.75	Allison Gerads	Champlin Park	2015
38-01.25	Maris Heun	Watertown-Mayer	2022
38-01.00	Beth Harlos	Eden Prairie	2015
38-01.00	Mario'ana Watson	Osseo	2023
38-00.75	Abby Jungwirth	Forest Lake	2016
38-00.25	Ellie Hernes	Fairmont	2021
(60)			

38-00.00	Keri Kreuzer	Winona	2000
38-00.00	Lana Pace	Pillager	2006
38-00.00	Anna Keefer	St. Michael-Albertville	2016
38-00.00	Annika Muller	Minnetonka	2018
37-11.25	Avery Koenen	Montevideo	2023
37-11.00	Nadine Parris	Robbinsdale Cooper	2002
37-11.00	Sarah Byers	Rockford	2018
37-10.75	Autumn Stokes	Hibbing	2017
37-10.75	Jaden Hackel	Perham	2023
37-10.25	Ailsa Gilbert	Watertown-Mayer	2019
(70)			
37-10.25	Gabriella Keefer	St. Michael-Albertville	2025
37-10.00	Shannon Labernik	Forest Lake	1997
37-09.75	Sara Brockberg	Pipestone	1997
37-09.75	Taylor Johnson	Eden Prairie	2012
37-09.50	Tatyana Pashibin	Minneapolis Southwest	2012
37-09.50	Himetii Apet	Roseville Area	2023
37-09.25	Marvelous Onwualo	Blaine	2023
37-09.00	Carrie Braness	Litchfield	1996
37-08.75	Elianna Abera	Spectrum	2022
37-08.50	Aubryana Boldt	Rushford-Peterson/H	2025
(80)			
37-08.25	Hannah Muegge	Hopkins	2008
37-08.25	Kailee Kohrt	Wayzata	2023
37-07.75	Ann Eckhoff	Northfield	2005
37-07.75	Hailey Brinkman	Melrose Area	2012
37-07.75	Andrea Bartz	Plainview-Elgin-Millville	2012
37-07.75	Amanda Davenport	Farmington	2017
37-07.75	Addie Hubbard	Pequot Lakes	2018
37-07.75	Geneva Rasmussen	Eagan	2023
37-07.75	Breanna Benjamin	Park Center	2024
37-07.50	Traci Copeland	Breck	1997
(90)			
37-07.50	Leah Herrboldt	Elk River Area	2001
37-07.50	Kou Luogon	Park Center	2002
37-07.50	Amanda Trost	Dawson-Boyd/LQPV	2005
37-07.25	Patience Yalartai	Bloomington Kennedy	2013
37-07.00	Amy Skeate	St. Cloud Apollo	1993
37-07.00	Nikola Holmes	Apple Valley	1999
37-07.00	Katybeth Biewen	Edina	2011
37-07.00	Clara Paul	Concordia Academy	2016
37-07.00	Mia Sennes	DeLaSalle	2016
37-07.00	Madi Kes	Jordan	2019
(100)			
37-06.75	Nadia Lorencz	Farmington	2012
37-06.75	Erin Autio	St. Michael-Albertville	2014
37-06.50	Mariana Lehrer	Prior Lake	2019
37-06.25	Jenny Newsom	Breck	1997
37-06.25	Andrea Whitney	Sartell-St. Stephen	2009
37-06.00	Sophia Gray	Mpls Edison	2000
37-06.00	Samantha Kemper	Prior Lake	2010
37-06.00	Haillie Kent	Alexandria	2021
37-06.00	Sophie Nilson	Burnsville	2021
37-06.00	Kendall Huhnerkoch	Redwood Valley	2023-24
(110)			
37-06.00	Lyndi Koosman	Willmar	2024
37-06.00	Emani Yarbrough	Roseville Area	2025
37-05.75	Kate Van Erp	Rocori	2025
37-05.50	Ciara Cermak	Bemidji	2017
37-05.50	Clea Cesare	Robbinsdale Armstrong	2022
37-05.50	Samantha Carr	Shakopee	2025
37-05.25	Katie Heilman	Watertown-Mayer	2014
37-05.00	Cindy Bethany	Mounds View	1991
37-05.00	Jennifer Parent	Forest Lake	2018
37-04.75	Ava Follingstad	Barnesville	2024
(120)			

37-04.50	Lisa Paulson	White Bear Lake	1999	36-11.50	Melanie Hill	Champlin Park	2012
37-04.50	Jackie Kensinger	Detroit Lakes	2002	36-11.50	Judsona Chea	St. Michael-Albertville	2023
37-04.50	Mara Quam	Kenyon-Wanamingo	2017	36-11.50	Lauren Hansen	Monticello	2025
37-04.50	Lauren Hansen	Orono	2018	36-11.25	Nikki Sims	Big Lake	2003
37-04.25	Alena Jindrova	Buffalo	2001	36-11.25	Anna Sather	Proctor	2005
37-04.25	Madeline Tapper	Wayzata	2018	36-11.25	Haley Tholen	Stillwater	2015
37-04.25	Nell Ferguson	Rochester Century	2024	36-11.25	Julia Rowles	Robbindale Armstrong	2019
37-04.00	Julia Stedman	North	2012	36-11.00	Christie Dosch	Rochester J. Marshall	2001
37-04.00	Courtney Siebenahler	Luverne	2016	36-11.00	Claire Kohler	Minnetonka	2023
37-04.00	Katieanna Williams	Anoka	2019	36-11.00	Taylor Wick	Cloquet	2023
(130)				(190)			
37-04.00	Ally Amundson	Bloomington Jefferson	2022	36-11.00	Addison Harried	Waconia	2025
37-04.00	Megan Clark	East Ridge	2022	36-10.75	Jill Podgorski	Mounds View	1999
37-04.00	Liberty Quast	Stillwater Area	2024	36-10.75	Nikki Schultz	Cedar Mountain	2006
37-04.00	Kendra Heintz	Rush City	2025	36-10.75	Annika Ruppert	St. Paul Highland Park	2016
37-03.75	Arianna Passeri	Rosemount	2018	36-10.75	Hannah Pederson	West Marshall	2024
37-03.75	Hannah Kummrow	Hopkins	2023	36-10.75	Rieeko Tut	Mankato East	2024
37-03.50	Annaka Forsberg	Blooming Prairie	2024	36-10.50	Melissa Nelson	Duluth East	2001
37-03.25	Chelsea Fogarty	Belle Plaine	2009	36-10.50	Lexi Reed	Eden Prairie	2016
37-03.00	Lori Waltz	Marshall School	1994	36-10.50	Mikayla Scharpen	Zumbrota-Mazeppa	2025
37-03.00	Kinley Bormann	Ottertail Central	2024	36-10.25	Nia Gilbert	St. Louis Park	2008-09
(140)				(200)			
37-03.00	Norah Miller	Roch John Marshall	2025	36-10.25	Ali Zimmerman	Mounds View	2012
37-02.75	Ashton May	Grand Meadow	2006	36-10.25	Alexandria Hill	Mpls North Community	2024
37-02.75	Jasmine Dittrich	Rochester J. Marshall	2009	36-10.00	Linnea Engel	Mounds View	1998
37-02.75	Lindsay Rothschilder	Chaska	2011	36-10.00	Allyson DeVries	Worthington	1999
37-02.75	Isabelle Fern	Farmington	2012	36-10.00	Kayla Bilderback	Centennial	2008
37-02.75	Mara Braun	Wayzata	2021	36-10.00	Hannah Mueller	Cambridge Isanti	2011
37-02.75	Hannah Hanson	Rochester Mayo	2022	36-10.00	Anne Christofferson	Byron	2012
37-02.50	Brooke Chaffee	Hinckley-Finlayson	2003	36-10.00	Gabrielle Murphy	North	2012
37-02.50	Liz Bachaus	LeSueur-Henderson	2004	36-10.00	Megan Elizabeth White	Providence Academy	2015
37-02.50	Katie Steele	Minnetonka	2014	36-10.00	Emma Weatherly	Byron	2016
(150)				(210)			
37-02.50	Sophia Weston	St. Michael-Albertville	2017	36-10.00	Shaily Hakamaki	Cromwell-Wright	2018
37-02.25	Angie Anyaogu	Lakeville North	2011	36-10.00	Noelle Hackenmueller	Saint Cloud Apollo	2022
37-02.00	Nina Peterson	Bryon	2001	36-10.00	Tayalekay Borh	Blaine	2025
37-02.00	Megan Brandeland	Prior Lake	2003	36-09.75	Aleece Durbin	Crookston	2018
37-01.75	Whitney Johnson	Wayzata	2000	36-09.75	Claire Stein	Two Rivers	2023
37-01.50	Kristin Busch	New Prague	2005	36-09.50	Sarah Schrader	Prior Lake	2014
37-01.50	Nicole Berscheid	Holdingford	2010	36-09.50	Kaysha Dortch	White Bear Lake	2015
37-01.50	Bailey Alston	Rochester Mayo	2011	36-09.50	Madisyn Lyons	Red Wing	2016
37-01.50	Yvonne Marsh	Blaine	2025	36-09.50	Kylie Krawczyk	Mahtomedi	2017
37-01.25	Aimee Ross	Grand Rapids	1999	36-09.50	Mehlayna Straub	Southwest Christian	2023
(160)				(220)			
37-01.25	Rachel Goza-Maxwell	Roseville Area	2017	36-09.5	Emerson Hocking	Simley	2025
37-01.25	Malina Koepp	Belle Plaine	2022	36-09.25	Tressa Beckel	Waseca	2006
37-01.00	Kaly Banks	Cannon Falls	2017	36-09.25	Britt Rynda	New Prague	2009
37-00.75	Katie Theisen	New Prague	2004	36-09.25	Chakia Hall-Watley	Richfield	2013
37-00.75	Natalie Busher	Rosemount	2012	36-09.25	Caroline Jansen	Ashby/Brandn/Evansville	2014
37-00.50	Caroline Wang	Mpls Edison	1995	36-09.25	Caraline Slatery	Lakeville South	2015
37-00.50	Katie Loberg	Princeton	2009	36-09.25	Jen Valley	Forest Lake Area	2018
37-00.50	Chloe Ohlgren	Centennial	2014	36-09.25	Anneteke Adoga	Woodbury	2022
37-00.50	Brianna Rasmusson	Fergus Falls	2014	36-09.25	Brooke Wisdom	Holy Angels	2024
37-00.50	Jordyn Galeazzi	Cambridge-Isanti	2016	36-09.25	Gianna Hansen	Proctor	2025
(170)				(230)			
37-00.50	Isabelle Jaenicke	Melrose Area	2024	36-09.00	Ada Anderson	Roseau	2001
37-00.25	Ashley Fisher	Holy Angels	2023	36-09.00	Shanna Dawson	Fairmont	2004
37-00.00	Cassandra Olson	Ogilvie	1999	36-09.00	Britta Schubert	Byron	2008
37-00.00	Ashley Nelson	Litchfield	2000	36-09.00	Allison Berg	Detroit Lakes	2015
37-00.00	Natalie Devine	Litchfield	2004	36-09.00	Kylie Monson	Crosby-Ironton	2018
37-00.00	Emily VanHeel	Little Falls	2010	36-09.00	Aidan McLoone	New Prague	2019
37-00.00	Gracia Seeley	Edina	2017	36-09.00	Emma Smith	Brainerd	2019
37-00.00	Kaye Paschka	Alexandria	2019	36-09.00	Elise Biorn	Rockford	2022
37-00.00	Ara Warren	Moorhead	2025	36-08.75	Becky Brinker	Rocori	1995
36-11.75	Julie Thomas	Apple Valley	2002	36-08.75	Hope Howell	Mesabi East	2017
(180)				(240)			

36-08.50	Shia Domyanovich	Anoka	1997	36-08.00	Frida Douglass	Robbinsdale Cooper	1999
36-08.50	Rosey Erickson	Alexandria	2011	36-08.00	Allyson Hartje	Brainerd	2005
36-08.50	Olivia Evanson	Maple Grove	2011	36-08.00	Rachel Gravley	Mankato West	2011
36-08.50	Ella Francis	Prior Lake	2015	36-08.00	Taylor Laabs	Princeton	2015
36-08.50	Alexandra Wolf	Rosemount	2018	36-08.00	Olivia Jameson	Cloquet	2021
36-08.50	Julia Dahl	Mounds View	2023	36-08.00	Jozie Johnson	Owatonna	2024
36-08.50	Alexis Mentzer	Sartell	2025	(255)			
36-08.25	Sara Willert	Alexandria	2000				
36-08.25	Becca Bryson	USC/AC	2006	i = indoors			

11/22/2025