

Girls Top 5 Performances

| Event | Name | Year | Mark |
|-------------|-------------------|------|---------|
| Shot Put | Lexi Sokol | 2011 | 34'1 |
| | Jo Carlson | 1979 | 34'.5 |
| | Elizabeth Baier | 2003 | 33'9 |
| | Lauren Pick | 2017 | 32'11 |
| | Sara Frerichs | 2003 | 31'1 |
| Discus | Brooklyn Kruse | 2019 | 102'8 |
| | Annie Kniesche | 2015 | 96'10 |
| | Jenna Trenhaile | 2014 | 96'4 |
| | Kelli Davis | 1987 | 87'9 |
| | Melinda Longe | 2013 | 86'3 |
| Triple Jump | Leah Dunklau | 1997 | 34'4.25 |
| | Katelyn Grone | 2015 | 34' |
| | Hannah Belt | 2013 | 31'9 |
| | Marissa Fallesen | 2008 | 31'4 |
| | Ashton Schweers | 2010 | 31'2 |
| Long Jump | Kylie Hammer | 2014 | 15'9 |
| | Amy Wriedt | 1986 | 15'8 |
| | Katelyn Grone | 2015 | 15'.25 |
| | Marissa Fallesen | 2008 | 14'10.5 |
| | Ashton Schweers | 2010 | 14'10.5 |
| High Jump | Tonya Erxiben | 1985 | 5'0 |
| | Danielle Nelson | 1989 | 5'0 |
| | Tarah Stegemann | 2012 | 5'0 |
| | Katie Hoskins | 2008 | 4'11 |
| | Ashton Schweers | 2010 | 4'9 |
| 100 Meters | Missy Stoltenberg | 1978 | 12.9 |
| | Amanda Maryott | 1997 | 12.9 |
| | Meagan Bacaker | 2010 | 13.0 |
| | Cindy Brown | 1983 | 13.1 |
| | Nyla Bolles | 2022 | 13.1 |
| 200 Meters | Amanda Maryott | 1997 | 26.93 |
| | Meagan Backer | 2010 | 27.4 |
| | Nyla Bolles | 2022 | 28.4 |
| | Angel Ross | 1987 | 28.6 |
| | Cindy Brown | 1983 | 28.67 |
| 400 Meters | Meagan Backer | 2010 | 1:01.0 |
| | Maddie Jager | 2004 | 1:03.2 |
| | Nyla Bolles | 2022 | 1:04.1 |
| | Amy Anderson | 2003 | 1:04.4 |
| | Tammy Geiger | 1988 | 1:04.8 |

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| 800 Meters | Lisa Peters Tammy Geiger Sara Kinney Emily Leeper Maddie Jager | 1988 1988 1994 2009 2004 | 2:31.7 2:31.7 2:35.0 2:35.5 2:35.8 |
| 1600 Meters | Marcella Jurotich Marta Pulfer Angie Nelson Tammy Geiger Alyssa Schmale | 2014 2013 2010 1988 2011 | 5:47.5 5:48.5 5:49.0 5:51.0 5:51.3 |
| 100 Hurdles | Leah Dunklau Madison Frevert Holly Smith Tarah Stegmann Marrissa Lutt | 1997 2011 2004 2012 2015 | 16.6 16.7 16.82 17.1 17.38 |
| 195 Hurdles | Madison Frevert Sydney Biggerstaff Caitlin Fehringer Marrissa Lutt McKenna Frevert | 2011 2014 2008 2015 2009 | 30.1 30.9 31.2 31.73 31.9 |
| Pole Vault | Addison Frank Kiera Brader Nyla Bolles Jade Mizell Virginia Kniesche Nyla Bolles | 2023 2018 2022 2018 2018 2021 | 8'0 7'0 6'6 6'0 6'0 6'0 |
| 400 Meter Relay | Leah Dunklau, Katie Walton, Monica Novak, Amanda Maryott | 1997 | 54.38 |
| 800 Meter Medley | Lily Broders, Shannon Johnson, Monica Novak, Amanda Maryott | 1997 | 2:02.08 |
| 800 Meter Relay | Leah Dunklau, Katie Walton, Monica Novak, Amanda Maryott | 1997 | 1:57.03 |
| 1600 Meter Relay | Chantel Martin, Jaci Jenkins, Angie Nelson, Meagan Backer | 2010 | 4:26.8 |