

Spud Track and Field Top 10 Lists

| Girls | | | Boys | | |
|----------------|-------------------------------|-------------|--------------|--|--------------------|
| | 100 Meters | | | 100 Meters | |
| 12.12 | Liza Conteh | 1998 | 10.70 | Rob Nielsen (Can't Confirm) | 1985 |
| 12.54 | Halle Gregoire | 2021 | 10.90 | Brady Anderson | 2014 |
| 12.58 | Jada Schwindt / Princess York | 2016 / 2019 | 10.94 | Dennis Klowcow | 1989 |
| 12.61 | Jenny Vahlen | 2002 | 11.00 | Joe Nelson / Corey Eidem | 1989 / 2005 |
| 12.63 | Claire Howell | 2019 | 11.01 | Cory Johnson | 2004 |
| 12.84 | Kelli Tranby | 1998 | 11.02 | Alonn Salman | 2021 |
| 12.86 | Sara Glas | 1994 | 11.11 | Devante Delbrune / Trent Johnson | 2015 / 2007 |
| 12.89 | Willow Carrier | 2018 | 11.15 | Michael Haugo | 2021 |
| 12.9 | Summer Lindquist | 2021 | 11.17 | Otis Weah / Jade Lawrence / Beau Rothschadl | 2018 / 2015 / 1997 |
| 12.92 | Cassidy Nelson | 2015 | 11.25 | Malique Delbrune | 2016 |
| | 200 Meters | | | 200 Meters | |
| 24.66 | Liza Conteh | 1998 | 21.44 | Dave Suedel (possible non-converted hand time) | 1968 |
| 25.47 | Claire Howell | 2019 | 21.6 | Cory Johnson | 2004 |
| 25.80 | Ashley Heinze | 2009 | 21.7 | Greg Lokken / Dave Suedel*** | 1966 / 1968 |
| 25.94 | Willow Carrier | 2021 | 21.8 | Doug Sorvik | 1970 |
| 25.97 | Beth Stone | 1990 | 21.82 | Michael Haugo | 2021 |
| 26.02 | Sara Glas | 1993 | 21.9 | Jim Gravalin / Scott Beadle | 1972 / 1992 |
| 26.17 | Katie Olson | 2015 | 22.16 | Brady Anderson | 2014 |
| 26.49 | Jenny Valan | 2001 | 22.25 | Corey Eidem | 2005 |
| 26.62 | Princess York | 2019 | 22.48 | Jade Lawrence | 2014 |
| 26.63 | Summer Lindquist | 2021 | 22.58 | Austin Volla | 2004 |
| | 400 Meters | | | 400 Meters | |
| 55.39 | Claire Howell | 2019 | 47.72 | Scott Beadle | 1993 |
| 57.05 | Barb MacLeod | 1975 | 48.41 | Brett Lawrence | 2014 |
| 57.53 | Ashley Heinze | 2011 | 49.33 | Cory Johnson | 2005 |
| 58.34 | Kristin Slette | 2006 | 49.81 | Cole Compton | 2018 |
| 59.98 | Katie Olson | 2014 | 50.37 | Jared Widner | 2011 |
| 59.79 | Amber Henne | 2007 | 50.45 | Luke Lillehaugen | 2015 |
| 1:00.20 | Anna Valan | 2005 | 50.67 | Lee Karfear | 2019 |
| 1:00.44 | Candace Borgen | 2002 | 50.8 | Jordan Talgy | 2001 |
| 1:00.54 | Summer Carlson | 2021 | 51.03 | Jeremy Blake | 1995 |
| 1:00.65 | Mallori Johnson | 2015 | 51.06 | Alex Widner | 2014 |
| | 800 Meters | | | 800 Meters | |
| 2:14.45 | Taylor Janssen | 2013 | 1:54.59 | Austin Flom | 2001 |
| 2:15.87 | Avery Selberg | 2014 | 1:56.51 | Josh Young | 2014 |
| 2:18.39 | Alexandra Maddux | 2017 | 1:57.18 | Eric Gibbons | 2017 |
| 2:19.37 | Kayla Anderson | 1999 | 1:58.15 | Zachary Dale | 2004 |
| 2:19.80 | Anna Valan | 2005 | 1:58.88 | Jeff Aasness | 2002 |
| 2:20.54 | Mallori Johnson | 2015 | 1:59.63 | Glen Ellingson | 2012 |
| 2:21.69 | Claire Howell | 2016 | 1:59.87 | Noah Melton | 2018 |
| 2:21.75 | Morgan Christian | 2010 | 1:59.88 | Matt Nicolai | |
| 2:21.99 | Amber Henne | 2007 | 1:59.95 | Timothy Lillehaugen | 2009 |

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|----------|-------------------------------|-------------|----------------|--|-------------|
| 2:22.04 | Olivia Watson | 2017 | 2:00.31 | Jacob Geraghty | 2011 |
| | 1600 Meters | | | 1600 Meters | |
| 4:54.35 | Lisa Dyer | 2001 | 4:18.43 | Glen Ellingson | 2012 |
| 4:59.26 | Heather Doyle | 1987 | 4:18.44 | James Krajsa | 2005 |
| 5:07.57 | Taylor Janssen | 2011 | 4:19.53 | Dan Pemble | 1993 |
| 5:18.21 | Leah Hansen | 2010 | 4:20.46 | Ben Klungtvedt | 2004 |
| 5:19.78 | Avery Selberg | 2014 | 4:20.87 | Jeff Aasness | 2002 |
| 5:20.10 | Alexandra Maddux | 2016 | 4:22.25 | Zachary Dale | 2004 |
| 5:20.92 | Mackenzie Randklev | 2010 | 4:22.50 | Dawson Strom | 2019 |
| 5:21.16 | Claire Steinke | 2005 | 4:23.47 | Jarrod McCann | 2003 |
| 5:21.18 | Lea Bock | 2001 | 4:24.10 | Evan Myran | 2021 |
| 5:22.48 | Hannah Stordahl | 2007 | 4:30.30 | Austin Gruenberg | 2018 |
| | 3200 Meters | | | 3200 Meters | |
| 10:27.80 | Lisa Dyer | 2001 | 9:16.84 | Glen Ellinson | 2011 |
| 10:54.77 | Taylor Janssen | 2010 | 9:29.98 | Evan Myran | 2021 |
| 11:19.09 | Leah Hansen | 2009 | 9:31.65 | Zach Johnson | 2019 |
| 11:24.67 | Mackenzie Kelly | 2015 | 9:32.08 | Ben Klungtvedt | 2003 |
| 11:32.60 | Riley Polomy | 2016 | 9:35.34 | Tyler Iverson | 2008 |
| 11:37.43 | Erica Hauf | 2014 | 9:37.39 | Jakob Lindaas | 2009 |
| 11:39.98 | Claire Steinke | 2005 | 9:40.43 | Ezra Olson | 2012 |
| 11:41.02 | Rachel Mjones | 2006 | 9:40.45 | Chris Rogers | 1996 |
| 11:41.14 | Taylor Melton | 2019 | 9:42.71 | Dawson Strom | 2019 |
| 11:43.00 | Anna Lipetzky | 2008 | 9:47.19 | Lukas Gemar | 2010 |
| | | | 9:47.19 | Lukas Gemar | 2010 |
| | 100 Hurdles | | | 110 Hurdles | |
| 14.66 | Jacenta Spandl | 2001 | 14.52 | Greg Stumbo - POSSIBLE RECORD - state champ | 1990 |
| 14.68 | Sarah Grineski | 1997 | 14.54 | David Grinaker / Jerry Johnson | 1973 / 1971 |
| 14.85* | Brenda Braun | 1985 | 14.65 | Tim Meyer | 1987 |
| 14.95* | Mindy Sutter | 1985 | 14.83 | Jamie Hagnes | 1986 |
| 15.13 | Allyson Grohnke | 1984 | 14.86 | Matthews Weeks / Matt Young | 2008 / 1996 |
| 15.25 | Kai Gonsorowski | 1999 | 14.95 | Donovan Dejong | 1989 |
| 15.81 | Zoe Altenbernd | 2016 | 15.00 | John Bye | 2008 |
| 15.84 | Ashley Heinze | 2010 | 15.09 | Steve Quenette / Matt Bye | 1984 / 2016 |
| 15.95 | Sonja Glumich | 1993 | 15.36 | Scott Arntsen | 1990 |
| 16.17 | Mallori Johnson | 2014 | 15.38 | Akira Shastri | 2008 |
| | 300m Hurdles | | | 300m Hurdles | |
| 43.50 | Mallori Johnson | 2014 | 38.34 | Bill Tolbert | 1978 |
| 45.14 | Brenda Braun | 1985 | 38.35 | Tim Meyer | 1987 |
| 45.57 | Sonja Glumich | 1992 | 38.58 | Matthews Weeks | 2008 |
| 45.74 | Jacenta Spandl | 2001 | 39.34 | Peter Benson | 1993 |
| 46.66 | Annika Harless | 2010 | 39.78 | John Bye | 2008 |
| 47.28 | Katie Rosenfeldt | 2012 | 39.81 | John Amble | 2000 |
| 48.14 | Kendall Johnson | 2014 | 39.85 | Matt Young | 1996 |
| 48.38 | Olivia Bergh | 2011 | 39.86 | Greg Stumbo | 1990 |
| 49.66 | Alison Beech / Ella Grafstrom | 2007 / 2019 | 40.24 | Ryan Stalboerger | 1994 |
| 49.68 | Adla Serrao | 2019 | 40.28 | Michael Golling | 2010 |

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|----------------|--|-------------|----------------|--|-------------|
| | 4X100 Meter Relay | | | 4X100 Meter Relay | |
| 49.26 | Willow Carrier, Annamaria Davies, Princess York, Jada Schwindt | 2019 | 42.94 | Mark Kath, Tim Sturdevant, Bill Tolbert, Kevin Nelson | 1978 |
| 49.38 | Alexis Olderbak, Halle Gregoire, Willow Carrier, Summer Lindquist | 2021 | 43.23 | | 2015 |
| 49.95 | Marissa Wong, Katie Olson, Cassidy Nelson, Erica Ulberg | 2013 | 43.29 | | 1996 |
| 50.33 | ???? | 1986 | 43.32 | George Nyanforth, Jamal Dixon, Alonn Salman, Michael Haugo | 2021 |
| 50.4 | ???? | 1984 | 43.42 | | 1987 |
| 50.82 | ???? | 2015 | 43.46 | Michael Duginski, Malique Delbrune, Jade Lawrence, Devate Delbrune | 2015 |
| 50.83 | Marrisa Wong, Katie Olson, Cassidy Nelson, Lauren Zanotti | 2014 | 43.52 | state | 2004 |
| 51.08 | Lauren Zanotti, Annamaria Davies, Beth Hulst, Jada Schwindt | 2016 | 43.53 | | 1994 |
| 51.10 | Willow Carrier, Amaya Dullea, Lydia Gross, Princess York | 2019 | 43.58 | George Nyanforth, Alonn Salman, Saif Allawi, Michael Haugo | 2021 |
| 51.48 | Annamaria Davies, Jada Schwindt, Beth Hulst, Kera Werth | 2016 | 43.68 | Michael Duginski, Malique Delbrune, Jade Lawrence, Brady Anderson | 2014 |
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| | 4X200 Meter Relay | | | 4x200 Meter Relay | |
| 1:43.14 | Kelli Tranby, Kristi Alverson, Lisa Anderson, Liza Conteh | 1998 | 1:28.14 | Terry Swanson, Robby Anderson, Todd Watson, Jim Gravalin | 1972 |
| 1:45.07 | ??? | 1996 | 1:29.51 | Abe Carlson, Jamal Dixon, Alonn Salman, Michael Haugo | 2021 |
| 1:45.20 | Halle Gregoire, Liana Ulness, Willow Carrier, Summer Lindquist | 2021 | 1:29.56 | sections | 2018 |
| 1:45.35 | ??? | 2005 | 1:29.78 | George Nyanforth, Jamal Dixon, Alonn Salman, Michael Haugo | 2021 |
| 1:45.53 | Kristi Severson, Lisa Anderson, Kari Rosenfeldt, Liza Conteh | 1999 | 1:30.19 | Michael Haugo, Nathan Wambach, Lee Karfear, George Nyanforth | 2019 |
| 1:46.00 | ???? | 1991 | 1:30.25 | | 2004 |
| 1:46.91 | Princess York, Adla Serrao, Maria Zanotti, Claire Howell | 2019 | 1:30.62 | George Nyanforth, Jamal Dixon, Karson Wendt, Michael Haugo | 2021 |
| 1:46.97 | TrueTeam | 1997 | 1:30.84 | sections | 2014 |
| 1:47.44 | Princess York, Adla Serrao, Lydia Gross, Maria Zanotti | 2019 | 1:30.88 | Cory Johnson, Justin Redfield, Ben Thoreson, Mike Shonblom | 2002 |
| 1:47.44 | Princess York, Adla Serrao, Lydia Gross, Maria Zanotti | 2019 | 1:31.78 | Matt Bye, Devante Delbrune, Malique Delbrune, Hunter Wollschlager | 2016 |
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| | 4x400 Meter Relay | | | 4X400 Meter Relay | |
| 3:57.45 | Lisa Remark, Candace Borgen, Anna Valen, Jenny Valen | 2002 | 3:19.24 | Kevin Larson, Jim Bauck, Terry Swanson, Robby Anderson | 1971 |
| 3:59.79 | Summer Lindquist, Cassidy O'Meara, Summer Carlson, Claire Howell | 2019 | 3:20.71 | Bryce Karbel, Peter Benson, Jeremy Blake, Scott Beadle | 1993 |
| 4:01.39 | ???? | 2013 | 3:22.09 | state | 2014 |
| 4:00.22 | ???? | 2001 | 3:22.97 | Noah Melton, Seth Lawrence, Hunter Wollschlager, Cole Crompton | 2018 |
| 4:02.02 | ???? | 1991 | 3:24.80 | sections | 1991 |
| 4:03.18 | Katie Olson, Mackenzie Kelly, Avery Selberg, Mallori Johnson | 2014 | 3:26.01 | Jamal Dixon, Renas Salman, Trey Feeney, John Jenkins | 2021 |
| 4:04.89 | Cassidy O'Meara, Alexandra Maddux, Olivia Watson, Claire Howell | 2018 | 3:26.37 | state X 2 | 1980 / 2008 |
| 4:06.57 | ???? | 1990 | 3:26.43 | Hunter Wollschlager, Eric Gibbons, Cole Crompton, Noah Melton | 2017 |

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|----------------|--|---------------------------|--------------|---|----------------------------------|
| 4:06.65 | ???? | 2012 | 3:27.25 | sections | 1986 |
| 4:08.41 | Claire Howell, Summer Carlson, Liana Ulness, Summer Lindquist | 2019 | 3:27.32 | sections | 2013 |
| | | | | | |
| | 4X800 Meter Relay | | | 4 X 800 Meter Relay | |
| 9:16.60 | Avery Selberg, Mallori Johnson, Mackenzie Kelly, Taylor Janssen | 2013 | 7:58.15 | Matther Lillehaugen, Ezra Olson, Luke Lillehaugen, Josh Young | |
| 9:21.40 | Erica Hauf, Mackenzie Kelly, Mallori Johnson, Avery Selberg | 2014 | 8:02.68 | state | 2001 |
| 9:25.41 | Lisa Remark, Leah Bock, Anna Valen, Candace Borgen | 2002 | 8:04.65 | state | 2007 |
| 9:30.79 | Summer Carlson, Taylor Melton, Ella Grafstrom, Cassidy O'Meara | 2019 | 8:04.86 | true team | 2003 |
| 9:31.85 | ??? | 2001 | 8:05.44 | sections | 2014 |
| 9:32.70 | Claire Howell, Cassidy O'Meara, Anna Christian, Alexandra Maddux | 2016 | 8:05.57 | sections | 2013 |
| 9:33.05 | Avery Selberg, Mackenzie Kelly, Mallori Johnson, Taylor Janssen | 2012 | 8:06.98 | Noah Melton, Sam Gebhart, Austin Gruenberg, Dawson Strom | 2018 |
| 9:37.30 | Alexandra MAddux, Claire Howell, Cassidy O'Meara, Olivia Watson | 2017 | 8:10.15 | state | 2006 |
| 9:43.18 | MacKenzie Kelly, Alexandra Maddux, Anna Christian, Mallori Johnson | 2015 | 8:11.96 | Joe Thibert, Eric Gibbons, Elijah Herrick, Luke Lillehaugen | 2015 |
| 9:43.96 | Carlie Sheldon, Anna Nelson, Ella Grafstrom, Summer Carlson | 2021 | | | |
| | | | | | |
| | High Jump | | | High Jump | |
| 5-8 | Mary Grinaker / Jacenta Spandl | 1977 / 2001 | 6-10 | Aren Haugtvedt | 1981 |
| 5-6 | Kai Gonsorowski / Rachael Hakk | 1996 / 2007 | | | |
| 5-5 | Chelsey Klemetson | 2010 | 6-6 | Sutter Colborn | 2019 |
| 5-4 | Sara Jo Cornellison | 1988 | 6-4 1/2 | Neal Oleson | 1986 |
| 5-3 | Allyson Grohnke / Claire Howell | 1984 / 2019 | 6-4 | Kerry Burns / Gabriel Wright | 2000 / 2012 |
| 5-2 | Nicole Kurtti / Ashley Warne / Bella Felland | 2016 / 2018 / 2019 | 6-2 | Micah Benson / Matt Bye / Jamal Dixon | 1996 / 2015 / 2021 |
| 5-1 | Haleigh Cleem | 2021 | 6-1 | Jon Gensler / Peter Gallatin | 1989 / 1989 |
| 5-0 | Olivia Ostlie / Teagan Carlsrud / | 2014 / 2015 | 6-0 1/2 | Chris Pederson | 1986 |
| 4-11 | Rachel Jacobsen | 2008 | 6-0 | Brian Stugelmeyer / Hunter Wollschlager / Jordan Odegard / Dylan Zimmerman | 2002 / 2018 / 2017 / 2021 |
| 4-10 | Karin Costin / Ashley Heinze / Haley Ludwig / Ayana Blythe | 2006 / 2009 / 2014 / 2016 | 5-11 | Isaac Monke-Lundberg | 2008 |
| | | | | | |
| | | | | | |
| | Discus | | | Discus | |
| 141-4 | Rachel Wilson | 1991 | 168-0 | Chris Mather | 1991 |
| 128-8 | Kristin Dreschel | 2013 | 153-10 | Houston Hall | 2019 |
| 127-0 | Jeri Johnson | 2008 | 152-5 | J Hagness | 1988 |
| 122-8 | Karin Dulski | 1986 | 149-7 | Kyle Gronbeck | 2010 |
| 121-5 | Nicole Mather | 1999 | 144-7 | Robert Moore | 2002 |
| 115-9 | Rosie Anderson | 2021 | 143-9 | Nate Stich | 2016 |
| 112-2 | Kylene Ramsey | 2005 | 142-6 | Elinneus Davis | 2021 |
| 111-4 | Jelisa Phillippi | 2008 | 142-0 | Jameson Cozad | 2018 |
| 110-8 | Tiffany Nelson | 1999 | 140-8 | Jack Teiken | 2021 |
| 110-7 | Baily Overbo | 2021 | 138-5 | Matt Kleber | 2002 |
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| | Shot Put | | | Shot Put | |
| 42-5 1/4 | Kylene Ramsey | 2007 | 56-4 | Steve Wonderlich | 1974 |
| 41-11 1/2 | Rachel Wilson | 1990 | 53-9 | Jameson Cozad | 2019 |
| 40-5 | Jeri Johnson | 2008 | 53-4 3/4 | Chris Nulle | 1999 |
| 39-8 | Kaia Pepsin | 2016 | 51-8 | B. Hamline | 1989 |
| 39-4 3/4 | Suzy Thordahl | 1994 | 50-1 1/2 | Elinneus Davis | 2021 |
| 37-4 | Audra Sorenson | 2001 | 50-0 | Thomas Myers | 2021 |
| 37-2 | Nicole Mather / Bailey Overbo | 1999 / 2021 | 48-0 | Mark Wychor | 2010 |
| 36-0 1/2 | Kristin Dreschel | 2013 | 47-10 | Jack Teiken | 2021 |
| 36-0 | Breann Borchardt | 2015 | 47-1 | Nate Stich | 2016 |
| 35-11 1/2 | Kayla Dalquist | 2013 | 47-0 | Jason Stein | 1996 |
| | | | | | |
| | | | | | |
| | Long Jump | | | Long Jump | |
| 18-2 1/4 | Beth Stone | 1991 | 23-0 1/2 | Laurie Anderson | 1969 |
| 17-3 1/2 | Jada Schwindt | 2016 | 22-6 1/2 | Scott Beadle | 1993 |
| 16-11 1/2 | Jacenta Spandl | 2000 | 21-10 1/2 | Otis Weah | 2018 |
| 16-10 3/4 | Lisa Conteh | 1998 | 21-10 | Mike Larson | 1984 |
| 16-8 3/4 | Alexis Olderbak | 2021 | 21-9 | Michael Haugo | 2021 |
| 16-6 1/4 | Chelsea Klemetson | 2009 | 21-6 | Tim Meyer | 1987 |
| 16-5 1/2 | Rachael Hakk / Willow Carrier | 2007 / 2021 | 21-5 3/4 | Jacob Odegard | 2015 |
| 16-4 1/4 | Nicole Kurtti | 2016 | 21-3 1/2 | Jamie Hagness | 1986 |
| 16-2 3/4 | Ashley Warne | 2018 | 21-1 1/4 | Wes Anderson | 2010 |
| 16-0 1/2 | Katryna Hansen | 2021 | 21-0 | Jay Seibels | 2004 |
| | | | | | |
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| | Triple Jump | | | Triple Jump | |
| 38-8 1/2 | Ashley Warne | 2017 | 46-9 1/2 | Jamie Hagness | 1987 |
| 38-3 1/2 | Jacenta Spandl | 2001 | 46-9 | Otis Weah | 2018 |
| 36-3 1/2 | Nicole Kurtti | 2016 | 45-3 | George Nyanforth | 2021 |
| 34-2 | Marissa Wong | 2014 | 44-0 1/4 | Gavun Brooks-Samek | 2018 |
| 33-10 | Janna Langness | 2001 | 43-10 1/2 | Michael Haugo | 2021 |
| 33-9 1/2 | Megan Haugo | 2018 | 43-9 1/2 | Mike Shonblom | 2002 |
| 33-8 1/2 | Rachael Hakk | 2006 | 43-4 3/4 | Aaron Lordeman | 2003 |
| 33-7 | Haley Ludwig | 2014 | 43-2 3/4 | Sutter Colborn | 2019 |
| 33-6 1/2 | Megan Morinville | 2008 | 42-4 1/2 | Mo Sahal | 2016 |
| 33-5 3/4 | Megan Aaggesson | 2001 | 42-3 | Scott Arnsten / Wes Anderson | 1990 / 2009 |
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| | Pole Vault | | | Pole Vault | |
| 11-0 | Natalie Huckle | 2009 | 15-8 | Macauley Spandl | 2010 |
| 10-6 | Samantha Kouba | 2005 | 14-9 | Kyle Johnson | 2016 |
| 9-6 | Megan Morinville / Samantha Jacobsen / Emily Fuglestad | 2008 / 2009 / 2012 | 14-6 | Connor Salisbury | 2016 |
| 9-1 | Kendall Johnson | 2014 | 14-4 | Dave Correll | 1980 |
| 9-0 | Samantha Bourcy / Olivia Carlson | 2006 / 2018 | 14-3 | Brendan Johnson | 2011 |
| 8-9 | Ellie Feeney | 2021 | 14-0 | Jacob Weidrich | 2014 |
| 8-7 | Emily Soukup | 2019 | 13-9 | Brock Spandl | 2005 |
| 8-6 | Jessica Morinville / Caden Rheault | 2005 / 2015 | 13-7 | Jack Cella | 2021 |

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|----------|---|---|-------|---|----------------------------------|
| 8-2 | Ashley Warne | 2016 | 13-0 | Mike Winans / Bret Fason / Shawn Paschke / Nathan Granzow / Jacob Odegard | 1990 / 2002 / 2003 / 2010 / 2014 |
| 8-0 | Abby Aldred / Laura Peterson / Jade Schanz / Olivia Bergh / Adla Serrao / Jasmine Thayer | 2001 /2001 / 2013 / 2013 / 2018 / 2021 | 12-11 | Ryan Rogness | 2012 |
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| Sources: | mnpretrack.com, mn.milesplit.com, athletic.net | | | | |