



Regional TFRI Event Summary

as of 2/14/2022 8:43:34 AM

Atlantic

Women's 60 Meters

1	12	Abigail DYETT	FR	#2	Monroe-New Roc	Q 7.68	1/7
2	57	Tracy IDUGBOE		#3	Bryant & Stratton	8.03	1/30
3	79	Antonia BRANCATO	FR	#6	Hudson Valley (N.	8.25	1/29
4	91	yanique WHITE	FR	#1	Essex County (N.J	8.37	1/15
5		Asharee THOMAS		#3	Bryant & Stratton	8.48	1/30
6		Iveion SEABROOKS	FR	#4	Mohawk Valley (N	8.55	1/29
7		shania GLASGOW	FR	#1	Essex County (N.J	8.61 (7.99(55))	2/5
8		Sadia ABAKAR	FR	#4	Mohawk Valley (N	8.72	1/29
9		Angre CATTOUSE	FR	#9	Monroe-Bronx (N.	8.74	2/4
10		Eliane ROBINSON	FR	#1	Essex County (N.J	8.76 (8.13(55))	2/5

Women's 200 Meters

1	46	Chinenye ONUORAH	FR	#2	Monroe-New Roc	25.97	1/28
2	54	Farrah MILLER	FR	#2	Monroe-New Roc	26.39	1/7
3	74	Antonia BRANCATO	FR	#6	Hudson Valley (N.	26.94c (27.35f)	1/29
4	76	Jelesse ALEXANDER	FR	#1	Essex County (N.J	26.96c (27.37f)	2/5
5	91	Asharee THOMAS		#3	Bryant & Stratton	27.47	12/5
6		shania GLASGOW	FR	#1	Essex County (N.J	27.85c (28.28f)	2/5
7		Moenae WASHINGTON	FR	#4	Mohawk Valley (N	28.74c (29.18f)	2/5
8		Sadia ABAKAR	FR	#4	Mohawk Valley (N	28.95c (29.40f)	1/29
9		Angre CATTOUSE	FR	#9	Monroe-Bronx (N.	29.13	2/11
10		Iveion SEABROOKS	FR	#4	Mohawk Valley (N	29.14c (29.59f)	2/5

Women's 400 Meters

1	7	Farrah MILLER	FR	#2	Monroe-New Roc	Q 56.39	2/11
2	17	Chinenye ONUORAH	FR	#2	Monroe-New Roc	Q 57.31	1/28
3	55	Tracy IDUGBOE		#3	Bryant & Stratton	1:01.11c (1:01.92f)	1/15
4	86	Asharee THOMAS		#3	Bryant & Stratton	1:04.84	12/5
5	98	yanique WHITE	FR	#1	Essex County (N.J	1:06.47c (1:07.35f)	2/11
6	100	Arafa DJOUMA	FR	#4	Mohawk Valley (N	1:06.75c (1:07.63f)	2/5
7		Pleasure MITCHELL	SO	#7	Louisburg (N.C.)	1:10.16	2/11
8		Cameron LYNCH	FR	#7	Louisburg (N.C.)	1:10.24	2/11
9		shania GLASGOW	FR	#1	Essex County (N.J	1:12.86c (1:13.82f)	2/11
10		Elizabeth ERNO	FR	#6	Hudson Valley (N.	1:26.83c (1:27.98f)	1/29

Women's 600 Meters

1	17	Farrah MILLER	FR	#2	Monroe-New Roc	Q 1:36.94 (1:16.93/50)	1/7
2	25	Delverna BROMFIELD	FR	#1	Essex County (N.J	1:40.93c (1:42.16f)	2/5
3	33	thomyka VALCENT	FR	#1	Essex County (N.J	1:43.39c (1:44.65f)	2/5
4	55	kayla CHARLES	FR	#1	Essex County (N.J	1:55.00 (1:31.27/50)	1/22
5	62	Delaney BREWER	FR	#4	Mohawk Valley (N	1:58.89c (1:35.51/50)	1/29

Women's 800 Meters

1	2	Aaliyah MOORE	FR	#2	Monroe-New Roc	Q 2:12.00	2/11
2	3	Farrah MILLER	FR	#2	Monroe-New Roc	Q 2:14.88	2/11
3	19	Megan THOMPSON	SO	#1	Essex County (N.J	Q 2:23.73c (2:25.38f)	2/5
4	39	Delverna BROMFIELD	FR	#1	Essex County (N.J	2:31.30	1/22
5	45	thomyka VALCENT	FR	#1	Essex County (N.J	2:32.33c (2:34.08f)	2/11
6	54	Leah LLOYD	FR	#5	Finger Lakes (N.Y.	2:34.03c (2:35.80f)	1/22
7	67	zoey-ann WINT	FR	#1	Essex County (N.J	2:37.65c (2:39.46f)	2/11
8	95	Delaney BREWER	FR	#4	Mohawk Valley (N	2:48.66c (2:50.60f)	1/29
9		L'Tamra WEEKS	SO	#3	Bryant & Stratton	2:54.43	2/6
10		Jelesse ALEXANDER	FR	#1	Essex County (N.J	2:56.07c (2:58.10f)	2/11

Women's 1000 Meters

1	1	Aaliyah MOORE	FR	#2	Monroe-New Roc	Q 2:51.52	2/11
2	7	Tshwanelo MARUPING	FR	#2	Monroe-New Roc	Q 3:01.30	2/11
3	8	Megan THOMPSON	SO	#1	Essex County (N.J	Q 3:05.82	1/22
4	36	thomyka VALCENT	FR	#1	Essex County (N.J	3:23.74	1/22
5	40	zoey-ann WINT	FR	#1	Essex County (N.J	3:26.22c (3:28.47f)	2/5

Women's Mile

1	3	Aaliyah MOORE	FR	#2	Monroe-New Roc	Q 5:09.01	1/7
2	5	Tshwanelo MARUPING	FR	#2	Monroe-New Roc	Q 5:11.23	2/11
3	32	Leah LLOYD	FR	#5	Finger Lakes (N.Y.	5:37.67c (5:41.01f)	1/29
4	54	Megan THOMPSON	SO	#1	Essex County (N.J	5:56.81c (6:00.34f)	1/15
5	76	zoey-ann WINT	FR	#1	Essex County (N.J	6:14.51	1/22
6	93	Olivia SKYLSTAD	FR	#6	Hudson Valley (N.	6:31.35c (6:35.22f)	1/29
7		Hickory WHELAN	FR	#6	Hudson Valley (N.	6:40.58c (6:44.54f)	1/29
8		Eva SGAMBETTERA	FR	#6	Hudson Valley (N.	6:46.72c (6:50.74f)	1/29
9		Ellicia SWEDISH	FR	#6	Hudson Valley (N.	6:52.98c (6:57.06f)	1/29
10		Jennifer WALIKE	SO	#4	Mohawk Valley (N	8:56.57c (9:01.88f)	1/29

Women's 3000 Meters

1	3	Tshwanelo MARUPING	FR	#2	Monroe-New Roc	Q 10:18.41	1/28
2	29	Leah LLOYD	FR	#5	Finger Lakes (N.Y.	11:26.14c(11:32.02f)	1/29
3	52	zoey-ann WINT	FR	#1	Essex County (N.J	12:09.97c(12:16.22f)	1/15
4	67	Gabrielle MYERS	FR	#4	Mohawk Valley (N	12:57.75c(13:04.41f)	2/5

Women's 5000 Meters

1	36	Gabrielle MYERS	FR	#4	Mohawk Valley (N	22:45.20c(22:55.65f)	2/5
2	40	Jennifer WALIKE	SO	#4	Mohawk Valley (N	29:19.58c(29:33.05f)	2/5

Women's 60 Meter Hurdles

1	25	L'Tamra WEEKS		#3	Bryant & Stratton	9.30	12/5
2	38	yanique WHITE	FR	#1	Essex County (N.J	9.64	1/22
3	49	Jelesse ALEXANDER	FR	#1	Essex County (N.J	10.17	2/11

Women's 4x400 Relay

1	13	https://www.tfrrs.org/teams/690		#1	Essex County (N.J	4:10.75c (4:14.07f)	2/11
2	24	https://www.tfrrs.org/teams/712		#4	Mohawk Valley (N	4:38.37c (4:42.06f)	1/29
3	28	https://www.tfrrs.org/teams/96697		#6	Hudson Valley (N.	4:59.75c (5:03.72f)	1/29



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Atlantic

Women's 4x800 Relay

1	1	https://www.tfrrs.org/teams/690	#1	Essex County (N.J.)	10:52.55	1/14
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Women's Distance Medley Relay

1	1	https://www.tfrrs.org/teams/59475	#2	Monroe-New Roc	Q 11:51.81	1/30
2	9	https://www.tfrrs.org/teams/690	#1	Essex County (N.J.)	Q 13:18.10	2/11

Women's High Jump

1	13	Josey REINEMAN	FR	#8	Hagerstown (Md.)	1.57m	5-1¾	2/11
1	13	Jelese ALEXANDER	FR	#1	Essex County (N.J.)	1.57m	5-1¾	2/5
3	39	L'Tamra WEEKS		#3	Bryant & Stratton	1.40m	4-7	1/15
4	45	kayla CHARLES	FR	#1	Essex County (N.J.)	1.35m	4-5	1/15

Women's Pole Vault

1	19	Morgan WARD	FR	#5	Finger Lakes (N.Y.)	2.00m	6-6¾	1/29
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Women's Long Jump

1	15	Tracy IDUGBOE	FR	#3	Bryant & Stratton	Q 5.51m	18-1	2/6
2	21	L'Tamra WEEKS	SO	#3	Bryant & Stratton	5.30m	17-4¾	2/11
3	47	Jelese ALEXANDER	FR	#1	Essex County (N.J.)	4.90m	16-1	2/11
4	69	Eliane ROBINSON	FR	#1	Essex County (N.J.)	4.44m	14-6¾	1/7
5	70	Angre CATTOUSE	FR	#9	Monroe-Bronx (N.)	4.42m	14-6	2/11
6	77	Chyra PATTERSON	SO	#5	Finger Lakes (N.Y.)	4.31m	14-1¾	1/22
7	79	Ericka MOODY	FR	#5	Finger Lakes (N.Y.)	4.20m	13-9½	1/22
8	83	Ciena LENTZ	FR	#6	Hudson Valley (N.)	4.02m	13-2¼	1/29
9	87	Yasmin WASHINGTON	FR	#4	Mohawk Valley (N.)	3.53m	11-7	1/29

Women's Triple Jump

1	6	Tracy IDUGBOE		#3	Bryant & Stratton	Q 11.66m	38-3¼	12/5
2	14	L'Tamra WEEKS		#3	Bryant & Stratton	Q 11.10m	36-5	12/5
3	21	Jelese ALEXANDER	FR	#1	Essex County (N.J.)	10.38m	34-¾	1/22
4	22	Eliane ROBINSON	FR	#1	Essex County (N.J.)	10.37m	34-¼	1/22

Women's Shot Put

1	17	Kristin STICKDORN	FR	#2	Monroe-New Roc	11.60m	38-¾	2/11
2	54	Morgan COLLAZO	FR	#5	Finger Lakes (N.Y.)	9.73m	31-11¼	1/22
3	64	Jelese ALEXANDER	FR	#1	Essex County (N.J.)	8.89m	29-2	2/11
4	69	Gabrielle RILEY	FR	#2	Monroe-New Roc	8.66m	28-5	2/11
5	90	Ericka MOODY	FR	#5	Finger Lakes (N.Y.)	7.62m	25-0	1/22
6	95	L'Tamra WEEKS	SO	#3	Bryant & Stratton	7.05m	23-1¾	2/6
7	96	Cailynn PATTERSON	FR	#4	Mohawk Valley (N.)	6.88m	22-7	1/29

Women's Weight Throw

1	4	Kristin STICKDORN	FR	#2	Monroe-New Roc	Q 15.44m	50-8	2/11
2	38	Gabrielle RILEY	FR	#2	Monroe-New Roc	11.85m	38-10½	1/21
3	57	Skylar LENTZ	FR	#4	Mohawk Valley (N.)	8.77m	28-9¼	2/5

Women's Pentathlon

1	13	L'Tamra WEEKS	SO	#3	Bryant & Stratton	Q 2,696	2/11
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Central

Women's 60 Meters

1	1	Kiara BROWN	FR	#6 Butler (Kan.) CC	Q	7.45	1/29
1		Reilly BAUGHMAN	FR	#1 Mineral Area (Mo.)		8.58	1/28
2	7	Sabrina DAVIS	SO	#9 Allen (Kan.) CC	Q	7.65	1/29
2		Brianna SANSOUCIE	FR	#1 Mineral Area (Mo.)		9.07	1/28
3	10	Toshel GOFFE	SO	#6 Butler (Kan.) CC	Q	7.66	1/13
4	11	Yaria AKERS	FR	#3 Fort Scott (Kan.) CC	Q	7.67	2/11
5	14	Avagay MORRIS	SO	#10 Coffeyville (Kan.)	Q	7.70	2/11
6	16	Ariyonna BASTON	FR	#3 Fort Scott (Kan.) CC		7.71	1/22
7	18	Kailah GILMORE	FR	#3 Fort Scott (Kan.) CC	Q	7.72	1/28
7	18	Miracle THOMPSON	FR	#1 Cloud County (Ka)	Q	7.72	1/22
9	20	Kayly GUTHRIE	FR	#7 Highland (Kan.) CC	Q	7.73	1/30
9	20	Kirstin JONES	SO	#6 Butler (Kan.) CC	Q	7.73	1/29

Women's 200 Meters

1		Laine COTTRELL	FR	#1 Mineral Area (Mo.)		28.88c (29.32f)	1/28
1	1	Kiara BROWN	FR	#6 Butler (Kan.) CC	Q	24.03	2/4
2	10	Shawnakay PEART	SO	#6 Butler (Kan.) CC	Q	24.88	2/4
3	12	Isila APKUP	FR	#1 Cloud County (Ka)	Q	24.89	2/10
4	13	Ashantae HARVEY	FR	#2 Barton (Kan.) CC	Q	25.01 OT	1/30
5	14	Jayda JONES	FR	#3 Fort Scott (Kan.) CC		25.04	1/28
6	21	Ariyonna BASTON	FR	#3 Fort Scott (Kan.) CC		25.26 OT	1/22
7	22	Damazvia DAMES	FR	#3 Fort Scott (Kan.) CC		25.27 OT	2/11
8	23	Charleyanse HOWARD	FR	#3 Fort Scott (Kan.) CC		25.29 OT	2/11
9	25	Jayda DILLON	SO	#2 Barton (Kan.) CC		25.44	2/11
10	27	Avagay MORRIS	SO	#10 Coffeyville (Kan.)		25.54 OT	1/30

Women's 400 Meters

1	96	Laine COTTRELL	FR	#1 Mineral Area (Mo.)		1:06.36c (1:07.24f)	2/12
1	1	Ashantae HARVEY	FR	#2 Barton (Kan.) CC	Q	55.26	2/11
2	3	Vimbayi MAISOVOREWA	FR	#1 Cloud County (Ka)	Q	55.66	2/4
3	5	Kiara BROWN	FR	#6 Butler (Kan.) CC	Q	55.97 OT	1/29
4	8	Leonie BEU	FR	#1 Cloud County (Ka)	Q	56.61 OT	1/30
5	11	Naiya MORGAN	FR	#2 Barton (Kan.) CC	Q	56.89	2/11
6	12	Kirstin JONES	SO	#6 Butler (Kan.) CC	Q	56.93	1/14
7	18	Pamela MILANO	SO	#1 Cloud County (Ka)	Q	57.52	2/10
8	23	Lashanna GRAHAM	SO	#2 Barton (Kan.) CC	Q	57.95	2/11
9	30	Ann DANGHA	SO	#6 Butler (Kan.) CC		58.32 OT	1/29
10	33	Adalin ROBINSON	FR	#2 Barton (Kan.) CC		58.68 OT	1/30

Women's 600 Meters

1	5	Kayan GREEN	SO	#2 Barton (Kan.) CC	Q	1:34.22 (1:24.12/60)	1/21
2	7	Pamela MILANO	SO	#1 Cloud County (Ka)	Q	1:34.47	2/4
3	11	Leonie BEU	FR	#1 Cloud County (Ka)	Q	1:35.69	1/14
4	13	Vimbayi MAISOVOREWA	FR	#1 Cloud County (Ka)	Q	1:36.23 OT	1/30
5	19	Lashanna GRAHAM	SO	#2 Barton (Kan.) CC	Q	1:37.87 OT	1/30
6	20	Jada SNEED	FR	#3 Fort Scott (Kan.) CC	Q	1:39.53 OT (1:28.86/60)	2/4
7	26	Alisha DORIS	FR	#3 Fort Scott (Kan.) CC		1:41.21 OT (1:30.36/60)	2/4
8	29	Passion CREWS	FR	#1 Cloud County (Ka)		1:41.79 (1:30.88/60)	1/22
9	30	Abigail FISHER	FR	#1 Cloud County (Ka)		1:42.04	2/4
10	35	Laura JUAREZ	FR	#13 Neosho County (K)		1:44.92 OT	1/22

Women's 800 Meters

1	6	Pamela MILANO	SO	#1 Cloud County (Ka)	Q	2:16.49	2/4
2	10	Passion CREWS	FR	#1 Cloud County (Ka)	Q	2:20.34	2/4
3	13	Abigail FISHER	FR	#1 Cloud County (Ka)	Q	2:22.17	2/4
4	14	Abigail PINNOCK	FR	#4 Cowley (Kan.)	Q	2:22.64 OT	1/30
5	16	Lashanna GRAHAM	SO	#2 Barton (Kan.) CC	Q	2:23.47c (2:23.88A)	1/21
6	20	Sicely JACKSON	FR	#1 Cloud County (Ka)	Q	2:23.84	2/10
7	21	Melody OCHANA	FR	#1 Cloud County (Ka)	Q	2:24.14	1/14
8	24	Ludjenie MONDESIR	FR	#1 Cloud County (Ka)		2:24.71	1/22
9	28	Karol PADILLA	FR	#11 Dodge City (Kan.)		2:26.78c (2:29.19u)	2/12
10	30	Angelica BERNAL	FR	#3 Fort Scott (Kan.) CC		2:27.45 OT	2/11

Women's 1000 Meters

1	3	Kayan GREEN	SO	#2 Barton (Kan.) CC	Q	2:57.42 OT	1/30
2	13	Melody OCHANA	FR	#1 Cloud County (Ka)	Q	3:09.53	1/14
3	15	Ludjenie MONDESIR	FR	#1 Cloud County (Ka)	Q	3:10.67 OT	1/30
4	18	Abigail FISHER	FR	#1 Cloud County (Ka)		3:11.00	1/14
5	20	Louise COCKING	FR	#5 Hutchinson (Kan.)		3:12.01 OT	1/30
6	25	Cheyenne CORBITT	FR	#3 Fort Scott (Kan.) CC		3:16.21 OT	2/4
7	29	Noel HIDALGO	FR	#5 Hutchinson (Kan.)		3:18.13 OT	1/30
8	32	Angelica BERNAL	FR	#3 Fort Scott (Kan.) CC		3:19.42 OT	2/4
9	39	Alisha DORIS	FR	#3 Fort Scott (Kan.) CC		3:25.79 OT	2/4
10	43	Miranda HERNANDEZ	FR	#11 Dodge City (Kan.)		3:26.60 OT	1/30

Women's Mile

1	83	Rachel WILSON	FR	#1 Mineral Area (Mo.)		6:17.94c (6:21.68f)	2/12
1	10	Louise COCKING	FR	#5 Hutchinson (Kan.)	Q	5:19.99c (5:23.15f)	2/4
2	12	Melody OCHANA	FR	#1 Cloud County (Ka)	Q	5:21.41	2/4
3	14	Regan HODSDEN	SO	#8 Colby (Kan.) CC		5:21.79	1/14
4	15	Shareen CHERUIYOT	FR	#12 Garden City (Kan.)		5:22.58c (5:25.77f)	2/4
5	20	Noel HIDALGO	FR	#5 Hutchinson (Kan.)		5:26.40 OT	1/30
6	21	Kayan GREEN	SO	#2 Barton (Kan.) CC		5:29.03	1/14
7	25	Karissa GLOVER	FR	#4 Cowley (Kan.)		5:31.94c (5:35.22f)	2/4
8	29	Elka BILLINGS	SO	#9 Allen (Kan.) CC		5:34.09 OT	1/30
9	36	Lucy NDUNGU	FR	#1 Cloud County (Ka)		5:40.48 OT	1/30
10	39	Cheyenne CORBITT	FR	#3 Fort Scott (Kan.) CC		5:41.76 OT	2/4

Women's 3000 Meters

1	6	Regan HODSDEN	SO	#8 Colby (Kan.) CC	Q	10:34.47 OT	2/4
1	56	Laura MADDOX	FR	#1 Mineral Area (Mo.)		12:20.26c (12:26.60f)	2/12
2	8	Louise COCKING	FR	#5 Hutchinson (Kan.)	Q	10:36.98	1/22
3	10	Ludjenie MONDESIR	FR	#1 Cloud County (Ka)	Q	10:38.53	2/4
4	17	Lucy NDUNGU	FR	#1 Cloud County (Ka)		11:01.05	2/4
5	19	Elka BILLINGS	SO	#9 Allen (Kan.) CC		11:02.58 OT	1/30
6	23	Melody OCHANA	FR	#1 Cloud County (Ka)		11:08.47 OT	1/30
7	25	Kristen WILSON	FR	#4 Cowley (Kan.)		11:15.03	1/22
8	28	Valentine LAGAT	FR	#12 Garden City (Kan.)		11:26.00c (11:31.88f)	2/4
9	30	Noel HIDALGO	FR	#5 Hutchinson (Kan.)		11:28.96	1/22
10	31	Cynthia DELAPAZ	FR	#11 Dodge City (Kan.)		11:30.11c (11:36.02f)	2/4



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Central

Women's 5000 Meters

1	6	Regan HODSDEN	SO	#8 Colby (Kan.) CC	Q	18:25.58	1/28
1	21	Haley HERNANDEZ	FR	#1 Mineral Area (Mo.)	Q	19:57.99c(20:07.16f)	2/12
2	13	Louise COCKING	FR	#5 Hutchinson (Kan.)	Q	18:56.51 OT	1/30
3	15	Kristen WILSON	FR	#4 Cowley (Kan.)	Q	19:09.75 OT	1/30
4	16	Elka BILLINGS	SO	#9 Allen (Kan.) CC	Q	19:010.00 OT	2/4
5	19	Cynthia DELAPAZ	FR	#11 Dodge City (Kan.)	Q	19:16.05 OT	1/30
6	20	Karissa GLOVER	FR	#4 Cowley (Kan.)	Q	19:29.94 OT	1/30
7	23	Ursula BILLINGS	FR	#9 Allen (Kan.) CC	Q	20:06.47 OT	2/4
8	25	Cierra NORD	SO	#8 Colby (Kan.) CC	Q	20:24.49	1/28
9	27	Karina HERRERA	FR	#2 Barton (Kan.) CC	Q	20:51.47 OT	1/30
10	28	Rachel BYCROFT	FR	#9 Allen (Kan.) CC	Q	20:52.03 OT	2/4

Women's 60 Meter Hurdles

1	9	Miracle THOMPSON	FR	#1 Cloud County (Ka)	Q	8.74	1/30
2	10	Ashantae HARVEY	FR	#2 Barton (Kan.) CC	Q	8.76	1/30
3	11	Danae NEMBARD	FR	#2 Barton (Kan.) CC	Q	8.78	1/14
4	12	Diondra WILBORN	FR	#12 Garden City (Kan.)	Q	8.80	1/30
5	19	Calleisha CHANCE	SO	#7 Highland (Kan.) C	Q	9.07 (8.43(55))	2/12
6	20	Ashanti HARVEY	SO	#2 Barton (Kan.) CC	Q	9.10	2/11
7	21	Aziel CHADDERTON	SO	#8 Colby (Kan.) CC	Q	9.12	1/28
8	34	Patience HEATH	FR	#3 Fort Scott (Kan.) C	Q	9.59	2/4
9	36	Vanessa MERCERA	FR	#1 Cloud County (Ka)	Q	9.62	1/30
10	39	Machala HENGEN	FR	#11 Dodge City (Kan.)	Q	9.66 (8.98(55))	2/12

Women's 4x400 Relay

1	1	https://www.tfrrs.org/teams/537	#2 Barton (Kan.) CC	Q	3:42.51	2/11
2	3	https://www.tfrrs.org/teams/545	#1 Cloud County (Ka)	Q	3:47.24 OT	1/30
3	6	https://www.tfrrs.org/teams/541	#6 Butler (Kan.) CC	Q	3:51.61	1/14
4	10	https://www.tfrrs.org/teams/8048	#3 Fort Scott (Kan.) C	Q	4:06.39 OT	1/22
5	15	https://www.tfrrs.org/teams/660	#9 Allen (Kan.) CC	Q	4:18.95 OT	1/29
6	17	https://www.tfrrs.org/teams/4654	#4 Cowley (Kan.)	Q	4:23.36 OT	1/30
7	18	https://www.tfrrs.org/teams/547	#10 Coffeyville (Kan.)	Q	4:24.18 OT	1/29
8	19	https://www.tfrrs.org/teams/549	#8 Colby (Kan.) CC	Q	4:24.22	1/22
9	20	https://www.tfrrs.org/teams/978	#5 Hutchinson (Kan.)	Q	4:25.13 OT	1/30
10	22	https://www.tfrrs.org/teams/992	#13 Neosho County (k)	Q	4:30.74	1/28

Women's Distance Medley Relay

1	6	https://www.tfrrs.org/teams/545	#1 Cloud County (Ka)	Q	12:44.07 OT	1/30
2	11	https://www.tfrrs.org/teams/678	#11 Dodge City (Kan.)	Q	13:55.94 OT	1/30
3	12	https://www.tfrrs.org/teams/660	#9 Allen (Kan.) CC	Q	14:04.29 OT	1/30
4	14	https://www.tfrrs.org/teams/992	#13 Neosho County (k)	Q	14:21.57 OT	2/11

Women's High Jump

1	5	Nia ROBINSON	SO	#2 Barton (Kan.) CC	Q	1.67m	5-5¾	2/11
2	9	Vanessa MERCERA	FR	#1 Cloud County (Ka)	Q	1.65m	5-5	1/14
3	10	Dayjahney HIBBERT	FR	#7 Highland (Kan.) C	Q	1.60m	5-3	1/30
3	10	LaShae' SMITH	FR	#4 Cowley (Kan.)	Q	1.60m	5-3	1/30
3	10	Calleisha CHANCE	SO	#7 Highland (Kan.) C	Q	1.60m	5-3	1/30
6	16	Faithlyn IRVING	FR	#1 Cloud County (Ka)	Q	1.56m	5-1¼	2/4
7	18	Damazvia DAMES	FR	#3 Fort Scott (Kan.) C	Q	1.55m	5-1	1/28
7	18	Mariah MEBRUER	FR	#14 State Fair (Mo.)	Q	1.55m	5-1	12/4
9	21	Achai AROP	SO	#10 Coffeyville (Kan.)	Q	1.54m	5-½	2/11
10	33	Gabi UNRUH	FR	#5 Hutchinson (Kan.)	Q	1.47m	4-9¾	2/4

Women's Pole Vault

1	1	Arantxa CORTEZ	FR	#4 Cowley (Kan.)	Q	3.51m	11-6¼	2/11
2	4	Maggie ARMSTRONG	FR	#1 Cloud County (Ka)	Q	3.20m	10-6	1/30
3	5	Kiana BROWN	SO	#5 Hutchinson (Kan.)	Q	3.15m	10-4	1/22
4	6	Mia MANLEY	FR	#1 Cloud County (Ka)	Q	3.06m	10-½	2/4
5	11	Channa HINES	SO	#4 Cowley (Kan.)	Q	2.91m	9-6½	2/4
6	12	McKenna JAGELS	FR	#12 Garden City (Kan.)	Q	2.80m	9-2¼	1/30
7	14	Violet MARTINEZ	SO	#5 Hutchinson (Kan.)	Q	2.70m	8-10¼	1/30
8	18	Jacie CARSON	FR	#4 Cowley (Kan.)	Q	2.40m	7-10½	1/30

Women's Long Jump

1	64	Stephanie LATHAM	FR	#1 Mineral Area (Mo.)	Q	4.51m	14-9¾	1/28
1	2	Nia ROBINSON	SO	#2 Barton (Kan.) CC	Q	6.17m	20-3	1/21
2	8	Patience HEATH	FR	#3 Fort Scott (Kan.) C	Q	5.72m	18-9¼	1/22
2	82	Brianna SANSOUCIE	FR	#1 Mineral Area (Mo.)	Q	4.03m	13-2¾	2/12
3	86	Isabelle BRUCKERHOFF	FR	#1 Mineral Area (Mo.)	Q	3.67m	12-½	2/12
3	9	Kailah GILMORE	FR	#3 Fort Scott (Kan.) C	Q	5.71m	18-8¾	1/14
4	10	Calleisha CHANCE	SO	#7 Highland (Kan.) C	Q	5.63m	18-5¾	2/12
5	11	Ida SEESAY	FR	#2 Barton (Kan.) CC	Q	5.60m	18-4½	2/11
6	13	Brittania INGRAM	FR	#2 Barton (Kan.) CC	Q	5.53m	18-1¾	2/11
7	17	Damazvia DAMES	FR	#3 Fort Scott (Kan.) C	Q	5.48m	17-11¾	1/22
8	18	Vanessa MERCERA	FR	#1 Cloud County (Ka)	Q	5.45m	17-10¾	1/22
9	22	Tatiana WASHINGTON	FR	#10 Coffeyville (Kan.)	Q	5.29m	17-4¼	2/4
10	23	Princess BROWNE	SO	#8 Colby (Kan.) CC	Q	5.23m	17-2	2/12

Women's Triple Jump

1	2	Damazvia DAMES	FR	#3 Fort Scott (Kan.) C	Q	12.04m	39-6	1/28
1	28	Stephanie LATHAM	FR	#1 Mineral Area (Mo.)	Q	9.56m	31-4½	1/28
2	30	Brianna SANSOUCIE	FR	#1 Mineral Area (Mo.)	Q	9.03m	29-7½	2/12
2	5	Faithlyn IRVING	FR	#1 Cloud County (Ka)	Q	11.67m	38-3½	1/22
3	7	Nia ROBINSON	SO	#2 Barton (Kan.) CC	Q	11.57m	37-11½	1/30
4	10	Princess BROWNE	SO	#8 Colby (Kan.) CC	Q	11.36m	37-3¼	2/12
5	15	Jasmine CARSON	FR	#2 Barton (Kan.) CC	Q	10.93m	35-10½	1/30
6	18	Abby RUESCHHOFF	FR	#4 Cowley (Kan.)	Q	10.62m	34-10¼	2/11
7	19	Brittania INGRAM	FR	#2 Barton (Kan.) CC	Q	10.58m	34-8½	1/30
8	23	Reanna GREEN	FR	#1 Cloud County (Ka)	Q	10.35m	33-11½	1/14
9	29	Emme WATKINS	FR	#5 Hutchinson (Kan.)	Q	9.49m	31-1¾	2/4



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Central

Women's Shot Put

1	1	Kelsie MURRELL-ROSS	FR	#2	Barton (Kan.) CC	Q 15.04m	49-4¼	1/21
1	64	Molly GEARHART	FR	#1	Mineral Area (Mo.)	8.89m	29-2	1/28
2	94	Reilly BAUGHMAN	FR	#1	Mineral Area (Mo.)	7.06m	23-2	1/28
2	2	Santonya RALLIFORD	SO	#7	Highland (Kan.) CC	Q 14.27m	46-10	1/22
3	3	Jazmyn JAMES	FR	#7	Highland (Kan.) CC	Q 13.85m	45-5¼	1/30
4	4	Jada SEWELL	SO	#2	Barton (Kan.) CC	Q 13.14m	43-1½	1/30
5	5	Shakera WILLIAMS	FR	#7	Highland (Kan.) CC	Q 12.89m	42-3½	2/4
6	7	Hollie STEWART	FR	#1	Cloud County (Kan.)	Q 12.78m	41-11¼	1/14
7	12	Efe LATHAM	FR	#2	Barton (Kan.) CC	12.05m	39-6½	1/30
8	13	Shonase COLLINS	FR	#10	Coffeyville (Kan.)	12.02m	39-5¼	2/11
9	15	Savannah ADAMS	FR	#8	Colby (Kan.) CC	11.97m	39-3¼	1/22
10	18	Lillian THOMAS	FR	#2	Barton (Kan.) CC	11.59m	38-¼	1/30

Women's Weight Throw

1	2	Santonya RALLIFORD	SO	#7	Highland (Kan.) CC	Q 15.88m	52-1¼	2/12
2	3	Tahisha THOMPSON	FR	#1	Cloud County (Kan.)	Q 15.49m	50-10	1/22
3	5	Efe LATHAM	FR	#2	Barton (Kan.) CC	Q 15.03m	49-3¾	1/30
4	6	Kayla MCCLELLAN	FR	#4	Cowley (Kan.)	Q 14.95m	49-¾	2/4
5	8	Bernesha KNOWLES	FR	#4	Cowley (Kan.)	Q 14.68m	48-2	1/30
6	9	Naliyah LANDRUM	FR	#10	Coffeyville (Kan.)	14.50m	47-7	2/4
7	11	Kyra CHOICE	FR	#4	Cowley (Kan.)	14.20m	46-7¼	2/11
8	12	Kelsie MURRELL-ROSS	FR	#2	Barton (Kan.) CC	14.17m	46-6	1/30
9	15	Chloe WILSON	SO	#4	Cowley (Kan.)	14.10m	46-3¼	1/30
10	16	Jada SEWELL	SO	#2	Barton (Kan.) CC	13.91m	45-7¾	1/30

Women's Pentathlon

1	3	Vanessa MERCERA	FR	#1	Cloud County (Kan.)	Q 3,128	2/4
2	9	Faithlyn IRVING	FR	#1	Cloud County (Kan.)	Q 2,828	2/4
3	12	LaShae' SMITH	FR	#4	Cowley (Kan.)	Q 2,714	2/4
4	16	Sicely JACKSON	FR	#1	Cloud County (Kan.)	Q 2,530	2/4
5	18	Patience HEATH	FR	#3	Fort Scott (Kan.) CC	Q 2,434	1/28
6	22	Meagan BURKHART	FR	#12	Garden City (Kan.)	Q 1,179	2/4



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Midwest

Women's 60 Meters

1	2	Terresha WALCOTT	SO	#1	Iowa Western CC	Q 7.49	2/4
2	4	Kayla MCCRAY	FR	#3	Indian Hills (Iowa)	Q 7.55	2/4
3	7	Adeyah BREWSTER	FR	#2	Iowa Central CC	Q 7.65	1/28
4	13	Tirecia WALCOTT	SO	#1	Iowa Western CC	Q 7.69	2/11
5	14	Victory GEORGE	SO	#1	Iowa Western CC	Q 7.70	1/14
6	23	Janyla HOSKINS	SO	#3	Indian Hills (Iowa)	Q 7.75	2/11
7	26	Jia LEWIS	FR	#3	Indian Hills (Iowa)	7.79	2/11
8	34	Nikiwe MONGWE	FR	#2	Iowa Central CC	7.83	2/11
9	40	Jenna HUMMELL	SO	#4	Hawkeye (Iowa) C	7.88	2/12
10	43	Alisha THOMAS	FR	#2	Iowa Central CC	7.90	2/11

Women's 200 Meters

1	3	Terresha WALCOTT	SO	#1	Iowa Western CC	Q 24.38 OT	2/11
2	6	Kahliyah ANDERSON	SO	#3	Indian Hills (Iowa)	Q 24.65 OT	2/4
3	8	Nickisha PRYCE	SO	#1	Iowa Western CC	Q 24.68	1/28
4	10	Kayla MCCRAY	FR	#3	Indian Hills (Iowa)	Q 24.88 OT	2/11
5	15	Jia LEWIS	FR	#3	Indian Hills (Iowa)	25.10c (25.49f)	1/28
6	19	Dyandra GRAY	SO	#1	Iowa Western CC	25.16 OT	1/22
7	23	Nikiwe MONGWE	FR	#2	Iowa Central CC	25.29	2/4
8	31	Janyla HOSKINS	SO	#3	Indian Hills (Iowa)	25.56 OT	2/11
9	39	Temira GOODS	SO	#3	Indian Hills (Iowa)	25.72c (26.12f)	1/28
10	40	Aimaya DRUMMOND	SO	#3	Indian Hills (Iowa)	25.73c (26.13f)	1/28

Women's 400 Meters

1	4	Kahliyah ANDERSON	SO	#3	Indian Hills (Iowa)	Q 55.94 OT	1/22
2	6	Nickisha PRYCE	SO	#1	Iowa Western CC	Q 56.21	1/28
3	9	Daniella DEER	FR	#1	Iowa Western CC	Q 56.67 OT	2/11
4	25	Britney BROWN	FR	#2	Iowa Central CC	Q 58.03c (58.80f)	2/5
5	28	Aimaya DRUMMOND	SO	#3	Indian Hills (Iowa)	58.25 OT	2/4
6	32	Temira GOODS	SO	#3	Indian Hills (Iowa)	58.65 OT	1/22
7	38	Ja'Dashia CATLIN	FR	#3	Indian Hills (Iowa)	59.37 OT	2/11
8	42	Kaylen PRYOR	FR	#3	Indian Hills (Iowa)	59.70 OT	12/11
9	47	Shariden RICHARDSON	SO	#1	Iowa Western CC	59.87 OT	1/22
10	54	Chloe KNEPP	SO	#5	Vincennes (Ind.)	1:01.05	2/11

Women's 600 Meters

1	1	Aliyah SIMMONS	SO	#3	Indian Hills (Iowa)	Q 1:32.42	1/14
2	3	Nickisha PRYCE	SO	#1	Iowa Western CC	Q 1:34.12 OT (1:24.03/60)	1/22
3	8	Shariden RICHARDSON	SO	#1	Iowa Western CC	Q 1:35.15 (1:24.95/60)	1/28
4	9	Britney BROWN	FR	#2	Iowa Central CC	Q 1:35.36 OT	2/11
5	13	Daniella DEER	FR	#1	Iowa Western CC	Q 1:36.23 OT (1:25.92/60)	2/4
6	22	Jurnie HEMSLEY	FR	#10	Southeastern (Iov)	1:40.24c (1:41.46f)	1/28
7	23	Kaylen PRYOR	FR	#3	Indian Hills (Iowa)	1:40.59 OT	12/4
8	27	Monique REMY	SO	#1	Iowa Western CC	1:41.54 OT (1:30.66/60)	1/22
9	34	Jordan GALLENTE	FR	#4	Hawkeye (Iowa) C	1:44.89 OT (1:33.65/60)	2/4
10	38	Faith CLARK	SO	#12	Muskegon (Mich.)	1:45.75 OT	1/14

Women's 800 Meters

1	1	Aliyah SIMMONS	SO	#3	Indian Hills (Iowa)	Q 2:11.10 OT	2/11
2	7	Shariden RICHARDSON	SO	#1	Iowa Western CC	Q 2:16.73 OT	2/4
3	9	Chloe GARCIA GRAFING	FR	#2	Iowa Central CC	Q 2:18.98	2/4
4	12	Taylor MCCREEDY	FR	#2	Iowa Central CC	Q 2:22.01c (2:23.64f)	1/28
5	15	Emma HOINS	FR	#4	Hawkeye (Iowa) C	Q 2:23.10c (2:24.75f)	1/28
6	33	Shaunti LONGFELLOW	SO	#2	Iowa Central CC	2:28.45 OT	2/11
7	35	Bethany STACEY	FR	#1	Iowa Western CC	2:29.82 OT	1/22
8	46	Allie SIMPSON	FR	#10	Southeastern (Iov)	2:32.49c (2:34.24f)	2/12
9	52	Belle ADDUCI	FR	#6	DuPage (Ill.)	2:34.02c (2:35.79f)	2/5
10	55	Mikayla PECKA	SO	#1	Iowa Western CC	2:34.10 OT	2/11

Women's 1000 Meters

1	2	Hilda CHEBET	FR	#1	Iowa Western CC	Q 2:51.93 OT	2/11
2	4	Chloe GARCIA GRAFING	FR	#2	Iowa Central CC	Q 3:00.60 OT	2/11
3	6	Emma HOINS	FR	#4	Hawkeye (Iowa) C	Q 3:01.15c (3:03.12f)	1/28
4	9	Shariden RICHARDSON	SO	#1	Iowa Western CC	Q 3:06.63	1/14
5	14	Bethany STACEY	FR	#1	Iowa Western CC	Q 3:10.06	1/14
6	28	Kyra YOUNG	SO	#5	Vincennes (Ind.)	3:17.46	1/28
7	31	Lizeth FLORES	FR	#3	Indian Hills (Iowa)	3:18.84 OT	2/4
8	35	Shaunti LONGFELLOW	SO	#2	Iowa Central CC	3:22.15	1/14
9	37	Isabelle MELLIN	FR	#3	Indian Hills (Iowa)	3:23.96 OT	2/4
10	38	Elizabeth HUSSEY	FR	#1	Iowa Western CC	3:24.72 OT	2/4

Women's Mile

1	1	Hilda CHEBET	FR	#1	Iowa Western CC	Q 4:51.81 OT	2/11
2	4	Emma HOINS	FR	#4	Hawkeye (Iowa) C	Q 5:09.71c (5:12.77f)	1/21
3	6	Chloe GARCIA GRAFING	FR	#2	Iowa Central CC	Q 5:11.79c (5:14.87f)	1/28
4	11	Taylor MCCREEDY	FR	#2	Iowa Central CC	Q 5:21.37 OT	1/22
5	13	Mercy BIWOTT	FR	#1	Iowa Western CC	Q 5:21.64	1/28
6	16	Bethany STACEY	FR	#1	Iowa Western CC	5:24.45 OT	1/22
7	25	Lillan BUZANI	FR	#6	DuPage (Ill.)	5:31.94c (5:35.22f)	2/5
8	38	Kyra YOUNG	SO	#5	Vincennes (Ind.)	5:40.84c (5:44.21f)	1/15
9	46	Shaylinn AVER	SO	#6	DuPage (Ill.)	5:50.13c (5:53.59f)	2/12
10	48	Fiona METZO	FR	#11	Harper (Ill.)	5:51.41c (5:54.88f)	2/12

Women's 3000 Meters

1	1	Mercy BIWOTT	FR	#1	Iowa Western CC	Q 10:13.92 OT	2/4
2	5	Emma HOINS	FR	#4	Hawkeye (Iowa) C	Q 10:29.40	1/14
3	7	Taylor MCCREEDY	FR	#2	Iowa Central CC	Q 10:35.46	2/4
4	11	Lillan BUZANI	FR	#6	DuPage (Ill.)	Q 10:46.26c (10:51.80f)	2/12
5	24	Kyra YOUNG	SO	#5	Vincennes (Ind.)	11:11.25c (11:17.00f)	1/22
6	26	Zinash VALEN	FR	#2	Iowa Central CC	11:16.78 OT	2/11
7	27	Monse CHAPULA	FR	#3	Indian Hills (Iowa)	11:20.67 OT	2/11
8	37	Josie STACKIS	SO	#2	Iowa Central CC	11:42.92 OT	2/11
9	45	Isabelle MELLIN	FR	#3	Indian Hills (Iowa)	11:50.84 OT	1/22
10	46	Kate MIRON	SO	#2	Iowa Central CC	11:55.32 OT	2/11



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Midwest

Women's 5000 Meters

1	1	Hilda CHEBET	FR	#1	Iowa Western CC	Q 17:08.71 OT	2/4
2	4	Mercy BIWOTT	FR	#1	Iowa Western CC	Q 17:54.46 OT	1/22
3	5	Emma HOINS	FR	#4	Hawkeye (Iowa) C	Q 17:59.57 OT	2/4
4	11	Taylor MCCREEDY	FR	#2	Iowa Central CC	Q 18:53.18 OT	1/21
5	22	Zinash VALEN	FR	#2	Iowa Central CC	19:58.91c (20:08.09f)	2/5
6	24	Monse CHAPULA	FR	#3	Indian Hills (Iowa)	20:15.33 OT	2/4
7	26	Mercy JEPNETICH	FR	#2	Iowa Central CC	20:32.25 OT	1/21
8	29	Morgan KLAUS	FR	#3	Indian Hills (Iowa)	20:52.43 OT	2/11
9	31	Kate MIRON	SO	#2	Iowa Central CC	22:03.92c (22:14.05f)	2/5
10	37	Doris KIPRUTO	FR	#2	Iowa Central CC	23:13.45c (23:24.12f)	2/5

Women's 60 Meter Hurdles

1	3	Dyandra GRAY	SO	#1	Iowa Western CC	Q 8.46	2/11
2	4	Adeyah BREWSTER	FR	#2	Iowa Central CC	Q 8.51	2/11
3	6	Osayi OMORODION	FR	#1	Iowa Western CC	Q 8.55	1/14
4	13	Antonia SEALY	FR	#1	Iowa Western CC	Q 8.82	2/4
5	14	Peyton STEVA	SO	#3	Indian Hills (Iowa)	Q 8.86	12/4
6	17	Matayah NAYLOR	SO	#3	Indian Hills (Iowa)	Q 8.95	12/4
7	23	Jade JACKSON	FR	#2	Iowa Central CC	9.19	2/11
8	34	Kylee NEIGHBORS	SO	#4	Hawkeye (Iowa) C	9.59	1/21
9	41	Cheyenne HARDIMON	FR	#14	Bryant & Stratton	9.76	2/11
10	42	Holly HOEPNER	FR	#1	Iowa Western CC	9.77	1/22

Women's 4x400 Relay

1	4	https://www.tfrrs.org/teams/85621	#3	Indian Hills (Iowa)	Q 3:48.68 OT	2/11
2	8	https://www.tfrrs.org/teams/59718	#1	Iowa Western CC	Q 3:52.50 OT	1/22
3	11	https://www.tfrrs.org/teams/20051	#2	Iowa Central CC	4:08.12c (4:11.41f)	1/28
4	12	https://www.tfrrs.org/teams/95006	#4	Hawkeye (Iowa) C	4:09.88c (4:13.19f)	1/28
5	14	https://www.tfrrs.org/teams/98433	#7	Sauk Valley (Ill.) C	4:14.61c (4:17.99f)	1/21
6	21	https://www.tfrrs.org/teams/686	#6	DuPage (Ill.)	4:27.97c (4:31.52f)	2/5
7	25	https://www.tfrrs.org/teams/708	#5	Vincennes (Ind.)	4:38.70c (4:42.40f)	1/22
8	27	https://www.tfrrs.org/teams/28039	#8	North Iowa Area C	4:56.28c (5:00.21f)	2/5

Women's 4x800 Relay

1	2	https://www.tfrrs.org/teams/708	#5	Vincennes (Ind.)	11:02.65	1/28
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Women's Distance Medley Relay

1	2	https://www.tfrrs.org/teams/20051	#2	Iowa Central CC	Q 12:32.58 OT	2/11
2	4	https://www.tfrrs.org/teams/59718	#1	Iowa Western CC	Q 12:39.42	1/28
3	13	https://www.tfrrs.org/teams/708	#5	Vincennes (Ind.)	14:20.14	2/11
4	15	https://www.tfrrs.org/teams/98433	#7	Sauk Valley (Ill.) C	15:09.40c (15:19.14f)	2/12

Women's High Jump

1	1	Alliyah MCNEIL	SO	#1	Iowa Western CC	Q 1.78m 5-10	2/4
2	2	Miracle AILES	FR	#1	Iowa Western CC	Q 1.75m 5-8¾	2/4
3	8	Haleigh HADLEY	FR	#3	Indian Hills (Iowa)	Q 1.66m 5-5¼	2/11
4	13	Kylee NEIGHBORS	SO	#4	Hawkeye (Iowa) C	1.57m 5-1¾	1/22
5	18	Jordan SWENSON	FR	#8	North Iowa Area C	1.55m 5-1	2/5
6	28	Antonia SEALY	FR	#1	Iowa Western CC	1.51m 4-11½	2/4
7	29	Pola KUBRAK	FR	#11	Harper (Ill.)	1.50m 4-11	2/4
7	29	Katie FERRIS	FR	#12	Muskegon (Mich.)	1.50m 4-11	1/21
7	29	Samira ROSENFELD	FR	#11	Harper (Ill.)	1.50m 4-11	2/4
10	32	Carlie HOPPE	SO	#4	Hawkeye (Iowa) C	1.48m 4-10¼	1/21

Women's Pole Vault

1	10	Mya MANGAN	FR	#6	DuPage (Ill.)	2.97m 9-9	2/5
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Women's Long Jump

1	3	Osayi OMORODION	FR	#1	Iowa Western CC	Q 6.10m 20-¼	1/28
2	5	Alliyah MCNEIL	SO	#1	Iowa Western CC	Q 5.77m 18-11¼	1/28
3	16	Victory GEORGE	SO	#1	Iowa Western CC	Q 5.50m 18-½	1/28
4	19	Siby YAO	SO	#3	Indian Hills (Iowa)	5.41m 17-9	1/22
5	20	Antonia SEALY	FR	#1	Iowa Western CC	5.38m 17-8	1/28
6	28	Mattie JANSSEN	FR	#4	Hawkeye (Iowa) C	5.16m 16-11¼	1/15
7	32	Moselle PUNNI	SO	#1	Iowa Western CC	5.11m 16-9¼	1/28
8	37	Kiley SANDERS	SO	#7	Sauk Valley (Ill.) C	4.99m 16-4½	2/12
9	43	Cadence STANLEY	SO	#1	Iowa Western CC	4.97m 16-3¾	1/28
10	45	Kylee NEIGHBORS	SO	#4	Hawkeye (Iowa) C	4.91m 16-1½	1/21

Women's Triple Jump

1	1	Victory GEORGE	SO	#1	Iowa Western CC	Q 12.23m 40-1½	1/28
2	12	Siby YAO	SO	#3	Indian Hills (Iowa)	Q 11.22m 36-9¾	12/4
3	16	Moselle PUNNI	SO	#1	Iowa Western CC	10.71m 35-1¾	1/28
4	17	Osayi OMORODION	FR	#1	Iowa Western CC	10.67m 35-¼	2/11
5	20	Nyadhol THICHIOT	FR	#2	Iowa Central CC	10.50m 34-5½	1/22
6	24	Florence OMODAYO	FR	#9	Southwestern (Iowa)	10.20m 33-5¾	1/22
7	25	Sofia RUMBOLZ	FR	#7	Sauk Valley (Ill.) C	9.95m 32-7¾	1/29
7	25	Sadie LENZ	FR	#7	Sauk Valley (Ill.) C	9.95m 32-7¾	2/12

Women's Shot Put

1	9	Emma SEIDL	FR	#2	Iowa Central CC	Q 12.21m 40-¾	2/5
2	10	Allison FLANSCHA	SO	#4	Hawkeye (Iowa) C	Q 12.14m 39-10	2/12
3	11	Antonia SEALY	FR	#1	Iowa Western CC	12.07m 39-7¼	2/4
4	16	Lexi WOOD	FR	#2	Iowa Central CC	11.73m 38-6	1/22
5	19	Molly VENETICHER	FR	#9	Southwestern (Iowa)	11.57m 37-11½	2/4
6	21	Victoria ADU	SO	#2	Iowa Central CC	11.50m 37-8¾	1/14
7	25	Lauren UPMEYER	FR	#1	Iowa Western CC	11.26m 36-11½	2/4
8	26	Esther MENSAH	FR	#2	Iowa Central CC	11.15m 36-7	2/11
9	28	Cheyenne FEARON	FR	#1	Iowa Western CC	11.13m 36-6¼	2/11
10	34	Elizabeth SEBERA	SO	#1	Iowa Western CC	10.89m 35-8¾	1/8



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Midwest

Women's Weight Throw

1	1	Victoria ADU	SO	#2	Iowa Central CC	Q 17.68m	58-1/4	2/5
2	10	Elizabeth SEBERA	SO	#1	Iowa Western CC	14.39m	47-2 1/2	1/28
3	17	Cinnamon EVANS	SO	#8	North Iowa Area C	13.66m	44-9 3/4	2/11
4	21	Esther MENSAH	FR	#2	Iowa Central CC	13.42m	44-1 1/2	2/5
5	25	Khera MORGAN	FR	#13	Bryant & Stratton	13.25m	43-5 3/4	1/15
6	28	Molly VENTEICHER	FR	#9	Southwestern (Iowa)	12.87m	42-2 3/4	1/22
7	32	Brenna PAULSON	SO	#8	North Iowa Area C	12.30m	40-4 1/4	2/11
8	33	Lauren UPMEYER	FR	#1	Iowa Western CC	12.21m	40-3/4	2/11
9	36	Allison FLANSCHA	SO	#4	Hawkeye (Iowa) C	12.04m	39-6	2/12
10	41	Halsie KELTNER	SO	#8	North Iowa Area C	11.67m	38-3 1/2	2/11

Women's Pentathlon

1	1	Antonia SEALY	FR	#1	Iowa Western CC	Q 3,308	2/4
2	6	Kylee NEIGHBORS	SO	#4	Hawkeye (Iowa) C	Q 2,943	1/21
3	17	Carlie HOPPE	SO	#4	Hawkeye (Iowa) C	Q 2,438	1/21
4	19	Mattie JANSSEN	FR	#4	Hawkeye (Iowa) C	Q 2,380	1/21
5	20	Brianna OSTERSON	FR	#9	Southwestern (Iowa)	Q 2,177	1/28



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West

Women's 60 Meters

1	3	Success UMIKORO	FR	#2	South Plains (Tex)	Q	7.53c	(7.51A)	2/11
2	5	Ese AWUSA	FR	#1	New Mexico JC	Q	7.60c	(7.58A)	2/4
3	6	Brianna CHARLES	FR	#6	Hinds (Miss.) CC	Q	7.63		2/4
4	7	Ashantae BOLLERS	FR	#1	New Mexico JC	Q	7.65		1/29
5	16	Ciara BARDWELL	SO	#3	Mesa (Ariz.) CC	Q	7.71	(0.0)	2/11
6	24	Niesha BURGHER	SO	#7	Western Texas	Q	7.76c	(7.74A)	1/28
7	26	Kishawna WALLACE	SO	#1	New Mexico JC		7.79		1/29
7	26	Tijuanique MORTON	FR	#1	New Mexico JC		7.79c	(7.77A)	2/11
9	32	Kiersten CLARK	FR	#6	Hinds (Miss.) CC		7.82		2/12
10	34	Shanique ROWE	FR	#1	New Mexico JC		7.83		1/29

Women's 200 Meters

1	2	Deshana SKEETE	FR	#1	New Mexico JC	Q	24.18c	(24.11A)	1/21
2	4	Ese AWUSA	FR	#1	New Mexico JC	Q	24.58c	(24.51A)	1/14
3	5	Success UMIKORO	FR	#2	South Plains (Tex)	Q	24.64c	(24.57A)	1/21
4	7	Ashantae BOLLERS	FR	#1	New Mexico JC	Q	24.67c	(24.60A)	2/4
5	9	Niesha BURGHER	SO	#7	Western Texas	Q	24.80c	(24.73A)	1/28
6	16	Diandrenique GAINES	FR	#6	Hinds (Miss.) CC		25.12		2/12
7	17	Tijuanique MORTON	FR	#1	New Mexico JC		25.14c	(25.07A)	2/11
7	17	Brianna CHARLES	FR	#6	Hinds (Miss.) CC		25.14		2/12
9	20	Brooke GRAY	FR	#6	Hinds (Miss.) CC		25.24		2/12
10	26	Kiersten CLARK	FR	#6	Hinds (Miss.) CC		25.49c	(25.88f)	2/4

Women's 400 Meters

1	2	Deshana SKEETE	FR	#1	New Mexico JC	Q	55.41 OT		1/29
2	10	Cemore DONALD	FR	#2	South Plains (Tex)	Q	56.81c	(56.70A)	2/11
3	13	Success UMIKORO	FR	#2	South Plains (Tex)		56.95		2/4
4	14	Calisha TAYLOR	FR	#1	New Mexico JC	Q	56.99 OT		1/29
5	15	Anna-Kay ALLEN	SO	#2	South Plains (Tex)	Q	57.15c	(57.04A)	2/11
6	16	Maria SIMANCA	SO	#1	New Mexico JC	Q	57.18c	(57.07A)	2/4
7	18	Ciara BARDWELL	SO	#3	Mesa (Ariz.) CC	Q	57.52 out		2/11
8	20	Ashantae BOLLERS	FR	#1	New Mexico JC	Q	57.64c	(57.53A)	2/11
9	21	JodyAnn DIXON	FR	#6	Hinds (Miss.) CC	Q	57.75		2/12
10	22	Brooke GRAY	FR	#6	Hinds (Miss.) CC	Q	57.81c	(58.57f)	2/4

Women's 600 Meters

1	2	Calisha TAYLOR	FR	#1	New Mexico JC	Q	1:33.95	(1:23.88/60)	2/11
2	4	Cemore DONALD	FR	#2	South Plains (Tex)	Q	1:34.17	(1:24.08/60)	2/11
3	6	Maria SIMANCA	SO	#1	New Mexico JC	Q	1:34.29 OT	(1:24.18/60)	1/29
4	10	Shadae FINDLEY	SO	#7	Western Texas	Q	1:35.46	(1:25.23/60)	1/21
5	12	Camille LEWIS	FR	#2	South Plains (Tex)	Q	1:35.98	(1:25.69/60)	2/11
6	15	Sancia SMITH	FR	#7	Western Texas	Q	1:36.32		1/28
6	15	Amaya PHILLIPS	SO	#2	South Plains (Tex)	Q	1:36.32	(1:26.00/60)	2/11
8	18	Michalilah VASSELL	FR	#1	New Mexico JC	Q	1:37.59 OT	(1:27.13/60)	1/29
9	21	Brooke STRADLING	FR	#3	Mesa (Ariz.) CC	Q	1:39.72 out		1/22
10	24	Ciara BARDWELL	SO	#3	Mesa (Ariz.) CC		1:40.60 out		1/22

Women's 800 Meters

1	4	Sancia SMITH	FR	#7	Western Texas	Q	2:15.90c	(2:16.29A)	1/21
2	5	Shadae FINDLEY	SO	#7	Western Texas	Q	2:16.42c	(2:16.81A)	1/28
3	8	Cemore DONALD	FR	#2	South Plains (Tex)	Q	2:18.94		2/4
4	11	Natalya BABCOCK	FR	#5	Southern Idaho	Q	2:20.58c	(2:21.25A)	2/11
5	16	Camille LEWIS	FR	#2	South Plains (Tex)	Q	2:23.47		2/4
6	18	Letlhogonolo MAGORO	FR	#1	New Mexico JC	Q	2:23.67c	(2:24.08A)	2/11
7	22	Kate BROCKMAN	FR	#3	Mesa (Ariz.) CC	Q	2:24.16 out		2/11
8	23	Jaida LYLES	FR	#1	New Mexico JC		2:24.41c	(2:24.82A)	2/11
9	25	Latifah PINNOCK	SO	#7	Western Texas		2:24.92c	(2:25.33A)	1/28
10	26	Brooke STRADLING	FR	#3	Mesa (Ariz.) CC		2:25.78 out		2/11

Women's 1000 Meters

1	5	Sancia SMITH	FR	#7	Western Texas	Q	3:01.14c	(3:01.66A)	2/11
2	10	Rushell JOHNSON	FR	#7	Western Texas	Q	3:07.48c	(3:08.02A)	2/11
3	11	Teresa GALLEGOS	FR	#7	Western Texas	Q	3:08.29c	(3:08.83A)	2/11
4	12	Jaida LYLES	FR	#1	New Mexico JC	Q	3:09.03c	(3:09.57A)	2/11
5	16	Kate BROCKMAN	FR	#3	Mesa (Ariz.) CC	Q	3:10.72 out		1/29
6	17	Brooke STRADLING	FR	#3	Mesa (Ariz.) CC	Q	3:10.80 out		2/5
7	19	Letlhogonolo MAGORO	FR	#1	New Mexico JC		3:11.23c	(3:11.78A)	2/11
8	21	Sarah BERTRY	SO	#1	New Mexico JC		3:12.95c	(3:13.50A)	2/11
9	22	Anna HARMON	FR	#3	Mesa (Ariz.) CC		3:12.98 out		2/11
10	23	Latifah PINNOCK	SO	#7	Western Texas		3:15.57c	(3:16.13A)	2/11

Women's Mile

1	2	Natalya BABCOCK	FR	#5	Southern Idaho	Q	5:07.46c	(5:13.43A)	1/14
2	7	Audrey CAMP	FR	#5	Southern Idaho	Q	5:13.85c	(5:19.95A)	2/11
3	8	Sharon JESANG	SO	#8	Trinidad State (Cc)	Q	5:16.68		2/10
4	9	Jaida LYLES	FR	#1	New Mexico JC	Q	5:18.47 OT		1/29
5	17	Ashlyn WILLIS	FR	#5	Southern Idaho		5:25.61c	(5:31.93A)	1/28
6	18	Rushell JOHNSON	FR	#7	Western Texas		5:25.87c	(5:29.70A)	1/14
7	19	Brooke REED	FR	#5	Southern Idaho		5:26.15c	(5:32.49A)	2/11
8	22	Sarah BERTRY	SO	#1	New Mexico JC		5:29.22c	(5:33.09A)	1/14
9	23	Joan KIMALEL	FR	#1	New Mexico JC		5:31.18c	(5:38.55A)	2/4
10	24	Danielle BROW	FR	#5	Southern Idaho		5:31.43c	(5:37.87A)	2/11

Women's 3000 Meters

1	2	Damaris CHEWON	FR	#1	New Mexico JC	Q	10:18.10c	(10:25.64A)	1/21
2	4	Audrey CAMP	FR	#5	Southern Idaho	Q	10:28.44c	(10:42.15A)	1/28
3	9	Sharon JESANG	SO	#8	Trinidad State (Cc)	Q	10:37.31		2/12
4	12	Brooke REED	FR	#5	Southern Idaho	Q	10:49.37c	(11:03.53A)	1/28
5	13	Danielle BROW	FR	#5	Southern Idaho	Q	10:50.00c	(11:04.18A)	1/28
6	14	Sarah BERTRY	SO	#1	New Mexico JC	Q	10:52.72c	(11:00.68A)	1/21
7	15	Joan KIMALEL	FR	#1	New Mexico JC	Q	10:53.43c	(11:09.93A)	2/4
8	16	Lydia FELIX	FR	#5	Southern Idaho		10:57.12c	(11:11.45A)	2/11
9	18	Ashley LAGAT	FR	#8	Trinidad State (Cc)		11:01.18c	(11:17.87A)	1/29
10	20	Vanessa DOMINGUEZ	FR	#8	Trinidad State (Cc)		11:04.61		2/10
10	20	Taya BREWER	FR	#5	Southern Idaho		11:04.61c	(11:19.11A)	2/11



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West

Women's 5000 Meters

1	2	Damaris CHEWON	FR	#1	New Mexico JC	Q	17:19.11 OT	1/29
2	3	Brooke REED	FR	#5	Southern Idaho	Q	17:54.38c (18:19.63A)	2/11
3	7	Sarah BERTRY	SO	#1	New Mexico JC		18:39.05 OT	1/29
4	8	Lydia FELIX	FR	#5	Southern Idaho	Q	18:40.30c (19:06.63A)	2/11
5	9	Danielle BROW	FR	#5	Southern Idaho	Q	18:46.20c (19:12.66A)	2/11
6	10	Sharon JESANG	SO	#8	Trinidad State (Co)		18:46.29c (19:59.26fA)	12/11
7	12	Ashley LAGAT	FR	#8	Trinidad State (Co)		18:55.65	2/12
8	14	Taya BREWER	FR	#5	Southern Idaho	Q	19:00.64c (19:27.44A)	2/11
9	17	Vanessa DOMINGUEZ	FR	#8	Trinidad State (Co)		19:12.21	2/12
10	18	Joan KIMALEL	FR	#1	New Mexico JC	Q	19:14.72 OT	1/29

Women's 60 Meter Hurdles

1	1	Kimeone MCLEOD	SO	#1	New Mexico JC	Q	8.37c (8.35A)	2/4
2	2	Ese AWUSA	FR	#1	New Mexico JC	Q	8.45	1/29
3	5	Jerricka AMBUS	FR	#6	Hinds (Miss.) CC	Q	8.54	2/4
4	7	Richara MCNEIL	SO	#1	New Mexico JC	Q	8.56c (8.54A)	2/4
5	8	Joniar THOMAS	FR	#2	South Plains (Tex)	Q	8.69c (8.67A)	1/14
6	15	Ashyiria SAVAGE	FR	#2	South Plains (Tex)	Q	8.88c (8.86A)	2/11
7	16	Amoy EDWARDS	FR	#1	New Mexico JC	Q	8.92c (8.90A)	1/21
8	18	Aaliyah LINDSAY	FR	#1	New Mexico JC	Q	8.98c (8.96A)	2/4
9	22	Justyce THOMAS	FR	#6	Hinds (Miss.) CC		9.15	2/12
10	24	Arryona SIMMONS	FR	#13	Meridian (Miss.) C		9.23	1/14

Women's 4x400 Relay

1	2	https://www.tfrrs.org/teams/7933	#1	New Mexico JC	Q	3:47.09c (3:46.65A)	1/21
2	5	https://www.tfrrs.org/teams/730	#2	South Plains (Tex)	Q	3:51.33	2/4
3	7	https://www.tfrrs.org/teams/559	#6	Hinds (Miss.) CC	Q	3:51.84	2/12
4	9	https://www.tfrrs.org/teams/656	#3	Mesa (Ariz.) CC	Q	4:00.74 out	2/11
5	16	https://www.tfrrs.org/teams/567	#4	Pima (Ariz.) CC		4:22.79 out	2/5
6	26	https://www.tfrrs.org/teams/565	#10	Phoenix (Ariz.)		4:49.89 out	2/11

Women's Distance Medley Relay

1	3	https://www.tfrrs.org/teams/95073	#5	Southern Idaho	Q	12:37.57c (12:47.74A)	2/11
2	5	https://www.tfrrs.org/teams/7933	#1	New Mexico JC	Q	12:39.49 OT	1/29
3	7	https://www.tfrrs.org/teams/730	#2	South Plains (Tex)	Q	12:48.90	2/4
4	8	https://www.tfrrs.org/teams/656	#3	Mesa (Ariz.) CC	Q	13:13.04 out	2/5
5	10	https://www.tfrrs.org/teams/91664	#8	Trinidad State (Co)		13:35.55c (13:48.08A)	1/29

Women's High Jump

1	3	Breanna BROWN-MARSHALL	SO	#6	Hinds (Miss.) CC	Q	1.71m	5-7¼	2/12
2	4	Amaya BROWN	FR	#2	South Plains (Tex)	Q	1.68m	5-6	2/4
3	5	Aaliyah LINDSAY	FR	#1	New Mexico JC	Q	1.67m	5-5¾	1/29
3	5	Kayla JEMISON	FR	#6	Hinds (Miss.) CC	Q	1.67m	5-5¾	1/22
5	16	Abigail WALLS	FR	#4	Pima (Ariz.) CC		1.56m	5-1¼	2/11
6	21	Jerricka AMBUS	FR	#6	Hinds (Miss.) CC		1.54m	5-½	2/4
7	23	Littlewood ELIZABETH	FR	#4	Pima (Ariz.) CC		1.53m	5-¼	2/11
7	23	Sara JACOBSON	FR	#3	Mesa (Ariz.) CC		1.53m	5-¼	2/11
9	25	Amoy EDWARDS	FR	#1	New Mexico JC		1.52m	4-11¾	2/4
9	25	Joniar THOMAS	FR	#2	South Plains (Tex)		1.52m	4-11¾	2/4
9	25	Jamelia SIMMONS	FR	#2	South Plains (Tex)		1.52m	4-11¾	2/4

Women's Pole Vault

1	2	Jaida OLSON	FR	#4	Pima (Ariz.) CC	Q	3.45m	11-3¾	1/29
2	3	TaraLee MCKARNS	FR	#2	South Plains (Tex)	Q	3.35m	10-11¾	2/4
3	7	Alexa CONTRERAS	FR	#1	New Mexico JC	Q	3.05m	10-0	1/14
3	7	Sarahi BAEZA	FR	#2	South Plains (Tex)	Q	3.05m	10-0	2/4
5	9	Darian CALICDAN	FR	#4	Pima (Ariz.) CC	Q	3.00m	9-10	2/5
6	13	Littlewood ELIZABETH	FR	#4	Pima (Ariz.) CC		2.75m	9-¼	2/11
7	14	Candice POCASE	FR	#4	Pima (Ariz.) CC		2.70m	8-10¼	2/5
8	16	Anessa RODRIGUEZ	FR	#3	Mesa (Ariz.) CC		2.60m	8-6¼	1/29
9	17	Aaliyah PRICE	FR	#11	Glendale (Ariz.) C		2.45m	8-½	2/11

Women's Long Jump

1	1	Joniar THOMAS	FR	#2	South Plains (Tex)	Q	6.21m	20-4½	1/14
2	4	Aaliyah LINDSAY	FR	#1	New Mexico JC	Q	5.95m	19-6¼	1/21
3	6	Amoy EDWARDS	FR	#1	New Mexico JC	Q	5.74m	18-10	1/29
3	6	Richara MCNEIL	SO	#1	New Mexico JC	Q	5.74m	18-10	2/11
5	12	Dejah FULLER	FR	#2	South Plains (Tex)	Q	5.54m	18-2¼	1/21
6	14	Jamelia SIMMONS	FR	#2	South Plains (Tex)	Q	5.52m	18-1½	2/4
7	24	Breanna BROWN-MARSHALL	SO	#6	Hinds (Miss.) CC		5.21m	17-1¼	2/4
8	25	Abigail WALLS	FR	#4	Pima (Ariz.) CC		5.20m	17-¾ (0.0)	2/5
8	25	Psalm JOHNSON	FR	#4	Pima (Ariz.) CC		5.20m	17-¾ (0.0)	2/5
10	36	Amaya BROWN	FR	#2	South Plains (Tex)		5.00m	16-5	1/21

Women's Triple Jump

1	3	Aaliyah LINDSAY	FR	#1	New Mexico JC	Q	11.85m	38-10½	1/21
1	3	Dejah FULLER	FR	#2	South Plains (Tex)	Q	11.85m	38-10½	1/21
3	8	MarieClaire ETON NTONGA	FR	#1	New Mexico JC	Q	11.51m	37-9¼	2/4
4	9	Jayla BROWN	FR	#1	New Mexico JC	Q	11.46m	37-7¼	1/29
5	11	Kayla JEMISON	FR	#6	Hinds (Miss.) CC	Q	11.24m	36-10½	2/12
6	13	Ahniesha PRESULUME	FR	#1	New Mexico JC	Q	11.11m	36-5½	1/29
7	27	Jaida OLSON	FR	#4	Pima (Ariz.) CC		9.90m	32-5¾ (0.0)	1/29



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West

Women's Shot Put

1	6	Karsten DEAKIN	FR	#3	Mesa (Ariz.) CC	Q 12.88m	42-3¼	1/22
2	8	Julianna PEREZ	FR	#3	Mesa (Ariz.) CC	Q 12.27m	40-3¼	2/5
3	14	Luciana CHAVEZ	FR	#4	Pima (Ariz.) CC	11.98m	39-3¾	2/11
4	28	Kimola HINES	FR	#2	South Plains (Tex)	11.13m	36-6¼	1/21
5	40	Alana JONES	FR	#4	Pima (Ariz.) CC	10.50m	34-5½	2/5
6	42	Akira JONES	FR	#4	Pima (Ariz.) CC	10.40m	34-1½	2/5
7	44	Isabelle BUHR	FR	#12	Dawson (Mont.) C	10.32mA	33-10¼	1/21
8	46	Amoy EDWARDS	FR	#1	New Mexico JC	10.25mA	33-7½	2/4
9	48	Joniar THOMAS	FR	#2	South Plains (Tex)	10.04m	32-11¼	2/4
9	48	Kaprice FARACI	FR	#3	Mesa (Ariz.) CC	10.04m	32-11¼	1/29

Women's Weight Throw

1	7	Luciana CHAVEZ	FR	#4	Pima (Ariz.) CC	Q 14.90m	48-10¾	2/11
2	12	Audrey ARMSTRONG	FR	#9	Paradise Valley (A)	14.17m	46-6	1/29
3	14	Karsten DEAKIN	FR	#3	Mesa (Ariz.) CC	14.12m	46-4	2/5
4	17	Julianna PEREZ	FR	#3	Mesa (Ariz.) CC	13.66m	44-9¾	2/5
5	27	Akira JONES	FR	#4	Pima (Ariz.) CC	13.06m	42-10¼	2/5
6	47	Sarah SHEITELMAN	FR	#11	Glendale (Ariz.) C	10.71m	35-1¾	1/22
7	50	Alana JONES	FR	#4	Pima (Ariz.) CC	10.25m	33-7½	2/11

Women's Pentathlon

1	2	Aaliyah LINDSAY	FR	#1	New Mexico JC	Q 3,144A	2/4
2	4	Jamelia SIMMONS	FR	#2	South Plains (Tex)	Q 3,107	2/4
3	5	Amoy EDWARDS	FR	#1	New Mexico JC	Q 3,068A	2/4
4	7	Joniar THOMAS	FR	#2	South Plains (Tex)	Q 2,933	2/4
5	8	Abigail WALLS	FR	#4	Pima (Ariz.) CC	Q 2,922	2/11
6	10	Littlewood ELIZABETH	FR	#4	Pima (Ariz.) CC	Q 2,816	2/11
7	11	Sara JACOBSON	FR	#3	Mesa (Ariz.) CC	Q 2,776	2/11
8	14	Jacklyn TRICE	FR	#4	Pima (Ariz.) CC	Q 2,629	2/11
9	15	Shay BERNAL	SO	#3	Mesa (Ariz.) CC	Q 2,625	2/11
10	21	Ahniesha PRESULUME	FR	#1	New Mexico JC	Q 2,140A	2/4