



Regional TFRI Event Summary

as of 3/28/2022 4:08:10 PM

Great Lakes

Women's 100 Meters

1	26	Jozlen BRISON	FR	Lindsey Wilson (K)	12.32w	3/25
2	42	Makayla MELVIN	JR	#2 Marian (Ind.)	12.50	3/25
3	43	Giorgia MAMELI	FR	#2 Marian (Ind.)	12.52	3/25
4	81	Jacqueline SCOTT	JR	#1 Indiana Tech	12.84	3/25
5	94	Molly WAGNER	FR	#13 Carlow (Pa.)	12.92	3/25
6	98	Luna SENICA	SO	Lindsey Wilson (K)	12.93	3/25
7		Abigail BURGETT	SO	#9 Brescia (Ky.)	12.99	3/25
8		Ashley HALL	SO	#3 Taylor (Ind.)	13.02	3/25
9		Jullia MORRIS	JR	#4 Cumberlands (Ky.)	13.10 (1.3)	3/17
10		Missy EMERY	SR	#10 Mount Vernon Na	13.19 (-2.0)	3/18

Women's 100 Meter Hurdles

1	5	Patience SAKUHU	SO	#3 Taylor (Ind.)	A 14.36	3/25
2	7	Katlyn JONES	SO	#1 Indiana Tech	B 14.59	3/25
3	9	Audrey ALTUM	JR	#3 Taylor (Ind.)	B 14.65	3/25
4	15	Mary LEIGHTON	SR	#1 Indiana Tech	14.90	3/25
5	23	Henriette HALWAS	SO	Lindsey Wilson (K)	15.26w	3/25
6	38	Myah MENFEE	SR	#5 Georgetown (Ky.)	15.89	3/25
7	47	Michaela BARRETT	JR	#2 Marian (Ind.)	16.12w	3/25
8	59	Sarah BOLTON	JR	#5 Georgetown (Ky.)	16.31	3/25
9	91	Jada SAUNDERS	JR	#9 Brescia (Ky.)	17.20w	3/25
10	93	Jordyn CARDWELL	FR	#9 Brescia (Ky.)	17.22w	3/25

Women's 200 Meters

1	5	Derica GIBSON	SO	#1 Indiana Tech	A 24.57	3/25
2	10	Destinee MCGRADY	JR	#1 Indiana Tech	25.03	3/25
3	12	Soyinne GRENYION	SO	#1 Indiana Tech	25.16	3/25
4	15	Jocelynn BURTON	SR	#2 Marian (Ind.)	25.25w	3/25
5	22	Sha'londa TERRY	SR	#1 Indiana Tech	25.46	3/25
6	29	Patience SAKUHU	SO	#3 Taylor (Ind.)	25.57w	3/25
7	52	olaide OLAPADE	SO	#1 Indiana Tech	26.01	3/25
8	56	Jaida REED	FR	#4 Cumberlands (Ky.)	26.11 (1.8)	3/17
9	70	Kathryn HUNTER	SO	#4 Cumberlands (Ky.)	26.24 (0.5)	3/17
10	87	Giorgia MAMELI	FR	#2 Marian (Ind.)	26.46	3/25

Women's 400 Meters

1	10	Xuxa PEART	SR	#1 Indiana Tech	B 57.21	3/25
2	17	olaide OLAPADE	SO	#1 Indiana Tech	58.37	3/25
3	21	Haven EVANS	JR	#1 Indiana Tech	58.67	3/25
4	22	Destinee MCGRADY	JR	#1 Indiana Tech	58.72	3/25
5	33	Alyssa DINGUS	SO	#11 Rio Grande (Ohio)	59.75	3/18
6	40	Jayden ROACH	FR	#11 Rio Grande (Ohio)	59.87	3/18
7	42	Alexia SCHOFIELD	SO	#15 Midway (Ky.)	1:00.08	3/25
8	59	Mikayla ELLIS	FR	#3 Taylor (Ind.)	1:00.97	3/25
9	64	Cora STEVENS	JR	#4 Cumberlands (Ky.)	1:01.31	3/17
10	78	Emily JOHNSON	SO	#3 Taylor (Ind.)	1:02.02	3/25

Women's 400 Meter Hurdles

1	35	Hailey MARTIN	JR	#4 Cumberlands (Ky.)	1:10.35	3/25
2	43	Michaela BARRETT	JR	#2 Marian (Ind.)	1:10.82	3/25
3	50	Audrey ALTUM	JR	#3 Taylor (Ind.)	1:11.27	3/25
4	57	Esther BORAM	SR	Union (Ky.)	1:12.52	3/18
5	72	Sarah CECIL	SO	Alice Lloyd (Ky.)	1:16.02	3/26
6	79	Christina SMITH	SO	#13 Carlow (Pa.)	1:17.09	3/18
7	88	Abby CUNNINGHAM	FR	#15 Midway (Ky.)	1:20.60	3/18
8	92	Anna EISAMAN	JR	#7 Point Park (Pa.)	1:22.70	3/25

Women's 800 Meters

1	1	Lisa VOYLES	SO	#1 Indiana Tech	A 2:12.89	3/25
2	8	Brooke STUDNICKI	JR	#3 Taylor (Ind.)	2:18.14	3/25
3	12	Breanna ALDERTON	JR	#9 Brescia (Ky.)	2:18.92	3/25
4	17	Krista BOESE	JR	#1 Indiana Tech	2:21.67	3/25
5	35	Jessica PRICE	SR	Shawnee State (O	2:24.37	3/26
6	37	Sierra POPPELL	SR	Shawnee State (O	2:24.68	3/17
7	38	Madelyn WALTMON	SR	#5 Georgetown (Ky.)	2:24.69	3/18
8	43	Liz LOICHTINGER	SO	#2 Marian (Ind.)	2:25.64	3/25
9	46	Lilly GRIEWE	SO	#1 Indiana Tech	2:26.50	3/25
10	49	Lauren MCHAN	SR	#4 Cumberlands (Ky.)	2:26.97	3/25

Women's 1500 Meters

1	2	Lisa VOYLES	SO	#1 Indiana Tech	A 4:30.29	3/25
2	8	Jessica PRICE	SR	Shawnee State (O	B 4:39.86 (5:02.25(1))	3/17
3	11	Abbey BRENNAN	SR	#3 Taylor (Ind.)	B 4:40.69	3/25
4	17	Sierra POPPELL	SR	Shawnee State (O	4:45.24 (5:08.06(1))	3/17
5	23	Krista BOESE	JR	#1 Indiana Tech	4:47.33	3/25
6	27	Corinne O'LEARY	SR	#3 Taylor (Ind.)	4:49.54	3/25
7	29	Annabel CLAYTON	JR	#16 Thomas More	4:49.84	3/19
8	64	Lauren MCHAN	SR	#4 Cumberlands (Ky.)	5:02.53	3/25
9	93	Taylor WARREN	JR	#4 Cumberlands (Ky.)	5:08.92	3/25
10	97	Ashley TERRY	FR	#4 Cumberlands (Ky.)	5:09.60	3/25

Women's Steeplechase

1	3	Ahna VANDERWALL	SO	#3 Taylor (Ind.)	A 11:01.10	3/25
2	4	Giovanna DOMENE	SR	#3 Taylor (Ind.)	A 11:06.25	3/25
3	5	Meredith JOHNSON	JR	Lindsey Wilson (K)	A 11:18.00	3/18
4	8	Mollie GAMBLE	SO	#3 Taylor (Ind.)	11:38.68	3/25
5	11	Sydni MONTGOMERY	SR	#2 Marian (Ind.)	11:53.72	3/25
6	24	Edmalie CRUZ-SANCHEZ	SR	#17 IU East (Ind.)	12:40.66	3/25
7	26	Meredith ELSTUN	JR	#4 Cumberlands (Ky.)	12:47.45	3/17
8	32	Savannah HART	JR	#17 IU East (Ind.)	13:00.07	3/25
9	42	Samantha CONNELLY	JR	#4 Cumberlands (Ky.)	13:30.01	3/25
10	46	Nevaeh WARREN	FR	#4 Cumberlands (Ky.)	13:41.13	3/17



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Great Lakes

Women's 5000 Meters

1	13	Jessica PRICE	SR	Shawnee State (C)	A	17:35.57	3/11
2	20	Macy KRASOFSKY	JR	#10 Mount Vernon Na		17:58.01	3/18
3	31	Audrey BRINKRUFF	FR	#3 Taylor (Ind.)		18:28.82	3/25
4	34	Elayna KITT	FR	#3 Taylor (Ind.)		18:32.17	3/25
5	38	Madeline PURDOM	JR	#3 Taylor (Ind.)		18:34.99	3/25
6	43	Lynae ACKLEY	FR	#3 Taylor (Ind.)		18:46.54	3/25
7	46	Lauren MCHAN	SR	#4 Cumberlands (Ky.)		18:51.86	3/17
8	50	Taylor WARREN	JR	#4 Cumberlands (Ky.)		19:00.02	3/17
9	61	Jordan RILEY	FR	#8 Kentucky Christia		19:21.13	3/18
10	67	Sydney REED	FR	#8 Kentucky Christia		19:27.55	3/18

Women's 10,000 Meters

1	7	Emma STEFF	FR	#6 Campbellsville (K)		39:08.68	3/18
2	22	Nina DAMAN	FR	#6 Campbellsville (K)		43:10.49	3/18
3	23	Sydney REED	FR	#8 Kentucky Christia		43:11.81	3/11
4	24	Jordan RILEY	FR	#8 Kentucky Christia		43:11.99	3/11
5	33	Abriella EDELEN	SO	#8 Kentucky Christia		45:43.60	3/11
6	35	Samantha REED	FR	#8 Kentucky Christia		45:46.92	3/26
7	41	Julia GRAVES	JR	#8 Kentucky Christia		47:05.72	3/26
8	42	Madison WELCH	FR	#6 Campbellsville (K)		47:15.64	3/18

Women's Marathon

1	3	Teresa ROSS RICHER	FR	#18 Goshen (Ind.)	A	3:28:50	3/19
2	8	Hanna GRANT	JR	#19 Aquinas (Mich.)	A	4:10:39	12/4
3	15	Mallory TOGNETTI	SR	#20 Cleary (Mich.)	A	4:21:03	2/26
4	22	Macy KRASOFSKY	JR	#10 Mount Vernon Na	A	4:24:36	2/6

Women's 5000m Race Walk

1	9	Jenna GROGAN	SO	#4 Cumberlands (Ky.)		29:07.87	3/18
2	13	Isabelle BLATZ	FR	#4 Cumberlands (Ky.)		44:36.73	3/18

Women's 4x100 Relay

1	19	https://www.tfrrs.org/teams/11249	#2 Marian (Ind.)		49.05	3/25
2	26	https://www.tfrrs.org/teams/11303	Lindsey Wilson (K)		49.56	3/25
3	28	https://www.tfrrs.org/teams/11297	#6 Campbellsville (K)		49.72	3/18
4	32	https://www.tfrrs.org/teams/11299	#5 Georgetown (Ky.)		50.47	3/18
5	43	https://www.tfrrs.org/teams/67648	#9 Brescia (Ky.)		53.60	3/25
6	46	https://www.tfrrs.org/teams/56466	#10 Mount Vernon Na		54.45	3/26

Women's 4x400 Relay

1	2	https://www.tfrrs.org/teams/59432	#1 Indiana Tech	A	3:50.29	3/25
2	15	https://www.tfrrs.org/teams/11253	#3 Taylor (Ind.)		4:06.90	3/25
3	18	https://www.tfrrs.org/teams/6528	#11 Rio Grande (Ohio)		4:09.99	3/18
4	24	https://www.tfrrs.org/teams/6820	#4 Cumberlands (Ky.)		4:12.49	3/17
5	38	https://www.tfrrs.org/teams/77203	#13 Carlow (Pa.)		4:22.57	3/25
6	43	https://www.tfrrs.org/teams/11269	#7 Point Park (Pa.)		4:25.70	3/25
7	51	https://www.tfrrs.org/teams/67648	#9 Brescia (Ky.)		4:39.29	3/25
8	54	https://www.tfrrs.org/teams/45474	#15 Midway (Ky.)		4:48.04	3/18
9	55	https://www.tfrrs.org/teams/27254	Oakland City (Ind.)		4:49.91	3/26
10	60	https://www.tfrrs.org/teams/77219	#14 IU Kokomo (Ind.)		5:11.58	3/26

Women's 4x800 Relay

1	1	https://www.tfrrs.org/teams/11253	#3 Taylor (Ind.)	A	9:23.11	3/18
2	5	https://www.tfrrs.org/teams/6820	#4 Cumberlands (Ky.)		9:59.72	3/17
3	6	https://www.tfrrs.org/teams/11249	#2 Marian (Ind.)		10:03.76	3/25

Women's High Jump

1	6	Emma PAVELEK	FR	#7 Point Park (Pa.)	1.63m	5-4¼	3/25
2	10	Jalynn LANDVERSICHT	JR	#5 Georgetown (Ky.)	1.60m	5-3	3/18
2	10	Erica XAYARATH	SO	#1 Indiana Tech	1.60m	5-3	3/25
2	10	Erin OLEKSAK	JR	#2 Marian (Ind.)	1.60m	5-3	3/25
5	18	Sarah BOLTON	JR	#5 Georgetown (Ky.)	1.59m	5-2½	3/25
6	21	Haidyn WAMSLEY	FR	Shawnee State (C)	1.58m	5-2¼	3/17
7	27	Henriette HALWAS	SO	Lindsey Wilson (K)	1.55m	5-1	3/18
7	27	Mariam DAVIS	JR	#1 Indiana Tech	1.55m	5-1	3/25
7	27	Kiara HERRING	JR	#1 Indiana Tech	1.55m	5-1	3/25
10	40	Emma BIANCHI	SR	#5 Georgetown (Ky.)	1.54m	5-½	3/25

Women's Pole Vault

1	6	Sandy SLEDGE	SR	#2 Marian (Ind.)	3.35m	10-11¾	3/25
2	12	Keirstin PIATT	SO	#2 Marian (Ind.)	3.20m	10-6	3/25
3	21	Teagan BIXLER	JR	#2 Marian (Ind.)	3.05m	10-0	3/25
3	21	Nevaeh BROWN	SO	#15 Midway (Ky.)	3.05m	10-0	3/18
5	26	Trinity SHERROD	SO	#4 Cumberlands (Ky.)	3.00m	9-10	3/25
6	44	Avery BIRKLA	FR	#3 Taylor (Ind.)	2.70m	8-10¼	3/25
7	56	Lauren JACKSON	SO	#5 Georgetown (Ky.)	2.25m	7-4½	3/18



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Great Lakes

Women's Long Jump

1	2	Destiny COPELAND	JR	#1	Indiana Tech	A	5.95mw	19-6¼	3/25
2	10	Luna SENICA	SO		Lindsey Wilson (K)		5.61m	18-5	3/25
3	11	Carlie TURNER	SO	#1	Indiana Tech		5.58mw	18-3¾	3/25
3	11	Henriette HALWAS	SO		Lindsey Wilson (K)		5.58mw	18-3¾	3/25
3	11	Erin OLESAK	JR	#2	Marian (Ind.)		5.58m	18-3¾	3/25
6	14	Jai-Lyn NORWOOD	JR	#2	Marian (Ind.)		5.56mw	18-3	3/25
7	16	Mariam DAVIS	JR	#1	Indiana Tech		5.53mw	18-1¾	3/25
8	34	Jullia MORRIS	JR	#4	Cumberlands (Ky.)		5.28m	17-4	3/25
9	49	Kylin NICHOLS	SO	#1	Indiana Tech		5.16m	16-11¼	3/25
10	53	Emma PAVELEK	FR	#7	Point Park (Pa.)		5.15mw	16-10¾ (4.0)	3/18
10	53	Sophie JEBOSE	JR	#7	Point Park (Pa.)		5.15mw	16-10¾ (3.1)	3/18

Women's Triple Jump

1	2	Jai-Lyn NORWOOD	JR	#2	Marian (Ind.)	A	11.99m	39-4	3/25
2	8	Nekeima OBIKE	SR	#1	Indiana Tech	B	11.50m	37-8¾	3/25
3	10	Erica XAYARATH	SO	#1	Indiana Tech		11.49m	37-8½	3/25
4	11	Naomi WALTERS	SO	#2	Marian (Ind.)		11.48m	37-8	3/25
5	17	Destiny COPELAND	JR	#1	Indiana Tech		11.31m	37-1¼	3/25
6	21	Katlyn JONES	SO	#1	Indiana Tech		11.20m	36-9	3/25
7	22	Jordyn CARDWELL	FR	#9	Brescia (Ky.)		11.17mw	36-7¾	3/25
8	36	Lydia LE'DET	SO	#4	Cumberlands (Ky.)		10.89m	35-8¾ (0.4)	3/17
9	40	Sophie JEBOSE	JR	#7	Point Park (Pa.)		10.82mw	35-6 (2.6)	3/18
10	62	Jaden HINES	FR	#7	Point Park (Pa.)		10.34mw	33-11¼ (2.5)	3/18

Women's Shot Put

1	6	Arriana BENJAMIN	SO	#2	Marian (Ind.)	B	13.04m	42-9½	3/25
2	44	Ricquel WILLIAMS	JR	#6	Campbellsville (K)		11.81m	38-9	3/18
3	73	Shalihn COMPTON	SO	#14	IU Kokomo (Ind.)		11.17m	36-7¾	3/26
4	84	Valerie KENDRICK	FR	#12	Pikeville (Ky.)		11.00m	36-1¼	3/25
5	88	Delores STEVENSON	SO	#4	Cumberlands (Ky.)		10.97m	36-0	3/17
6	94	Sarah SPANGLER	SR	#2	Marian (Ind.)		10.90m	35-9¼	3/25
7	96	Makayla ROBERTS	SO	#10	Mount Vernon Na		10.87m	35-8	3/18
8		Morgan MAFFETT	SO	#10	Mount Vernon Na		10.83m	35-6½	3/18
9		Miracle TAYLOR	FR	#12	Pikeville (Ky.)		10.73m	35-2½	3/18
10		Verlecia SCARLETT	SO	#12	Pikeville (Ky.)		10.72m	35-2	3/18

Women's Discus

1	15	Arriana BENJAMIN	SO	#2	Marian (Ind.)		41.06m	134-9	3/25
2	20	Valerie KENDRICK	FR	#12	Pikeville (Ky.)		39.55m	129-9	3/25
3	37	Rachel BERWANGER	JR	#16	Thomas More		37.98m	124-7	3/19
4	41	Makayla ROBERTS	SO	#10	Mount Vernon Na		37.67m	123-7	3/18
5	70	Sarah SPANGLER	SR	#2	Marian (Ind.)		35.07m	115-1	3/25
6	89	Bethany ARNOLD	FR	#11	Rio Grande (Ohio)		33.51m	109-11	3/18
7	100	Shalihn COMPTON	SO	#14	IU Kokomo (Ind.)		32.84m	107-9	3/26
8		Ricquel WILLIAMS	JR	#6	Campbellsville (K)		32.63m	107-1	3/18
9		Samantha MILLER	JR	#11	Rio Grande (Ohio)		32.25m	105-10	3/18
10		Kaylee Dee LONG	SR	#5	Georgetown (Ky.)		32.18m	105-7	3/18

Women's Hammer

1	2	Arriana BENJAMIN	SO	#2	Marian (Ind.)	A	51.05m	167-6	3/25
2	26	Paige HOOG	SR	#2	Marian (Ind.)		45.99m	150-11	3/25
3	51	Miracle TAYLOR	FR	#12	Pikeville (Ky.)		40.85m	134-0	3/25
4	73	Danielle RUHL		#17	IU East (Ind.)		38.56m	126-6	3/18
5	78	Brooke COFFMAN	JR	#6	Campbellsville (K)		38.30m	125-8	3/18
6	79	Ricquel WILLIAMS	JR	#6	Campbellsville (K)		38.28m	125-7	3/18
7	80	Morgan MAFFETT	SO	#10	Mount Vernon Na		38.20m	125-4	3/26
8	85	Hallie BRENNER	SO	#3	Taylor (Ind.)		37.90m	124-4	3/25
9	88	Malorie CARTER	SO		Lindsey Wilson (K)		37.75m	123-10	3/25
10		Verlecia SCARLETT	SO	#12	Pikeville (Ky.)		36.33m	119-3	3/25

Women's Javelin

1	33	Mary LEIGHTON	SR	#1	Indiana Tech		35.10m	115-2	3/25
2	57	Emma BIANCHI	SR	#5	Georgetown (Ky.)		32.70m	107-4	3/25
3	68	Myah MENFEE	SR	#5	Georgetown (Ky.)		31.77m	104-3	3/25
4	84	Riley SCHRECK	SO		Alice Lloyd (Ky.)		30.21m	99-1½	3/26
5	87	Paige HOOG	SR	#2	Marian (Ind.)		29.68m	97-4½	3/25
6	88	Emma BYRUM	SO	#14	IU Kokomo (Ind.)		29.43m	96-6¾	3/26
7	95	Greta MOORE	SR	#3	Taylor (Ind.)		28.91m	94-10¼	3/25
8		Sierra DAWSON	SR	#7	Point Park (Pa.)		27.83m	91-3¾	3/18
9		Ahna VANDERWALL	SO	#3	Taylor (Ind.)		26.98m	88-6¼	3/25
10		Sarah SPANGLER	SR	#2	Marian (Ind.)		26.66m	87-5¾	3/25

Women's Heptathlon

1	6	Sarah BOLTON	JR	#5	Georgetown (Ky.)	B	4,047	3/25
2	13	Myah MENFEE	SR	#5	Georgetown (Ky.)		3,689	3/25



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Midwest

Women's 100 Meters

1	23	Julyah WILSON	JR	#6 Hastings (Neb.)	12.29	(0.4)	3/18
2	54	Kimberly BRENT	JR	#2 Olivet Nazarene (I	12.59		3/25
3	55	Illise JENNINGS	JR	#3 Dickinson State (I	12.60c	(12.57A)	3/26
4	94	Madissyn MOORE	FR	#9 Dakota State (S.D	12.92		3/25
5		Kamrie DILLAN	FR	York (Neb.)	12.97		3/26
6		Lia GUIGUI		#10 Dakota Wesleyan	13.02w		3/26
7		Danisha WASHINGTON	SR	#13 William Penn (Iov	13.04w		3/26
8		Erika CANADA	SO	#5 Grand View (Iowa	13.16w		3/26
9		Taylor DAVIES	FR	#4 Northwestern (Iov	13.19w		3/26
10		Alexandea ROSE	SO	#13 William Penn (Iov	13.33w		3/26

Women's 100 Meter Hurdles

1	25	Kaitlyn MCCOLLY	FR	#3 Dickinson State (I	15.37c	(15.33A)	3/26
2	39	Wrenzi WRZESINSKI	SO	#3 Dickinson State (I	15.96c	(15.92A)	3/26
3	40	Emma ZOET	FR	#4 Northwestern (Iov	15.99		3/26
4	48	Cienna WOMACK	SO	#11 Midland (Neb.)	16.13	(1.6)	3/17
5	60	Rhys MAXEY	SO	#6 Hastings (Neb.)	16.33	(0.3)	3/18
6	64	Olivia BUNDY	FR	#7 Saint Xavier (Ill.)	16.44		3/25
7	81	Emma JENNESS	SO	#4 Northwestern (Iov	17.01		3/26
8	86	Sara BONN	SO	#8 Jamestown (N.D.)	17.16c	(17.12A)	3/26
9	99	Jordynn TOLIVER	SO	#8 Jamestown (N.D.)	17.36c	(17.32A)	3/26
10	100	Mya MOORE	FR	#5 Grand View (Iowa	17.42w		3/26

Women's 200 Meters

1	25	Linda GRIFFITH	SO	#2 Olivet Nazarene (I	25.50		3/25
2	37	Kimberly BRENT	JR	#2 Olivet Nazarene (I	25.76		3/25
3	39	Tera MILLER	JR	#2 Olivet Nazarene (I	25.78		3/25
4	42	Julyah WILSON	JR	#6 Hastings (Neb.)	25.82	(0.4)	3/18
5	71	Hannah ANTKOVIK	FR	#2 Olivet Nazarene (I	26.26		3/25
6	72	Haley FLAWS	JR	#5 Grand View (Iowa	26.27		3/26
7	82	Tristyn GRUBE	FR	#2 Olivet Nazarene (I	26.35		3/25
8	97	Illise JENNINGS	JR	#3 Dickinson State (I	26.58c	(26.51A)	3/26
9		Josie WOLF	SR	#9 Dakota State (S.D	26.99w		3/25
10		Jamaya JENKINS	FR	#7 Saint Xavier (Ill.)	27.04		3/25

Women's 400 Meters

1	12	Tera MILLER	JR	#2 Olivet Nazarene (I B	57.33		3/25
2	19	Kennedy KRAMER	FR	#4 Northwestern (Iov	58.64		3/26
3	44	Keri BAUER	JR	#1 Concordia (Neb.)	1:00.22		3/26
4	63	Josie WOLF	SR	#9 Dakota State (S.D	1:01.25		3/25
5	70	Savonne STERK	SO	#4 Northwestern (Iov	1:01.73		3/26
6	98	Raven WILLIAMS	SR	#13 William Penn (Iov	1:02.86		3/26
7		Jewel OLSON	FR	#3 Dickinson State (I	1:03.15c	(1:03.04A)	3/26
8		DeAvaE ADDERLEY	FR	#13 William Penn (Iov	1:03.71		3/26
9		Grace OBERG	FR	#1 Concordia (Neb.)	1:04.69		3/26
10		Lainey WERTS	SO	#1 Concordia (Neb.)	1:05.92		3/26

Women's 400 Meter Hurdles

1	2	Linda GRIFFITH	SO	#2 Olivet Nazarene (I A	1:01.96		3/25
2	8	Hannah ANTKOVIK	FR	#2 Olivet Nazarene (I B	1:04.01		3/25
3	14	Abigail CLARKE	JR	#4 Northwestern (Iov	1:06.22		3/26
4	16	Kaitlyn MCCOLLY	FR	#3 Dickinson State (I	1:06.87c	(1:06.76A)	3/26
5	26	Anni STIER	SO	#8 Jamestown (N.D.)	1:08.39c	(1:08.28A)	3/26
6	28	Emma ZOET	FR	#4 Northwestern (Iov	1:08.82		3/26
7	38	Brittney REISTER	FR	#8 Jamestown (N.D.)	1:10.52c	(1:10.41A)	3/26
8	46	Olivia BUNDY	FR	#7 Saint Xavier (Ill.)	1:11.12		3/25
9	47	Emma JENNESS	SO	#4 Northwestern (Iov	1:11.21		3/26
10	54	Rhys MAXEY	SO	#6 Hastings (Neb.)	1:11.85		3/18

Women's 800 Meters

1	82	Tirzah WITTENBERG	SO	#4 Northwestern (Iov	2:30.42		3/26
2	84	Grace TIMM	FR	#3 Dickinson State (I	2:30.62c	(2:31.11A)	3/26
3		Abby ERVIN	FR	#4 Northwestern (Iov	2:33.95		3/26
4		Liberty LEIS	FR	#5 Grand View (Iowa	2:35.05		3/26
5		Jennifer GILES	JR	#9 Dakota State (S.D	2:35.14		3/25
6		Lana MUSA	JR	#7 Saint Xavier (Ill.)	2:35.36		3/25
7		Megan BOSCH	FR	#4 Northwestern (Iov	2:36.00		3/26
8		Maytane MOHAMMED	FR	#5 Grand View (Iowa	2:37.07		3/26
9		Alexius MILLER	SO	#3 Dickinson State (I	2:38.48c	(2:39.00A)	3/26
10		Elizabeth WIDMER	FR	#3 Dickinson State (I	2:39.46c	(2:39.98A)	3/26

Women's 1500 Meters

1	28	Rylee HAECKER	SO	#1 Concordia (Neb.)	4:49.72		3/26
2	74	Delilah DELGADO	JR	#7 Saint Xavier (Ill.)	5:05.14		3/25
3	85	Grace TIMM	FR	#3 Dickinson State (I	5:07.49c	(5:11.72A)	3/26
4		Myia JOHNSON	SO	#11 Midland (Neb.)	5:12.90		3/17
5		Piper PEREZ	SO	#3 Dickinson State (I	5:17.55c	(5:21.91A)	3/26
6		Rhaya KASCHINSKE	FR	#1 Concordia (Neb.)	5:19.30		3/26
7		Keagan PERKINS	SR	#14 Graceland (Iowa)	5:22.42		3/26
8		Alexius MILLER	SO	#3 Dickinson State (I	5:26.06c	(5:30.54A)	3/26
9		Landry HINKSON	SO	#6 Hastings (Neb.)	5:26.29		3/18
10		Caroline FEIG	SO	#22 Bellevue (Neb.)	5:27.18		3/26

Women's Steeplechase

1	9	Keagan PERKINS	SR	#14 Graceland (Iowa)	11:48.06		3/26
2	10	Maria GEESAMAN	JR	York (Neb.)	11:49.20		3/26
3	18	Myia JOHNSON	SO	#11 Midland (Neb.)	12:22.61		3/25
4	25	Grace REIMAN	SO	#1 Concordia (Neb.)	12:43.23		3/26
5	40	Katelyn NIX	FR	#1 Concordia (Neb.)	13:26.37		3/26
6	44	Grace PENNEKAMP	SO	#1 Concordia (Neb.)	13:34.85		3/26
7	45	Mary PENNEKAMP	SO	#1 Concordia (Neb.)	13:36.87		3/26
8	48	Lauren DAWSON	SO	#1 Concordia (Neb.)	13:43.66		3/26
9	57	Allison MORRIS	SO	#18 Iowa Wesleyan	14:44.07		3/26
10	63	Hannah MUNDT	SO	#1 Concordia (Neb.)	15:10.14		3/26



Regional TFRI Event Summary

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Midwest

Women's 5000 Meters

1	19	Morgan LAWSON	JR	#5	Grand View (Iowa)	17:57.18	3/26
2	49	Myia JOHNSON	SO	#11	Midland (Neb.)	18:56.02	3/17
3	52	Ceyda NAZLI	JR	#5	Grand View (Iowa)	19:07.16	3/26
4	69	Emma SWANSON	FR	#5	Grand View (Iowa)	19:30.07	3/26
5	77	Hannah DEHART	SO		York (Neb.)	19:43.72	3/26
6	92	Emma HALEY	FR	#4	Northwestern (Iowa)	20:06.57	3/26
7	99	Elizabeth LOGAN	JR		York (Neb.)	20:13.60	3/26
8		Shania SANTOS	FR	#6	Hastings (Neb.)	20:15.97	3/18
9		Jasmine BARNES	SO	#12	Valley City State (Iowa)	20:21.74c (20:41.30A)	3/26
10		Karen DORANTES	SR	#7	Saint Xavier (Ill.)	20:36.62	3/25

Women's 10,000 Meters

1	12	Rory BICKLER	SO	#16	Clarke (Iowa)	40:45.32	3/26
2	13	Katlyn WIESE	SO	#4	Northwestern (Iowa)	40:47.05	3/25
3	18	Abi DELOACH	SR	#1	Concordia (Neb.)	41:39.83	3/26
4	21	Jacia CHRISTIANSEN	SR	#9	Dakota State (S.D.)	42:43.12	3/25
5	28	Courtney WRIGHT	FR	#1	Concordia (Neb.)	43:42.60	3/26

Women's Marathon

1	5	Faith YOUNCE	FR	#18	Iowa Wesleyan	3:52:24	3/19
2	10	Brenna TOLKAMP	SR	#20	Dordt (Iowa)	A 4:17:34	12/4
3	12	Katlyn WIESE	SO	#4	Northwestern (Iowa)	A 4:18:40	12/4
4	16	Greichaly KASTER	JR	#20	Dordt (Iowa)	A 4:21:04	12/4
5	17	Jacia CHRISTIANSEN	SR	#9	Dakota State (S.D.)	A 4:23:03	12/4
6	18	Jaden HILKEMANN	SO	#19	Doane (Neb.)	A 4:23:28	12/4
7	29	Madison NELSON	FR	#22	Bellevue (Neb.)	B 4:28:27	12/4
8	31	Brenna MCDONOUGH	SO	#23	Viterbo (Wis.)	B 4:31:13	3/12
9	33	Sarah GRIFFIS	JR	#3	Dickinson State (Iowa)	4:37:03	3/20
10	34	Madelyn ADAM	SO	#23	Viterbo (Wis.)	4:41:01	3/12

Women's 5000m Race Walk

1	10	Paige THOMPSON	SO	#5	Grand View (Iowa)	30:19.82	3/26
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Women's 4x100 Relay

1	6	https://www.tfrrs.org/teams/11799	#2	Olivet Nazarene (Ill.)	47.37	3/25
2	45	https://www.tfrrs.org/teams/10375	#10	Dakota Wesleyan	53.92	3/26
3	47	https://www.tfrrs.org/teams/22831	#15	Lincoln (Ill.)	54.52	3/26

Women's 4x400 Relay

1	7	https://www.tfrrs.org/teams/11799	#2	Olivet Nazarene (Ill.)	3:57.69	3/25
2	14	https://www.tfrrs.org/teams/11203	#4	Northwestern (Iowa)	4:04.74	3/26
3	21	https://www.tfrrs.org/teams/11241	#7	Saint Xavier (Ill.)	4:11.43	3/25
4	44	https://www.tfrrs.org/teams/18984	#8	Jamestown (N.D.)	4:26.19c (4:25.75A)	3/26
5	48	https://www.tfrrs.org/teams/60582	#5	Grand View (Iowa)	4:32.21	3/26
6	53	https://www.tfrrs.org/teams/11209		York (Neb.)	4:44.80	3/26
7	56	https://www.tfrrs.org/teams/70797	#12	Valley City State (Iowa)	4:52.10c (4:51.66A)	3/26

Women's 4x800 Relay

1	7	https://www.tfrrs.org/teams/11241	#7	Saint Xavier (Ill.)	10:04.38	3/18
2	8	https://www.tfrrs.org/teams/6199	#1	Concordia (Neb.)	10:07.61	3/26

Women's High Jump

1	27	Jordynn TOLIVER	SO	#8	Jamestown (N.D.)	1.55m	5-1	3/26
1	27	Lana MUSA	JR	#7	Saint Xavier (Ill.)	1.55m	5-1	3/25
1	27	Zailee POULSON	FR	#6	Hastings (Neb.)	1.55m	5-1	3/18
4	40	Sidney GILLILAND	FR	#14	Graceland (Iowa)	1.54m	5-1/2	3/26
4	40	Ashlynn PERKINS	SR	#14	Graceland (Iowa)	1.54m	5-1/2	3/26
6	47	Lahna MATUCHA	SO	#9	Dakota State (S.D.)	1.53m	5-1/4	3/25
7	52	Abbey GRANBOIS	FR	#3	Dickinson State (Iowa)	1.50m	4-11	3/26
7	52	Jacie VANDER WAAL	FR	#4	Northwestern (Iowa)	1.50m	4-11	3/26
7	52	Melissa SANDERS	JR	#2	Olivet Nazarene (Ill.)	1.50m	4-11	3/25
10	62	Haley FLAWS	JR	#5	Grand View (Iowa)	1.49m	4-10 1/2	3/26

Women's Pole Vault

1	9	Olivia EARL	SO	#2	Olivet Nazarene (Ill.)	3.30m	10-9 3/4	3/25
2	10	Erin HULBERG	FR	#4	Northwestern (Iowa)	3.25m	10-8	3/26
3	14	Lindsey SHOUSE	FR	#2	Olivet Nazarene (Ill.)	3.15m	10-4	3/25
4	15	Madison WAHL	FR	#3	Dickinson State (Iowa)	3.11m	10-2 1/2	3/26
5	28	Cassidy JORENSEN	JR	#3	Dickinson State (Iowa)	2.96m	9-8 1/2	3/26
6	29	Sadie CARR	JR		York (Neb.)	2.95m	9-8	3/26
7	37	Emma GRANT	FR	#16	Clarke (Iowa)	2.80m	9-2 1/4	3/26
8	46	Hannah LORD	SR	#3	Dickinson State (Iowa)	2.66m	8-8 3/4	3/26
9	47	Katlin MARTIN	SR	#14	Graceland (Iowa)	2.65m	8-8 1/4	3/26
10	50	Colleen RYPKEMA	JR	#4	Northwestern (Iowa)	2.50m	8-2 1/2	3/26

Women's Long Jump

1	25	Lia GUIGUI		#10	Dakota Wesleyan	5.41m	17-9	3/26
2	32	Madissyn MOORE	FR	#9	Dakota State (S.D.)	5.30m	17-4 3/4	3/25
3	44	Ikeah CUFF	SO	#6	Hastings (Neb.)	5.20m	17-3/4 (2.0)	3/18
4	45	Brooke MALSOM	SO	#12	Valley City State (Iowa)	5.19m	17-1/2	3/26
5	53	Jordynn TOLIVER	SO	#8	Jamestown (N.D.)	5.15m	16-10 3/4	3/26
6	71	Abigail BATU-TIAKO	SO	#13	William Penn (Iowa)	5.05m	16-7	3/26
7	78	Katie JACOB	JR	#4	Northwestern (Iowa)	5.01m	16-5 1/4	3/26
8	82	Kaylynn RIDGELY	SO	#4	Northwestern (Iowa)	4.99m	16-4 1/2	3/26
9	91	Skyler CROW	SO	#3	Dickinson State (Iowa)	4.94m	16-2 1/2	3/26
9	91	Tristyn GRUBE	FR	#2	Olivet Nazarene (Ill.)	4.94m	16-2 1/2	3/25

Women's Triple Jump

1	47	Ikeah CUFF	SO	#6	Hastings (Neb.)	10.68m	35-1/2 (1.0)	3/18
2	54	Melissa SANDERS	JR	#2	Olivet Nazarene (Ill.)	10.50m	34-5 1/2	3/25
3	64	Isabel SLAYER	SO	#17	Briar Cliff (Iowa)	10.32m	33-10 1/4	3/25
4	73	Tinley PIERSON	FR	#3	Dickinson State (Iowa)	10.04m	32-11 1/4	3/26
5	75	Tristyn GRUBE	FR	#2	Olivet Nazarene (Ill.)	10.01m	32-10 1/4	3/25
6	81	Jocelyn OTT	JR	#3	Dickinson State (Iowa)	9.82m	32-2 3/4	3/26
7	86	Nyasia YOUNG	JR	#15	Lincoln (Ill.)	9.55m	31-4	3/26
8	88	Carson QUIGLEY	FR	#9	Dakota State (S.D.)	9.51m	31-2 1/2	3/25
9	94	Ashley BEASLY	FR	#15	Lincoln (Ill.)	9.16m	30-3/4	3/26
10	95	Alyssa ANDRESS	SO	#3	Dickinson State (Iowa)	9.13m	29-11 1/2	3/26



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Midwest

Women's Shot Put

1	3	Madeline ROBINSON	SR	#2	Olivet Nazarene (I	B	13.50m	44-3½	3/25
2	4	Jordyn ANDERSON	JR	#1	Concordia (Neb.)	B	13.24m	43-5¼	3/26
3	9	Courtney HALL	JR	#2	Olivet Nazarene (I		12.90m	42-4	3/25
4	14	Hope WAGNER	SO	#17	Briar Cliff (Iowa)		12.56m	41-2½	3/25
5	16	Madison GREEN	FR	#5	Grand View (Iowa		12.47m	40-11	3/26
6	18	Sydney FLATNESS	JR	#5	Grand View (Iowa		12.39m	40-7¾	3/26
7	19	Abigail GERBER	SO	#1	Concordia (Neb.)		12.29m	40-4	3/26
8	21	Erin PAINTER	SO	#1	Concordia (Neb.)		12.28m	40-3½	3/26
9	24	Kiara ANDERSON	SO	#6	Hastings (Neb.)		12.15m	39-10½	3/18
10	26	Cassidy NERLAND	JR	#5	Grand View (Iowa		12.08m	39-7¾	3/26

Women's Discus

1	1	Madison GREEN	FR	#5	Grand View (Iowa)	A	46.35m	152-1	3/26
2	12	Sara HUSS	SO	#1	Concordia (Neb.)		42.34m	138-11	3/26
3	16	Kiara ANDERSON	SO	#6	Hastings (Neb.)		40.96m	134-5	3/26
4	17	Morgan DE JONG	SR	#1	Concordia (Neb.)		39.83m	130-8	3/26
5	24	Olivia BUSCHOW	SO	#1	Concordia (Neb.)		39.34m	129-1	3/26
6	26	Jessa EDEN	SO	#6	Hastings (Neb.)		39.13m	128-5	3/26
7	27	Alli OWINGS	SO	#1	Concordia (Neb.)		38.87m	127-7	3/26
8	29	Cassidy NERLAND	JR	#5	Grand View (Iowa		38.57m	126-7	3/26
9	30	Erin PAINTER	SO	#1	Concordia (Neb.)		38.56m	126-6	3/26
10	32	Phoebe BURT	FR	#13	William Penn (Iov		38.30m	125-8	3/26

Women's Hammer

1	1	Kiara ANDERSON	SO	#6	Hastings (Neb.)	A	54.29m	178-2	3/26
2	6	Madison GREEN	FR	#5	Grand View (Iowa)	B	49.70m	163-1	3/26
3	7	Madeline ROBINSON	SR	#2	Olivet Nazarene (I	B	49.63m	162-10	3/25
4	8	Sarah RAGLAND	SR	#1	Concordia (Neb.)	B	49.23m	161-6	3/26
5	9	Mackenzie FERRELL	SR	#1	Concordia (Neb.)	B	48.87m	160-4	3/26
6	11	Erin PAINTER	SO	#1	Concordia (Neb.)		48.30m	158-6	3/26
7	12	Morgan DE JONG	SR	#1	Concordia (Neb.)		47.94m	157-4	3/26
8	15	Macy FULLER	FR	#19	Doane (Neb.)		47.49m	155-10	3/26
9	17	Cassidy NERLAND	JR	#5	Grand View (Iowa		47.19m	154-10	3/26
10	20	Jessa EDEN	SO	#6	Hastings (Neb.)		46.87m	153-9	3/18

Women's Javelin

1	6	Kendra ODEGARD	FR	#12	Valley City State (	A	41.54mA	136-4	3/26
2	9	Lexus MOSBRUCKER	JR	#17	Briar Cliff (Iowa)	A	40.57m	133-1	3/25
3	12	Rian BOUB	SO	#11	Midland (Neb.)	B	39.96m	131-1	3/17
4	14	Allison SKALA	JR	#19	Doane (Neb.)		38.45m	126-2	3/26
5	18	Jordynn TOLIVER	SO	#8	Jamestown (N.D.)		37.65mA	123-6	3/26
6	30	Rylee OLSON	FR	#21	Morningside (Iow.		35.71m	117-2	3/26
7	42	Holly SEVERANCE	FR	#21	Morningside (Iow.		34.40m	112-11	3/26
8	53	Avery SPENCER	FR	#2	Olivet Nazarene (I		33.09m	108-7	3/25
9	56	Abi WOHLGEMUTH	FR	#1	Concordia (Neb.)		32.82m	107-8	3/26
10	57	Mackenzie FERRELL	SR	#1	Concordia (Neb.)		32.70m	107-4	3/26



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South

Women's 100 Meters

1	2	Fredricka MCKENZIE	SO	#2 William Carey (Mi)	A	11.50w	(3.8)	3/18
2	3	Selieci MYLES	FR	#2 William Carey (Mi)	A	11.84w	(3.8)	3/18
3	4	Jaqual BUSH	SO	#1 Southeastern (Fla)	A	11.88		3/25
4	5	Jada MCBEAN	SO	#11 Xavier (La.)	B	11.99w		3/25
5	6	Jasmine WILLIAMS	JR	#2 William Carey (Mi)	B	12.00w		3/23
6	10	Ke'aira HENDERSON	FR	#1 Southeastern (Fla)	B	12.07	(0.5)	3/18
7	12	Kevell BYRD	FR	#9 Dillard (La.)	B	12.09	(0.3)	3/18
8	14	Pamela SANDERS-BOOKER	SR	#10 St. Thomas (Fla.)	B	12.12		3/26
9	15	Latavia JACK	FR	#4 Mobile (Ala.)		12.16w		3/23
10	16	Shikyla WALCOTT	SR	#12 Florida Memorial		12.17w	(3.1)	3/18

Women's 100 Meter Hurdles

1	1	Joy ABU	SO	#2 William Carey (Mi)	A	13.60w		3/23
2	2	Selieci MYLES	FR	#2 William Carey (Mi)	A	13.61w		3/23
3	3	Alisha WRIGHT	SR	#5 Life (Ga.)	A	13.89		3/25
4	4	Emerald CARTER	JR	#11 Xavier (La.)	A	14.09w		3/25
5	8	Anna CABRERA	JR	#4 Mobile (Ala.)	B	14.62w		3/23
6	12	Briana MADISON	SO	#5 Life (Ga.)		14.81		3/25
7	13	Paige MANNEY	SO	#14 Tennessee Wesley		14.82w	(3.0)	3/19
8	18	Amaya KIER	SO	#1 Southeastern (Fla)		15.07w	(3.9)	3/18
9	24	Victoria MORRIS	FR	#1 Southeastern (Fla)		15.36		3/25
10	26	Jalicia NEIL	SR	#4 Mobile (Ala.)		15.43		3/18

Women's 200 Meters

1	1	Kevell BYRD	FR	#9 Dillard (La.)	A	23.76	(1.3)	3/18
2	2	Jaqual BUSH	SO	#1 Southeastern (Fla)	A	23.79	(1.8)	3/18
3	6	Shyann JACKSON	SO	#16 Keiser (Fla.)	B	24.83w	(2.4)	3/18
4	7	Iantha WRIGHT	JR	#5 Life (Ga.)	B	24.92		3/25
5	8	Pamela SANDERS-BOOKER	SR	#10 St. Thomas (Fla.)	B	24.93	(2.0)	3/18
6	9	Shikyla WALCOTT	SR	#12 Florida Memorial		24.99w	(2.2)	3/18
7	13	Kynneddy TURNER	FR	#11 Xavier (La.)		25.18	(1.9)	3/18
8	19	Oluwafikayomi LAWRENCE	SO	#1 Southeastern (Fla)		25.41		3/25
9	20	Alohnna-Elyse LEE	SO	#15 Webber Internatic		25.43	(0.9)	3/15
9	20	Jasmine WILLIAMS	JR	#2 William Carey (Mi)		25.43w		3/23

Women's 400 Meters

1	1	Joy ABU	SO	#2 William Carey (Mi)	A	54.97		3/23
2	2	Kevell BYRD	FR	#9 Dillard (La.)	A	55.48		3/25
3	4	Brianna FLORVILUS	JR	#5 Life (Ga.)	A	55.98		3/25
4	5	Shyann JACKSON	SO	#16 Keiser (Fla.)	A	56.19		3/25
5	9	Jasmine WILLIAMS	JR	#2 William Carey (Mi)	B	57.03		3/18
6	11	Namiah SIMPSON	JR	#1 Southeastern (Fla)	B	57.26		3/18
7	14	Courtney GALES	JR	#1 Southeastern (Fla)		57.52		3/18
8	15	Feja HODGES	JR	#2 William Carey (Mi)		58.10		3/18
9	16	Pamela SANDERS-BOOKER	SR	#10 St. Thomas (Fla.)		58.16		3/18
10	20	Harriet TUSON	FR	#16 Keiser (Fla.)		58.65		3/18

Women's 400 Meter Hurdles

1	1	Joy ABU	SO	#2 William Carey (Mi)	A	57.78		3/18
2	3	Namiah SIMPSON	JR	#1 Southeastern (Fla)	A	1:02.94		3/25
3	6	Kari WATTS	JR	#4 Mobile (Ala.)	B	1:03.67		3/18
4	9	Alisha WRIGHT	SR	#5 Life (Ga.)		1:04.80		3/25
5	11	Tenae GRIGSBY	JR	Truett-McConnell		1:05.73		3/25
6	13	Brianna PAGE	SO	#4 Mobile (Ala.)		1:06.17		3/23
7	18	Sarah UNTERHOLZNER	FR	Bryan (Tenn.)		1:06.88		3/5
8	19	Alyssa SALAZAR	JR	#13 Loyola (La.)		1:06.92		3/18
9	20	Jayda BURKETT	JR	Brenau (Ga.)		1:07.16		3/25
10	21	Daneen HAZELWOOD	SR	#7 Columbia Interna		1:07.23		3/18

Women's 800 Meters

1	14	Yessenia CASTELLANOS	FR	#8 Montreat (N.C.)		2:20.55		3/18
2	19	Monique BROWN	SO	#12 Florida Memorial		2:21.73		3/18
3	23	Kathryn VRADENBURGH	JR	Dalton State (Ga.)		2:22.12		3/17
4	24	Sarah WELCH	SR	Bryan (Tenn.)		2:22.33		3/19
5	25	Emma WOLTJER	SO	#1 Southeastern (Fla)		2:22.37		2/19
6	26	Rebecca GLOVER	JR	#6 Milligan (Tenn.)		2:22.43		3/18
7	28	Kamryn KIMMEL	SR	#5 Life (Ga.)		2:22.52		3/25
8	29	Jessica MUSSELMAN	SO	#18 Freed-Hardeman		2:23.46		3/25
9	30	Jillian BLASER	FR	#1 Southeastern (Fla)		2:23.69		3/25
10	32	Sarah OLAMIDE	JR	#2 William Carey (Mi)		2:24.12		3/23

Women's 1500 Meters

1	13	Avery DEWOLF BURTON	SR	#6 Milligan (Tenn.)	B	4:42.16		3/18
2	14	Kathryn VRADENBURGH	JR	Dalton State (Ga.)	B	4:42.93	(5:05.57(1))	3/17
3	21	Dylan GARCIA	FR	#8 Montreat (N.C.)		4:46.39		3/25
4	24	Caitlin DOMINY	JR	#6 Milligan (Tenn.)		4:48.10		3/18
5	26	Alyssa BEARZI	SO	#6 Milligan (Tenn.)		4:48.47		3/18
6	34	Kamryn KIMMEL	SR	#5 Life (Ga.)		4:52.94		3/25
7	36	Yessenia CASTELLANOS	FR	#8 Montreat (N.C.)		4:53.56		3/18
8	37	Jillian BLASER	FR	#1 Southeastern (Fla)		4:54.65		3/25
9	39	Mahaley CRONK	SO	#8 Montreat (N.C.)		4:54.80		3/25
10	40	Sarah OLAMIDE	JR	#2 William Carey (Mi)		4:54.82		3/18

Women's Steeplechase

1	13	Isabel OLIVETO	SO	#1 Southeastern (Fla)		11:56.14		3/25
2	14	Ali BURNS	JR	#6 Milligan (Tenn.)		12:11.09		3/25
3	15	Haley TILLERY	JR	Dalton State (Ga.)		12:14.65		3/25
4	16	Blanca CONTESA	FR	#2 William Carey (Mi)		12:15.31		3/18
5	17	Rachel JARRIEL	SR	#19 Brewton-Parker (I		12:18.98		3/25
6	19	Valeria BOGDANOVA	JR	#3 Columbia (S.C.)		12:26.54		3/18
7	20	Catherine SLACK	SO	#8 Montreat (N.C.)		12:26.93		3/25
8	30	Esther EKUNDAYO	JR	#3 Columbia (S.C.)		12:59.30		3/18
9	31	Lydia WILLHITE	FR	#7 Columbia Interna		12:59.45		3/18
10	33	Emma MCLAUGHLIN	SO	#1 Southeastern (Fla)		13:00.56		3/25



Regional TFRI Event Summary

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South

Women's 5000 Meters

1	7	Avery DEWOLF BURTON	SR	#6 Milligan (Tenn.)	A	17:20.83	3/18
2	10	Alyssa BEARZI	SO	#6 Milligan (Tenn.)	A	17:27.24	3/18
3	16	Caitlin DOMINY	JR	#6 Milligan (Tenn.)	B	17:45.56	3/18
4	17	Sarah FOREMAN	SR	#17 SCAD Savannah (Ga.)	B	17:49.65	3/25
5	18	Julia ROHM	JR	#1 Southeastern (Fla.)	A	17:55.32	3/25
6	23	Talia SULLIVAN	SO	#17 SCAD Savannah (Ga.)	A	18:07.95	3/25
7	33	Madison GUIDER	JR	#14 Tennessee Wesleyan	A	18:32.10	3/19
8	37	Ali BURNS	JR	#6 Milligan (Tenn.)	A	18:33.53	3/18
9	40	Savannah CAMPBELL	JR	Truett-McConnell	A	18:40.94	3/11
10	54	Madisyn ACOSTA	SO	#13 Loyola (La.)	A	19:08.27	3/18

Women's 10,000 Meters

1	6	Riley Jo FORD	SO	Dalton State (Ga.)	A	39:07.37	3/25
2	8	Makayla HOLLIFIELD	JR	#3 Columbia (S.C.)	A	39:33.21	3/25
3	11	Lillie SINIARD	JR	#8 Montreat (N.C.)	A	40:38.06	3/25
4	14	Alex GASS	SR	Dalton State (Ga.)	A	40:57.60	3/17
5	16	Makenzie JOHNSON	JR	#1 Southeastern (Fla.)	A	41:05.82	3/18
6	19	Isabel OLIVETO	SO	#1 Southeastern (Fla.)	A	41:58.38	3/18
7	26	Esther EKUNDAYO	JR	#3 Columbia (S.C.)	A	43:34.13	3/18
8	27	Valeria BOGDANOVA	JR	#3 Columbia (S.C.)	A	43:34.34	3/18
9	29	Emma MCLAUGHLIN	SO	#1 Southeastern (Fla.)	A	44:30.83	3/18
10	30	Ella COLEY	FR	Dalton State (Ga.)	A	44:47.04	3/17

Women's Marathon

1	1	Riley Jo FORD	SO	Dalton State (Ga.)	A	3:12:36	1/15
2	4	Makayla HOLLIFIELD	JR	#3 Columbia (S.C.)	A	3:33:58	3/19
3	6	Gabrielle HUGGINS	JR	#3 Columbia (S.C.)	A	3:59:22	3/19
4	7	Taylor WARD	SR	#5 Life (Ga.)	A	4:10:30	3/19
5	14	Aleksandra PETROVA	JR	#21 Cumberland (Tenn.)	A	4:19:51	2/26
6	26	Elise KRONE	SO	#21 Cumberland (Tenn.)	A	4:25:36	2/26
7	27	Lillie SINIARD	JR	#8 Montreat (N.C.)	A	4:26:06	2/26
8	28	Makenzie JOHNSON	JR	#1 Southeastern (Fla.)	A	4:26:24	2/27
9	32	Madison GRANT	SO	#18 Freed-Hardeman	B	4:31:39	2/26

Women's 5000m Race Walk

1	4	Izabelle TREFTS	FR	#3 Columbia (S.C.)	A	26:12.60	3/25
2	6	Victoria HEISER-WHATLEY	JR	#3 Columbia (S.C.)	A	27:33.57	3/18
3	7	Jessica HEISER-WHATLEY	JR	#3 Columbia (S.C.)	A	27:38.62	3/18
4	8	Shelby WINN	SR	#3 Columbia (S.C.)	A	29:01.10	3/25
5	11	Ariana PRATT	JR	#3 Columbia (S.C.)	A	38:13.36	3/18
6	12	Alessandra BARQUIN	SR	#10 St. Thomas (Fla.)	A	41:01.14	3/18

Women's 4x100 Relay

1	1	https://www.tfrrs.org/teams/77178	#2 William Carey (Miss.)	A	45.49	3/23
2	2	https://www.tfrrs.org/teams/6214	#1 Southeastern (Fla.)	A	46.55	3/25
3	4	https://www.tfrrs.org/teams/11386	#11 Xavier (La.)	A	47.15	3/25
4	5	https://www.tfrrs.org/teams/11343	#4 Mobile (Ala.)	A	47.26	3/18
5	7	https://www.tfrrs.org/teams/1662	#12 Florida Memorial	A	47.53	3/26
6	11	https://www.tfrrs.org/teams/7693	#10 St. Thomas (Fla.)	B	48.01	3/26
7	13	https://www.tfrrs.org/teams/11341	#9 Dillard (La.)	A	48.47	3/18
8	15	https://www.tfrrs.org/teams/1664	#15 Webber International	A	48.73	3/18
9	18	https://www.tfrrs.org/teams/11347	Brenau (Ga.)	A	48.80	3/25
10	21	https://www.tfrrs.org/teams/67709	Truett-McConnell	A	49.14	3/25

Women's 4x400 Relay

1	1	https://www.tfrrs.org/teams/6214	#1 Southeastern (Fla.)	A	3:49.56	3/18
2	3	https://www.tfrrs.org/teams/1805	#5 Life (Ga.)	A	3:54.64	3/25
3	5	https://www.tfrrs.org/teams/11341	#9 Dillard (La.)	B	3:56.33	3/18
4	8	https://www.tfrrs.org/teams/1662	#12 Florida Memorial	A	3:59.03	3/18
5	11	https://www.tfrrs.org/teams/7693	#10 St. Thomas (Fla.)	A	3:59.87	3/18
6	16	https://www.tfrrs.org/teams/51972	Bryan (Tenn.)	A	4:07.20	3/19
7	17	https://www.tfrrs.org/teams/11325	#6 Milligan (Tenn.)	A	4:09.47	3/18
8	20	https://www.tfrrs.org/teams/11347	Brenau (Ga.)	A	4:10.90	3/18
9	26	https://www.tfrrs.org/teams/67709	Truett-McConnell	A	4:13.59	3/5
10	33	https://www.tfrrs.org/teams/79015	#7 Columbia International	A	4:17.01	3/25

Women's 4x800 Relay

1	9	https://www.tfrrs.org/teams/81922	Dalton State (Ga.)	A	10:14.28	3/17
2	13	https://www.tfrrs.org/teams/83796	#3 Columbia (S.C.)	A	10:33.98	3/25
3	16	https://www.tfrrs.org/teams/71936	#20 Blue Mountain (Miss.)	A	11:09.61	3/18
4	17	https://www.tfrrs.org/teams/67709	Truett-McConnell	A	11:12.91	3/11



Regional TFRI Event Summary

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South

Women's High Jump

1	5	Jalicia NEIL	SR	#4 Mobile (Ala.)	B	1.65m	5-5	3/23
2	9	Kaitlyn BECNEL	SO	#13 Loyola (La.)		1.61m	5-3¼	3/18
3	10	Tyleeah MADDOX	SR	Brenau (Ga.)		1.60m	5-3	3/25
3	10	Olivia FULFORD	FR	#4 Mobile (Ala.)		1.60m	5-3	3/18
5	23	Victoria MORRIS	FR	#1 Southeastern (Fla)		1.57m	5-1¾	3/25
6	27	Paige MANNEY	SO	#14 Tennessee Wesley		1.55m	5-1	3/19
7	40	Sinai WEEKS	FR	#7 Columbia Interna		1.54m	5-½	3/18
8	48	Lisa KIRCHNER	FR	#16 Keiser (Fla.)		1.52m	4-11¾	3/18
8	48	Laquandra MOORE	FR	#16 Keiser (Fla.)		1.52m	4-11¾	3/25
10	52	Anna CABRERA	JR	#4 Mobile (Ala.)		1.50m	4-11	3/23

Women's Pole Vault

1	6	Ashleigh HARDING	SR	#7 Columbia Interna		3.35m	10-11¾	3/18
2	16	Halie HAWKINS	JR	#6 Milligan (Tenn.)		3.10m	10-2	3/25
3	26	Hannah BULLER	JR	Brenau (Ga.)		3.00m	9-10	3/25
4	33	Addison WILSON	SO	Truett-McConnell		2.90m	9-6¼	3/5
5	36	Madison OBARSKY	JR	#23 Reinhardt (Ga.)		2.85m	9-4¼	3/25
6	42	Lauren BROWN	SO	#15 Webber Internatic		2.75m	9-¼	3/18
7	44	Anna TASTINGER	FR	#8 Montreat (N.C.)		2.70m	8-10¼	3/18
8	49	Briana RAY	SO	Dalton State (Ga.)		2.62m	8-7	3/5
9	53	Lily LIPSEY	JR	Truett-McConnell		2.45m	8-½	3/5
10	57	Grace WRIGHT	JR	#3 Columbia (S.C.)		2.20m	7-2½	3/25

Women's Long Jump

1	1	Brittany JONES	SR	#2 William Carey (Mi)	A	6.00mw	19-8¼	3/23
2	3	Shatrice DIXON	SR	Brenau (Ga.)	B	5.67m	18-7¼ (0.5)	3/18
3	4	Myesha HALL	FR	Truett-McConnell	B	5.66m	18-7	3/25
4	15	Paige MANNEY	SO	#14 Tennessee Wesley		5.54m	18-2¼ (0.8)	3/19
5	18	Jhanya QUINONES	JR	#4 Mobile (Ala.)		5.52mw	18-1½	3/18
6	19	Jade HINES	SR	#15 Webber Internatic		5.48m	17-11¾ (0.0)	3/18
7	20	Anna CABRERA	JR	#4 Mobile (Ala.)		5.47m	17-11½	3/18
8	23	Emerald CARTER	JR	#11 Xavier (La.)		5.43m	17-9¾	3/25
9	24	Nevagant JONES	SO	#2 William Carey (Mi)		5.42m	17-9½ (1.5)	3/18
10	26	Tyleeah MADDOX	SR	Brenau (Ga.)		5.40m	17-8¾ (0.0)	3/18

Women's Triple Jump

1	1	Nevagant JONES	SO	#2 William Carey (Mi)	A	12.45mw	40-10¼	3/23
2	3	Paige MANNEY	SO	#14 Tennessee Wesley	A	11.85m	38-10½	3/25
3	5	Leila WALTON	SO	#9 Dillard (La.)	B	11.62m	38-1½	3/25
4	7	Tiara TAYLOR	JR	#22 Edward Waters (F	B	11.51mw	37-9¼ (2.9)	3/11
5	8	Miyah FORD	JR	#1 Southeastern (Fla)	B	11.50m	37-8¾	3/25
6	11	Zoe CORDOVA	FR	#11 Xavier (La.)		11.48m	37-8	3/25
6	11	Rachel ROWE	JR	#9 Dillard (La.)		11.48mw	37-8 (3.5)	3/18
8	15	Jayda LOWE	FR	Voorhees (S.C.)		11.40m	37-5	3/11
9	16	Myesha HALL	FR	Truett-McConnell		11.32m	37-1¾	3/5
10	17	Brittany JONES	SR	#2 William Carey (Mi)		11.31m	37-1¼ (1.2)	3/18

Women's Shot Put

1	2	Fedra FLORENTIN	FR	#4 Mobile (Ala.)	A	13.56m	44-6	3/18
2	9	Bryana BAZILE	SO	#13 Loyola (La.)		12.90m	42-4	3/18
3	11	Anaya HOLLOWAY	FR	#12 Florida Memorial		12.78m	41-11¼	3/26
4	15	Levonis DAVIS	JR	#5 Life (Ga.)		12.51m	41-½	3/25
5	19	Aleah BROMELL	SR	#3 Columbia (S.C.)		12.29m	40-4	3/18
6	25	Kloey PICKENS	FR	#7 Columbia Interna		12.14m	39-10	3/5
7	34	Destiny WILFORK	FR	#11 Xavier (La.)		11.96m	39-3	3/25
8	38	Mykhala COLEMAN	FR	#13 Loyola (La.)		11.93m	39-1¾	3/18
9	42	Toynell MING	JR	#10 St. Thomas (Fla.)		11.85m	38-10½	3/26
10	45	Dekoya HODGE	SR	#10 St. Thomas (Fla.)		11.78m	38-7¾	3/4

Women's Discus

1	6	Charle ALEXANDER	FR	#1 Southeastern (Fla)	B	43.21m	141-9	3/25
2	7	Bryana BAZILE	SO	#13 Loyola (La.)	B	43.18m	141-8	3/18
3	8	Elyssa PAULDING	SR	#4 Mobile (Ala.)	B	42.86m	140-8	3/18
4	18	Fedra FLORENTIN	FR	#4 Mobile (Ala.)		39.60m	129-11	3/18
5	25	Tatalia CARMICHAEL	SR	#4 Mobile (Ala.)		39.15m	128-6	3/18
6	38	Toynell MING	JR	#10 St. Thomas (Fla.)		37.73m	123-10	3/4
7	46	Niesha ALDAJUSTE	FR	#15 Webber Internatic		37.09m	121-8	3/15
8	47	Yasmine CUMMINGS	FR	#16 Keiser (Fla.)		37.05m	121-7	3/18
9	48	Ellie AYERS	SO	#6 Milligan (Tenn.)		37.04m	121-6	3/25
10	49	Levonis DAVIS	JR	#5 Life (Ga.)		37.01m	121-5	3/25

Women's Hammer

1	18	Dazanni HINTON	SO	#7 Columbia Interna		47.09m	154-6	3/25
2	27	Niesha ALDAJUSTE	FR	#15 Webber Internatic		45.91m	150-8	3/18
3	30	Angelica RICHARDS	SO	Brenau (Ga.)		45.13m	148-1	3/25
4	32	Danielle ALBRIGHT	JR	#5 Life (Ga.)		44.48m	145-11	3/25
5	33	Angelica RICHARDS	SO	Brenau (Ga.)		44.42m	145-9	3/18
6	37	Kate BARBEE	SR	#7 Columbia Interna		43.55m	142-11	3/25
7	45	Alyssia EWING	JR	#13 Loyola (La.)		42.21m	138-6	3/18
8	52	Mersadies FOOTE	SO	#5 Life (Ga.)		40.81m	133-11	3/25
9	64	Elyssa PAULDING	SR	#4 Mobile (Ala.)		39.67m	130-2	3/18
10	70	Jailyn KENDRICK	JR	Brenau (Ga.)		38.96m	127-10	3/25

Women's Javelin

1	7	Katilyn BABB	SO	Truett-McConnell	A	41.13m	134-11	3/11
2	31	Anna CABRERA	JR	#4 Mobile (Ala.)		35.28m	115-9	3/23
3	41	Kloey PICKENS	FR	#7 Columbia Interna		34.44m	113-0	3/18
4	43	Camille HOLLEY	JR	Bryan (Tenn.)		34.39m	112-10	3/5
5	46	Charle ALEXANDER	FR	#1 Southeastern (Fla)		33.82m	111-0	3/25
6	54	Michelle TIERNEY	SR	#1 Southeastern (Fla)		32.99m	108-3	3/18
7	59	Narvaez SAMANTHA	SR	#10 St. Thomas (Fla.)		32.50m	106-8	3/15
8	64	Channell DEVAUGHN	FR	#11 Xavier (La.)		31.90m	104-8	3/25
9	70	Madison PETRICEVIC	FR	#16 Keiser (Fla.)		31.63m	103-9	3/25
10	72	Dekoya HODGE	SR	#10 St. Thomas (Fla.)		30.75m	100-11	3/18



USTFCCA NAIA Outdoor Track & Field

WOMEN — 2022 Week #1, March 28

Regional TFRI Event Summary

as of 3/28/2022 4:08:13 PM

South

Women's Heptathlon

1	8	Michelle TIERNEY	SR	#1	Southeastern (Fla B	3,955	3/18
2	16	Morgan JOHNSON	FR	#7	Columbia Interna	3,021	3/25
3	17	Anna TASTINGER	FR	#8	Montreat (N.C.)	3,010	3/25
4	21	Gloriest LUBAMBA	SO	#7	Columbia Interna	2,328	3/25
5	22	Zykirah DAVIS	SO	#3	Columbia (S.C.)	1,988	3/25
6	23	Jasmine STARKS	SO	#3	Columbia (S.C.)	1,797	3/25



Regional TFRI Event Summary

as of 3/28/2022 4:08:13 PM

South Central

Women's 100 Meters

1	1	Raheema WESTFALL	SR	#25 Wayland Baptist (A)	11.35w	(2.8)	3/23
2	8	Elizabeth IBIDUNNI	SR	#5 Baker (Kan.)	12.06w		3/24
2	8	Kylar BROWN	FR	#9 MidAmerica Nazarene (B)	12.06w		3/24
4	13	Corrssia PERRY	SO	#15 Sterling (Kan.)	12.10		3/26
5	27	Kailey JOHNSON	SO	#1 Central Methodist	12.33w		3/25
6	31	Kiana KEBBI	FR	Our Lady of the Lake	12.38	(1.3)	3/23
7	33	Naija KEITH	FR	#16 Langston (Okla.)	12.40w		3/25
8	34	Delaney WEIMER	FR	Evangel (Mo.)	12.41	(-1.1)	3/19
9	38	Jayda COOPER	SR	#2 Saint Mary (Kan.)	12.45		3/24
10	39	Ava'yon HARRIS	FR	UNT Dallas	12.47w		3/18

Women's 100 Meter Hurdles

1	11	Megan AUBUCHON	FR	#1 Central Methodist B	14.78	(1.9)	3/19
2	17	Ally SWAIM	JR	Central Baptist (A)	15.01	(0.1)	3/12
3	19	Lisha MCKENZIE	FR	#10 Park (Mo.)	15.09		3/24
4	20	Sydney WILSON	SR	#15 Sterling (Kan.)	15.12		3/26
5	34	Makenzie SCHWARTZ	SO	#7 Columbia (Mo.)	15.79	(1.9)	3/19
6	42	Irian PADULLES	FR	#4 Friends (Kan.)	16.00		3/25
7	51	Sh'kaila STARKS	FR	UNT Dallas	16.21		3/18
8	63	Suleica LEE	SR	Ottawa (Kan.)	16.43		3/26
9	66	Sadie HEISNER	FR	#1 Central Methodist	16.50	(1.9)	3/19
10	68	Samantha COLSON	FR	#2 Saint Mary (Kan.)	16.53		3/24

Women's 200 Meters

1	3	Corrssia PERRY	SO	#15 Sterling (Kan.)	24.29		3/26
2	14	Ava'yon HARRIS	FR	UNT Dallas	25.20w		3/18
3	17	Elizabeth IBIDUNNI	SR	#5 Baker (Kan.)	25.27w		3/24
4	28	Alison AMBUUL	FR	#3 Benedictine (Kan.)	25.56		3/24
5	34	Kiana KEBBI	FR	Our Lady of the Lake	25.64		3/4
6	39	Shayla ARTHUR	FR	#8 Wiley (Texas)	25.78		3/25
7	44	Darnee WILLIAMS	FR	#8 Wiley (Texas)	25.87		3/25
8	45	Jayda COOPER	SR	#2 Saint Mary (Kan.)	25.96	(1.2)	3/19
8	45	Delaney WEIMER	FR	Evangel (Mo.)	25.96	(1.4)	3/19
10	49	Ashley GRIFFIN	SR	#5 Baker (Kan.)	25.99w		3/24
10	49	Christina GREEN	FR	Huston-Tillotson	25.99		3/25

Women's 400 Meters

1	13	Alyssa NELSON	JR	Huston-Tillotson	57.51		3/25
2	24	Elizabeth IBIDUNNI	SR	#5 Baker (Kan.)	58.79		3/19
3	26	Maysha VICKERS	SO	#16 Langston (Okla.)	59.01		3/25
4	30	Darby CAMILO-MONTENEGRO	SO	#1 Central Methodist	59.49		3/25
5	33	Aileen GURROLA	SR	#4 Friends (Kan.)	59.75		3/25
5	33	Ayanna ALLEN	FR	Philander Smith (	59.75		3/18
7	43	Mumina MILLINGTON	FR	Ottawa (Kan.)	1:00.19		3/19
8	48	Kaitlynn MASSEY	SO	#4 Friends (Kan.)	1:00.63		3/25
9	50	Jena HAHLEBECK	JR	#10 Park (Mo.)	1:00.68		3/19
10	52	Elise FEDERICI	JR	#3 Benedictine (Kan.)	1:00.70		3/24

Women's 400 Meter Hurdles

1	7	Keiara-Ashley CUNNINGHAM	SO	#1 Central Methodist B	1:03.72		3/25
2	22	Cayna LOVE	FR	#3 Benedictine (Kan.)	1:07.33		3/24
3	29	Aubry GRAME	SO	#13 Bethel (Kan.)	1:09.21		3/26
4	32	Cassidy VALENZUELA	SR	#12 John Brown (Ark.)	1:09.72		3/12
5	33	Jane DUTEIL	FR	#2 Saint Mary (Kan.)	1:09.75		3/24
6	34	Rhakala BLACKMON	FR	#1 Central Methodist	1:10.25		3/19
7	37	Tiah CUPP	FR	Hannibal-LaGrange	1:10.38		3/19
8	42	Mikalah BROWN	FR	#20 McPherson (Kan.)	1:10.74		3/19
9	49	Jessica BAILEY	FR	#1 Central Methodist	1:11.26		3/25
10	60	Alexandra MENDOZA	FR	#13 Bethel (Kan.)	1:13.10		3/26

Women's 800 Meters

1	3	Tabetha DEINES	JR	#11 Kansas Wesleyan B	2:15.69		3/26
2	7	Mia WILHOIT	SR	#5 Baker (Kan.)	2:18.12		3/24
3	15	Carlie GREGG	SO	#2 Saint Mary (Kan.)	2:20.56		3/19
4	16	Emma CAMPBELL	JR	#2 Saint Mary (Kan.)	2:21.07		3/19
5	21	Jena HAHLEBECK	JR	#10 Park (Mo.)	2:21.97		3/24
6	27	Cailen JOLLEY	JR	#14 Oklahoma City	2:22.50		3/25
7	31	Nadia SIFUENTES	JR	Our Lady of the Lake	2:23.97		3/24
8	39	Maya EIDMAN	SO	#9 MidAmerica Nazarene	2:24.76		3/24
9	41	Ellie DIMOND	SO	#6 William Woods (M	2:25.26		3/26
10	48	Jordan HAWMAN	SR	#5 Baker (Kan.)	2:26.96		3/24

Women's 1500 Meters

1	6	Alyssa ARMENDARIZ	JR	#2 Saint Mary (Kan.)	4:38.59		3/19
2	7	Maddy WALTER-SHERRETTS	SO	#2 Saint Mary (Kan.)	4:39.16		3/19
3	9	Tabetha DEINES	JR	#11 Kansas Wesleyan B	4:40.37		3/26
4	20	Aubry DONLEY	SO	#4 Friends (Kan.)	4:45.89		3/25
5	30	Riley HIEBERT	SO	#2 Saint Mary (Kan.)	4:51.26		3/19
6	32	Aileen GURROLA	SR	#4 Friends (Kan.)	4:52.15		3/25
7	59	Reagan HIEBERT	SO	#2 Saint Mary (Kan.)	4:59.43		3/19
8	65	Nadia SIFUENTES	JR	Our Lady of the Lake	5:03.02		3/24
9	69	Stephanie MARTINEZ	JR	#11 Kansas Wesleyan	5:03.56		3/26
10	73	Jada O'DONNELL	SO	#7 Columbia (Mo.)	5:04.87		3/19

Women's Steeplechase

1	6	Caroline GILES	SO	#4 Friends (Kan.)	11:26.08		3/25
2	12	Caroline COBO	SO	#3 Benedictine (Kan.)	11:55.50		3/24
3	23	Jamaira ROSS	FR	Ottawa (Kan.)	12:39.31		3/26
4	28	Abby SECHRIST	SR	#18 Tabor (Kan.)	12:50.01		3/24
5	29	Emma WILLOUR	SO	#4 Friends (Kan.)	12:54.90		3/25
6	38	Claire DINGLER	FR	#4 Friends (Kan.)	13:14.42		3/25
7	43	Clare WILBER	SO	Lyon (Ark.)	13:33.58		3/18
8	58	Ali WARD	FR	#22 Williams Baptist (	14:45.44		3/18



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South Central

Women's 5000 Meters

1	9	Allika PEARSON	JR	#12 John Brown (Ark.)	A	17:23.90	3/12
2	30	Elizabeth HEFFERNAN	SO	#14 Oklahoma City		18:28.19	3/25
3	39	Mary O'CONNOR	FR	#3 Benedictine (Kan.)		18:37.58	3/24
4	44	Mary ROLWES	SO	#3 Benedictine (Kan.)		18:46.98	3/24
5	51	Cailen JOLLEY	JR	#14 Oklahoma City		19:05.57	3/25
6	53	Brooke ALLEN	SO	#5 Baker (Kan.)		19:07.39	3/24
7	56	Jada O'DONNELL	SO	#7 Columbia (Mo.)		19:10.08	3/26
8	59	Sharon KOIMA	JR	#14 Oklahoma City		19:16.65	3/25
9	68	Alicia ENGELBRECHT	SR	#6 William Woods (Mo.)		19:29.97	3/26
10	83	Grace BRINKMANN	SO	#7 Columbia (Mo.)		19:52.33	3/26

Women's 10,000 Meters

1	1	Allika PEARSON	JR	#12 John Brown (Ark.)	A	36:11.59	3/23
2	39	Ishmia BLACK	FR	Philander Smith (Kan.)		46:20.71	3/5
3	40	Graciela GOMEZ	JR	Philander Smith (Kan.)		46:47.58	3/5

Women's Marathon

1	13	Stephanie MARTINEZ	JR	#11 Kansas Wesleyan (Kan.)	A	4:18:45	3/12
2	19	Melissa GONZALES	SR	#24 Texas Wesleyan (Tex.)	A	4:23:28	3/26
3	20	Valerie ACEVES-POWER	JR	#5 Baker (Kan.)	A	4:24:21	12/5
3	20	Brooke ALLEN	SO	#5 Baker (Kan.)	A	4:24:21	12/5
5	23	Kate MADSEN	FR	#2 Saint Mary (Kan.)	A	4:24:39	12/5
6	25	Jackie DE LA FUNENTE	SO	#5 Baker (Kan.)	A	4:25:06	12/5

Women's 4x100 Relay

1	8	https://www.tfrrs.org/teams/33974	#8 Wiley (Texas)	A	47.75	3/25
2	12	https://www.tfrrs.org/teams/66848	Our Lady of the Lake (Tex.)		48.44	3/24
3	16	https://www.tfrrs.org/teams/1897	#17 Southwestern (Kan.)		48.77	3/26
4	17	https://www.tfrrs.org/teams/21411	#9 MidAmerica Nazarene (Mo.)		48.79	3/24
5	20	https://www.tfrrs.org/teams/1883	#10 Park (Mo.)		49.06	3/19
6	23	https://www.tfrrs.org/teams/77197	Jarvis Christian (Tex.)		49.22	3/25
7	25	https://www.tfrrs.org/teams/4925	Huston-Tillotson (Tex.)		49.48	3/25
8	31	https://www.tfrrs.org/teams/1893	#18 Tabor (Kan.)		50.32	3/24
9	35	https://www.tfrrs.org/teams/1793	#13 Bethel (Kan.)		50.72	3/26
10	36	https://www.tfrrs.org/teams/1825	#1 Central Methodist (Mo.)		50.87	3/25

Women's 4x400 Relay

1	6	https://www.tfrrs.org/teams/1825	#1 Central Methodist (Mo.)		3:57.25	3/25
2	9	https://www.tfrrs.org/teams/1789	#3 Benedictine (Kan.)		3:59.52	3/24
3	19	https://www.tfrrs.org/teams/1881	Ottawa (Kan.)		4:10.11	3/19
4	23	https://www.tfrrs.org/teams/4925	Huston-Tillotson (Tex.)		4:12.30	3/18
5	25	https://www.tfrrs.org/teams/66848	Our Lady of the Lake (Tex.)		4:13.23	3/4
6	27	https://www.tfrrs.org/teams/21411	#9 MidAmerica Nazarene (Mo.)		4:14.07	3/24
7	29	https://www.tfrrs.org/teams/1893	#18 Tabor (Kan.)		4:15.15	3/24
8	30	https://www.tfrrs.org/teams/1847	#4 Friends (Kan.)		4:15.39	3/25
9	31	https://www.tfrrs.org/teams/77197	Jarvis Christian (Tex.)		4:15.78	3/12
10	34	https://www.tfrrs.org/teams/1793	#13 Bethel (Kan.)		4:19.13	3/19

Women's 4x800 Relay

1	3	https://www.tfrrs.org/teams/73932	#2 Saint Mary (Kan.)	B	9:26.96	3/24
2	4	https://www.tfrrs.org/teams/1789	#3 Benedictine (Kan.)		9:36.28	3/24
3	10	https://www.tfrrs.org/teams/77207	#7 Columbia (Mo.)		10:17.68	3/19
4	12	https://www.tfrrs.org/teams/18843	#6 William Woods (Mo.)		10:30.66	3/19
5	14	https://www.tfrrs.org/teams/72362	Philander Smith (Kan.)		10:40.50	3/12

Women's High Jump

1	2	Sydney WILSON	SR	#15 Sterling (Kan.)	A	1.68m	5-6	3/26
2	10	Ayanna ALLEN	FR	Philander Smith (Kan.)		1.60m	5-3	3/5
2	10	Ashley GRIFFIN	SR	#5 Baker (Kan.)		1.60m	5-3	3/19
4	18	Megan MCMILLEN	SR	#2 Saint Mary (Kan.)		1.59m	5-2½	3/24
5	27	Alyssa BALTIMORE	SR	#23 Culver-Stockton (Mo.)		1.55m	5-1	3/19
5	27	Megan AUBUCHON	FR	#1 Central Methodist (Mo.)		1.55m	5-1	3/19
5	27	Renee FINKE	FR	#1 Central Methodist (Mo.)		1.55m	5-1	3/25
8	48	Kali RYDOLPH-GARRETT	FR	#8 Wiley (Texas)		1.52m	4-11¾	3/18
9	52	Skyler ROBBINS	SO	#12 John Brown (Ark.)		1.50m	4-11	3/12
9	52	Suleica LEE	SR	Ottawa (Kan.)		1.50m	4-11	3/26
9	52	Danielle HUNSAKER	SO	#2 Saint Mary (Kan.)		1.50m	4-11	3/24



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South Central

Women's Pole Vault

1	6	Sadie HEISNER	FR	#1	Central Methodist	3.35m	10-11¾	3/19
2	16	Carter HAWKINS	FR	#1	Central Methodist	3.10m	10-2	3/19
3	19	Brynna HALATA	FR	#4	Friends (Kan.)	3.07m	10-¾	3/25
4	21	Gabrielle MOORE	JR	#2	Saint Mary (Kan.)	3.05m	10-0	3/19
4	21	Bailey HARTLEY	FR	#20	McPherson (Kan.)	3.05m	10-0	3/19
6	29	Alaina SCOTT	FR		Missouri Baptist	2.95m	9-8	3/19
7	43	Grace MITCHELL	FR	#12	John Brown (Ark.)	2.74m	8-11¾	3/12
8	47	Amara REICHERT	SO	#1	Central Methodist	2.65m	8-8¼	3/19
9	50	Arielle PRINCE	FR	#1	Central Methodist	2.50m	8-2½	3/19
9	50	Payton FLOWERS	JR	#23	Culver-Stockton (	2.50m	8-2½	3/26

Women's Long Jump

1	4	Bailey TURNER	JR	#10	Park (Mo.)	B 5.66m	18-7	3/24
1	4	Jayda COOPER	SR	#2	Saint Mary (Kan.)	B 5.66m	18-7	3/24
3	16	Cheyenne BLUNTSON	SO	#19	SAGU (Texas)	5.53mw	18-1¾	3/25
4	21	Shayla ARTHUR	FR	#8	Wiley (Texas)	5.44m	17-10¼	3/25
4	21	Carly LINDENMEYER	SO	#9	MidAmerica Naza	5.44m	17-10¼	3/24
6	28	Alexandria SEGURA	FR		Our Lady of the La	5.36mw	17-7	3/4
7	30	Kaitlyn WEBER	JR	#1	Central Methodist	5.34mw	17-6¼	3/25
8	34	Shayla ARTHUR	FR	#8	Wiley (Texas)	5.28m	17-4	3/18
9	38	Lily ASHRAFZADEH	SO	#7	Columbia (Mo.)	5.24mw	17-2¼ (2.6)	3/26
10	39	Nia HAWKINS	JR	#6	William Woods (M	5.23mw	17-2 (2.4)	3/26

Women's Triple Jump

1	4	Bailey TURNER	JR	#10	Park (Mo.)	B 11.72mw	38-5½	3/24
2	14	Chasity VEALS	FR	#16	Langston (Okla.)	11.43m	37-6	3/25
3	22	Kaitlyn WEBER	JR	#1	Central Methodist	11.17m	36-7¾ (0.0)	3/19
4	24	Ahmia DORSEY	SO	#16	Langston (Okla.)	11.14m	36-6¾	3/25
5	25	Gabrielle MOORE	JR	#2	Saint Mary (Kan.)	11.11m	36-5½ (0.5)	3/19
6	26	Sadie HEISNER	FR	#1	Central Methodist	11.10m	36-5 (0.0)	3/19
7	28	Jayda COOPER	SR	#2	Saint Mary (Kan.)	11.05m	36-3 (1.2)	3/19
8	35	Megan MCMILLEN	SR	#2	Saint Mary (Kan.)	10.90m	35-9¼ (-0.5)	3/19
9	37	Cheyenne BLUNTSON	SO	#19	SAGU (Texas)	10.88m	35-8½	3/4
10	38	Karsen DUNHAM	FR	#13	Bethel (Kan.)	10.84m	35-6¾ (1.8)	3/19

Women's Shot Put

1	1	Katie FRENCH	SR	#6	William Woods (M	A 13.75m	45-1½	3/26
2	8	Kortney SCHUTT	SR	#4	Friends (Kan.)	12.98m	42-7	3/25
3	23	Carmen GARCIA	SR	#8	Wiley (Texas)	12.19m	40-0	3/25
4	36	Keshuna BYRD	FR		Jarvis Christian (T	11.95m	39-2½	3/25
5	38	Kaylyn POWERS	FR		Hannibal-LaGrang	11.93m	39-1¾	3/19
6	43	Madison SUTTON	SO	#3	Benedictine (Kan.	11.82m	38-9½	3/24
7	50	Evie SCOLES	FR	#17	Southwestern (Ka	11.59m	38-¼	3/26
8	56	Sidney DENNIS	SR	#17	Southwestern (Ka	11.51m	37-9¼	3/26
9	61	Victoria LOTZ	FR	#9	MidAmerica Naza	11.40m	37-5	3/19
10	69	Darnee WILLIAMS	FR	#8	Wiley (Texas)	11.26m	36-11½	3/12

Women's Discus

1	9	Madison SUTTON	SO	#3	Benedictine (Kan. B	42.83m	140-6	3/24
2	10	Kortney SCHUTT	SR	#4	Friends (Kan.)	B 42.43m	139-3	3/25
3	11	Victoria LOTZ	FR	#9	MidAmerica Naza	B 42.42m	139-2	3/24
4	13	Katie FRENCH	SR	#6	William Woods (M	41.95m	137-8	3/26
5	39	Kaylyn POWERS	FR		Hannibal-LaGrang	37.72m	123-9	3/19
6	43	Andre'a KING	FR		Philander Smith (	37.42m	122-9	3/18
7	52	Jaine JOHNSON	FR		Ottawa (Kan.)	36.84m	120-11	3/17
8	59	Keshuna BYRD	FR		Jarvis Christian (T	36.15m	118-7	3/25
9	66	Kelise CHRISTOPHER	FR		Huston-Tillotson	35.37m	116-1	3/18
10	68	Kennise ANDERSON	SO	#10	Park (Mo.)	35.22m	115-7	3/19

Women's Hammer

1	3	Kortney SCHUTT	SR	#4	Friends (Kan.)	A 50.74m	166-6	3/25
2	16	Madison SUTTON	SO	#3	Benedictine (Kan.	47.32m	155-3	3/24
3	22	Makenzie BURNS	JR	#4	Friends (Kan.)	46.32m	152-0	3/25
4	34	Sidney DENNIS	SR	#17	Southwestern (Ka	44.29m	145-4	3/26
5	41	Katie FRENCH	SR	#6	William Woods (M	43.01m	141-2	3/26
6	42	Kalyn CORLEY	JR	#13	Bethel (Kan.)	42.78m	140-4	3/26
7	48	Shikayla WALKER	SR	#10	Park (Mo.)	41.38m	135-9	3/24
8	53	Marisela HERNANDEZ-CASTRO	SO	#11	Kansas Wesleyan	40.77m	133-9	3/26
9	55	Savannah FIELDS	SO	#21	Missouri Valley	40.69m	133-6	3/19
10	59	Molly CHITTY	JR		Bethany (Kan.)	40.10m	131-7	3/26

Women's Javelin

1	13	Laurel BARBER	SO		Ottawa (Kan.)	B 39.39m	129-3	3/26
2	16	Kennedy COMSTOCK	JR	#5	Baker (Kan.)	37.86m	124-3	3/19
3	17	Susan MOMAN	FR	#6	William Woods (M	37.83m	124-2	3/26
4	19	Sydney RABORN	SR		Ottawa (Kan.)	37.25m	122-3	3/19
5	23	Calyssa PLYMELL	SO	#1	Central Methodist	36.51m	119-10	3/25
6	24	Autumn AVERY	JR	#9	MidAmerica Naza	36.42m	119-6	3/24
7	25	Natalie THOMAS	SO	#6	William Woods (M	36.27m	119-0	3/26
8	26	Taylor CLAUSSEN	FR		Bethany (Kan.)	36.19m	118-9	3/26
9	33	Kiana ORTIZ	FR	#23	Culver-Stockton (	35.10m	115-2	3/19
10	37	Madeline BURTON	FR	#7	Columbia (Mo.)	34.70m	113-10	3/19

Women's Heptathlon

1	15	Paige SCHMID	JR	#3	Benedictine (Kan.	3,420		3/24
2	18	Stephanie TOWLE	SO	#14	Oklahoma City	2,846		3/25
3	19	Leah SATTler	SO	#3	Benedictine (Kan.	2,723		3/24



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West

Women's 100 Meters

1	7	Dorothy JACKSON	FR	#2	Vanguard (Calif.)	B	12.04w	3/26
2	10	Armiyah JOHNSON	SO	#2	Vanguard (Calif.)	B	12.07w	3/26
3	20	Ronieka ROBINSON	JR	#13	Ottawa (Ariz.)		12.24 (0.3)	3/18
4	23	Brooke DALGITY	FR	#2	Vanguard (Calif.)		12.29	3/26
5	25	Geordan THURSTON	JR		Simpson (Calif.)		12.30	3/26
6	27	Lindsey BONNEY	SR	#1	Southern Oregon		12.33w (2.4)	3/19
7	39	Cayla SMITH	FR		British Columbia		12.47w	3/26
8	43	Valerie SCHMIDT	JR	#9	Corban (Ore.)		12.52w	3/16
9	49	Katie BROWN	FR	#6	Eastern Oregon		12.56 (1.0)	3/18
9	49	Natylia JACOBSON	FR	#7	Montana Tech		12.56c (12.53A) (-3)	3/19

Women's 100 Meter Hurdles

1	6	Madigan KELLY	FR	#3	Lewis-Clark State	A	14.41 (0.9)	3/24
2	10	Hassy FASHINA-BOMBATA	SR		British Columbia	B	14.70 (1.6)	3/18
3	14	Sara HATHAWAY	SO	#3	Lewis-Clark State		14.84 (1.6)	3/19
4	16	Valerie SCHMIDT	JR	#9	Corban (Ore.)		14.94 (1.3)	3/24
5	21	Ashley BRITT	JR	#3	Lewis-Clark State		15.13 (1.6)	3/19
6	22	India COLLINS	FR	#1	Southern Oregon		15.14w (2.5)	3/19
7	27	Abi STEVENS	FR	#1	Southern Oregon		15.44 (1.8)	3/19
8	29	Rebecca DUTCHAK	SO		British Columbia		15.62	3/26
9	30	Sienna BAUER	SO	#1	Southern Oregon		15.64w (2.3)	3/12
10	33	Morgan BAYES	JR	#6	Eastern Oregon		15.77 (1.6)	3/18

Women's 200 Meters

1	4	Eryn BURKE	FR	#2	Vanguard (Calif.)	A	24.43	3/26
2	11	Brooke DALGITY	FR	#2	Vanguard (Calif.)		25.14w	3/26
3	16	Anika GROGAN	SO	#3	Lewis-Clark State		25.26 (0.7)	3/24
4	18	Hassy FASHINA-BOMBATA	SR		British Columbia		25.37	3/26
5	25	Camille LAWRENCE	FR	#1	Southern Oregon		25.50 (-0.5)	3/19
6	32	Cayla SMITH	FR		British Columbia		25.60	3/26
7	35	Baylee TOUEY	SO	#1	Southern Oregon		25.71 (-0.3)	3/24
8	43	Valerie SCHMIDT	JR	#9	Corban (Ore.)		25.86 (1.6)	3/24
9	51	Lindsey BONNEY	SR	#1	Southern Oregon		26.00 (-1.3)	3/19
10	56	Katie BROWN	FR	#6	Eastern Oregon		26.11 (1.4)	3/18

Women's 400 Meters

1	3	Eryn BURKE	FR	#2	Vanguard (Calif.)	A	55.82	3/19
2	6	Brooke DALGITY	FR	#2	Vanguard (Calif.)	A	56.78	3/19
3	7	Cayla SMITH	FR		British Columbia	A	56.86	3/18
4	8	Anika GROGAN	SO	#3	Lewis-Clark State	B	57.01	3/24
5	17	Camille LAWRENCE	FR	#1	Southern Oregon		58.37	3/19
6	25	Karlie SMITH	SR	#3	Lewis-Clark State		59.00	3/24
7	28	Jordyn BURKE	FR	#2	Vanguard (Calif.)		59.28	3/12
8	29	Aayzia DUMAS	JR	#1	Southern Oregon		59.34	3/26
9	37	Ariana RODRIGUEZ	FR	#2	Vanguard (Calif.)		59.80	3/19
10	39	Lily LAVINE	SR	#18	Oregon Tech		59.84	3/18

Women's 400 Meter Hurdles

1	4	Ashley BRITT	JR	#3	Lewis-Clark State	B	1:03.46	3/24
2	5	Jordyn BURKE	FR	#2	Vanguard (Calif.)	B	1:03.48	3/26
3	10	Sara HATHAWAY	SO	#3	Lewis-Clark State		1:05.34	3/19
4	12	Madigan KELLY	FR	#3	Lewis-Clark State		1:06.16	3/24
5	15	Morgan BAYES	JR	#6	Eastern Oregon		1:06.25	3/18
6	16	India COLLINS	FR	#1	Southern Oregon		1:06.87	3/19
7	24	Olleca SEVERSON	FR	#7	Montana Tech		1:07.54c (1:07.43A)	3/25
8	25	Keelyn PILCHER	SO	#3	Lewis-Clark State		1:07.85	3/24
9	26	Abigail STRICKLAND	FR		Evergreen State (V)		1:08.39	3/26
10	30	Landyn LOVELADY	SO	#13	Ottawa (Ariz.)		1:09.31	3/18

Women's 800 Meters

1	2	Ellen PALMGREN	SO	#4	The Master's (Calif.)	A	2:13.48	3/12
2	4	Geraldine CORREA	SO	#3	Lewis-Clark State		2:16.75	3/24
3	5	Michelle HERBES	JR	#6	Eastern Oregon		2:17.45	3/18
4	6	Sarah MAUK	FR	#1	Southern Oregon		2:17.57	3/26
5	9	Hannah FREDERICKS	FR	#4	The Master's (Calif.)		2:18.37	3/19
6	10	Katie Jo GEBHARDT	JR	#6	Eastern Oregon		2:18.46	3/18
7	11	Sydney LITTLE LIGHT	JR	#12	Rocky Mountain (		2:18.49c (2:18.87A)	3/19
8	13	Abigail HUNDLEY	FR	#5	Westmont (Calif.)		2:20.45	3/18
9	18	Kate PICANCO	JR	#14	Carroll (Mont.)		2:21.70c (2:22.10A)	3/25
10	20	Jayden JACKSON	FR	#10	William Jessup (C		2:21.86	3/19

Women's 1500 Meters

1	1	Ellen PALMGREN	SO	#4	The Master's (Calif.)	A	4:29.44	3/25
2	3	Sydney LITTLE LIGHT	JR	#12	Rocky Mountain (	A	4:32.29c (4:35.47A)	3/25
3	4	Hannah FREDERICKS	FR	#4	The Master's (Calif.)	A	4:34.84	3/19
4	5	Arianna GHIORSO	SR	#4	The Master's (Calif.)	B	4:38.48	3/25
5	10	Abbey SHIRTS	SO	#8	College of Idaho	B	4:40.49	3/18
6	12	Anneline BREYENBACH	SO	#5	Westmont (Calif.)	B	4:41.50	3/26
7	15	Abigail HUNDLEY	FR	#5	Westmont (Calif.)	B	4:43.17	3/26
8	16	Kari ANEMA	FR	#5	Westmont (Calif.)		4:43.57	3/18
9	18	Jaxon SLANEY	FR		British Columbia		4:45.59	3/26
10	19	Emily ADAMS	SR	#3	Lewis-Clark State		4:45.78	3/24

Women's Steeplechase

1	1	Ariana ANDERSON	JR	#17	Embry-Riddle (Ariz.)	A	10:47.65	3/26
2	2	Sage MARTIN	SO	#8	College of Idaho	A	11:00.08	3/18
3	7	India MOORS	FR	#2	Vanguard (Calif.)	B	11:27.84	3/26
4	21	Carlin MANNING	SO	#7	Montana Tech		12:32.80c (12:41.90A)	3/25
5	22	Erika ARTHUR	FR	#14	Carroll (Mont.)		12:37.70c (12:46.85A)	3/25
6	27	Ariz DUARTE	SR	#16	Arizona Christian		12:48.82	3/19
7	36	Kaitlin COOK	SO	#15	Bushnell (Ore.)		13:06.31	3/12
8	52	Alisa HASHLEY	JR	#7	Montana Tech		13:52.11c (14:02.16A)	3/25



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West

Women's 5000 Meters

1	1	Zoe DOORENSPLEET	FR	British Columbia	A	16:43.16	3/26
2	2	Hannah FREDERICKS	FR	The Master's (Calif.)	A	16:45.34	3/25
3	3	Holly MACGILLIVARY	FR	British Columbia	A	16:46.27	3/26
4	4	Becca RICHTMAN	SR	Montana Tech	A	16:56.23c (17:09.65A)	3/25
5	5	Rachel MORTIMER	FR	British Columbia	A	17:00.84	3/26
6	6	Jamie HENNESSEY	SR	British Columbia	A	17:04.08	3/26
7	8	Katie NEWLOVE	FR	British Columbia	A	17:22.84	3/26
8	11	Ariana ANDERSON	JR	Embry-Riddle (Ariz.)	A	17:27.67	3/26
9	12	Kari ANEMA	FR	Westmont (Calif.)	A	17:29.63	3/26
10	13	Anneline BREYTENBACH	SO	Westmont (Calif.)	A	17:35.57	3/18

Women's 10,000 Meters

1	2	Sophie SOUTHERDEN	SO	The Master's (Calif.)	A	37:06.64	3/12
2	3	Autumn NOOTBAAR	SR	The Master's (Calif.)	B	37:52.48	3/12
3	4	Mariah HILDEBRANDT	JR	The Master's (Calif.)	A	38:28.82	3/12
4	5	Sarah GEE	SO	Vanguard (Calif.)	A	38:38.97	3/12
5	9	Brooke MILAM	JR	The Master's (Calif.)	A	40:31.13	3/12
6	10	Abigail STATLANDER	JR	Westmont (Calif.)	A	40:37.80	3/26
7	15	Lizzie SIMON	FR	Embry-Riddle (Ariz.)	A	41:02.34	3/12
8	17	Aurora COUTO	SO	Hope International	A	41:21.44	3/12
9	20	Deana TAKAOKA	SR	Marymount California	A	42:31.21	3/26
10	25	Alice MCKEAN	FR	Embry-Riddle (Ariz.)	A	43:14.74	3/12

Women's Marathon

1	2	Alex CEJA	SR	William Jessup (Calif.)	A	3:14:51	12/5
2	9	Mei-Li STEVENS	SR	Rocky Mountain College	A	4:15:42	3/20
3	11	Abigail STATLANDER	JR	Westmont (Calif.)	A	4:18:36	2/27
4	23	Morgan BASELEY	SO	Montana Western	A	4:24:39	3/20
5	30	Alice MCKEAN	FR	Embry-Riddle (Ariz.)	B	4:30:27	12/12

Women's 5000m Race Walk

1	1	Olivia LUNDMAN	FR	British Columbia	A	23:12.53	3/26
2	2	Joan LU	SO	British Columbia	A	23:59.78	3/26
3	3	Cassidy CARDLE	FR	British Columbia	A	25:10.72	3/26
4	5	Joanna YU	JR	British Columbia	A	26:56.90	3/26

Women's 4x100 Relay

1	3	https://www.tfrrs.org/teams/9004	#2	Vanguard (Calif.)	A	46.82	3/26
2	9	https://www.tfrrs.org/teams/7913		British Columbia	A	47.94	3/18
3	10	https://www.tfrrs.org/teams/8653	#1	Southern Oregon	A	47.98	3/19
4	14	https://www.tfrrs.org/teams/8504	#3	Lewis-Clark State	A	48.50	3/19
5	24	https://www.tfrrs.org/teams/77182	#7	Montana Tech	A	49.35c (49.23A)	3/25
6	30	https://www.tfrrs.org/teams/95377	#13	Ottawa (Ariz.)	A	49.82	3/18
7	33	https://www.tfrrs.org/teams/77174	#16	Arizona Christian	A	50.57	3/24
8	44	https://www.tfrrs.org/teams/56842	#10	William Jessup (Calif.)	A	53.78	3/19

Women's 4x400 Relay

1	4	https://www.tfrrs.org/teams/9004	#2	Vanguard (Calif.)	B	3:55.87	3/12
2	10	https://www.tfrrs.org/teams/8653	#1	Southern Oregon	A	3:59.79	3/26
3	12	https://www.tfrrs.org/teams/9002	#5	Westmont (Calif.)	A	4:03.01	3/26
4	13	https://www.tfrrs.org/teams/11156	#6	Eastern Oregon	A	4:04.17	3/18
5	22	https://www.tfrrs.org/teams/54839	#15	Bushnell (Ore.)	A	4:11.83	3/26
6	28	https://www.tfrrs.org/teams/11158	#9	Corban (Ore.)	A	4:14.10	3/16
7	32	https://www.tfrrs.org/teams/77182	#7	Montana Tech	A	4:16.59c (4:16.15A)	3/19
8	35	https://www.tfrrs.org/teams/56842	#10	William Jessup (Calif.)	A	4:19.48	3/4
9	36	https://www.tfrrs.org/teams/77174	#16	Arizona Christian	A	4:21.04	3/24
10	40	https://www.tfrrs.org/teams/8504	#3	Lewis-Clark State	A	4:24.06	3/19

Women's 4x800 Relay

1	2	https://www.tfrrs.org/teams/7913		British Columbia	B	9:24.05	3/26
2	11	https://www.tfrrs.org/teams/9004	#2	Vanguard (Calif.)	A	10:29.90	2/26
3	15	https://www.tfrrs.org/teams/11166	#4	The Master's (Calif.)	A	10:54.55	2/26

Women's High Jump

1	1	Abi STEVENS	FR	Southern Oregon	A	1.72m	5-7¾	3/19
2	3	Jennah CARPENTER	FR	Lewis-Clark State	A	1.67m	5-5¾	3/19
3	4	Lily SWEEN	SO	Westmont (Calif.)	B	1.66m	5-5¼	3/24
4	7	Kendra MURPHY	SR	Corban (Ore.)	A	1.62m	5-3¾	3/24
4	7	Julianna HOLM	FR	Vanguard (Calif.)	A	1.62m	5-3¾	2/26
6	10	Valerie SCHMIDT	JR	Corban (Ore.)	A	1.60m	5-3	3/24
7	18	Sara HATHAWAY	SO	Lewis-Clark State	A	1.59m	5-2½	3/19
8	21	Hassy FASHINA-BOMBATA	SR	British Columbia	A	1.58m	5-2¼	3/26
9	23	Morgan HARRISON	SO	College of Idaho	A	1.57m	5-1¾	3/18
9	23	Cassidy STODDARD	FR	College of Idaho	A	1.57m	5-1¾	3/18

Women's Pole Vault

1	1	Abby RUMOHR	SO	Westmont (Calif.)	B	3.55m	11-7¾	3/26
2	2	Natalie HENDRIX	SR	Arizona Christian	A	3.46m	11-4¾	3/24
3	3	Sage STOYKA KAY	FR	British Columbia	A	3.40m	11-1¾	3/26
3	3	Dakota MANECKE	SO	Rocky Mountain College	A	3.40m	11-1¾	3/19
3	3	Cynthia SMITH	JR	Lewis-Clark State	A	3.40m	11-1¾	3/19
6	11	Abby WINSTEAD	SO	Eastern Oregon	A	3.22m	10-6¾	3/18
7	12	Gabi HANSEN	FR	Southern Oregon	A	3.20m	10-6	3/26
8	16	Olivia EARLING	JR	Rocky Mountain College	A	3.10m	10-2	3/19
9	19	Faith WAGNER	JR	Eastern Oregon	A	3.07m	10-¾	3/18
10	21	Moriah CHIANG	SO	Westmont (Calif.)	A	3.05m	10-0	3/11



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West

Women's Long Jump

1	7	Rebecca DUTCHAK	SO	British Columbia	B	5.65m	18-6½ (0.7)	3/18
1	7	Emma RASTAD	SO	British Columbia	B	5.65m	18-6½	3/26
3	9	Roniekia ROBINSON	JR #13	Ottawa (Ariz.)		5.64m	18-6 (0.0)	3/18
4	26	Valerie SCHMIDT	JR #9	Corban (Ore.)		5.40m	17-8¾ (0.0)	3/24
5	28	Allison MACDONALD	SO	British Columbia		5.36m	17-7	3/26
6	33	Mayah PAPPAS	SO #15	Bushnell (Ore.)		5.29m	17-4¼ (-1.3)	3/12
7	37	Abi STEVENS	FR #1	Southern Oregon		5.25m	17-2¾ (0.0)	3/24
8	39	Naiya BEAUDIN	FR #7	Montana Tech		5.23m	17-2 (0.0)	3/19
9	47	Lily SWEEN	SO #5	Westmont (Calif.)		5.18m	17-0 (1.4)	3/24
10	49	Gina NELSON	SR	Simpson (Calif.)		5.16m	16-11¼ (0.0)	3/11

Women's Triple Jump

1	6	Naiya BEAUDIN	FR #7	Montana Tech	B	11.55mw	37-10¾ (2.2)	3/19
2	26	Sophie LOVELESS	JR #14	Carroll (Mont.)		11.10m	36-5	3/25
3	30	Allison MACDONALD	SO	British Columbia		11.00m	36-1¼	3/26
4	39	Alexis JONES	SO #10	William Jessup (C)		10.83m	35-6½ (0.8)	3/11
5	46	Sydney ZYWINA	FR #3	Lewis-Clark State		10.71m	35-1¾ (0.0)	3/24
6	49	Isabelle JENSEN	FR	Evergreen State (V)		10.63m	34-10½	3/4
7	52	Hailee STILES	FR #7	Montana Tech		10.61m	34-9¾	3/25
8	66	Naeve RODGERS	FR #8	College of Idaho		10.27m	33-8½ (-1.4)	3/18
9	68	Alexa HORSLEY	SO #3	Lewis-Clark State		10.16m	33-4 (0.0)	3/24
10	70	Cassidy STODDARD	FR #8	College of Idaho		10.12m	33-2½ (0.8)	3/18

Women's Shot Put

1	5	Nikki KRUEGER	SR #14	Carroll (Mont.)	B	13.14m	43-1½	3/25
2	6	Maggie LEDBETTER	JR #6	Eastern Oregon	B	13.04m	42-9½	3/18
3	12	Michelle DADSON	FR	British Columbia		12.73m	41-9¼	3/26
4	13	Michelle FLINT	SR #10	William Jessup (C)		12.61m	41-4½	3/11
5	17	Kenna WOODWARD	SO #6	Eastern Oregon		12.45m	40-10¼	3/18
6	22	Esther EZEUGU	SO #8	College of Idaho		12.26m	40-2¾	3/18
7	31	Kiashe HOBBY	SR #1	Southern Oregon		12.01m	39-5	3/19
8	32	Jessica PEDRETTI	FR #10	William Jessup (C)		11.97m	39-3¾	3/4
9	34	Jillian SANCHEZ	JR #11	Providence (Mont)		11.96m	39-3	3/19
10	46	Emily FOX	JR #8	College of Idaho		11.69m	38-4¼	3/18

Women's Discus

1	2	Molly GUERRA	SO #1	Southern Oregon	A	46.21m	151-7	3/26
2	3	tatiana MARTINEZ	FR #11	Providence (Mont)	B	43.66m	143-3	3/25
3	4	Jillian SANCHEZ	JR #11	Providence (Mont)	B	43.34m	142-2	3/19
4	5	Jessica PEDRETTI	FR #10	William Jessup (C)	B	43.23m	141-10	3/19
5	14	Calla HALDORSON	FR #11	Providence (Mont)		41.23m	135-3	3/25
6	19	AaLea KOLB	JR #8	College of Idaho		39.56m	129-10	3/18
7	21	Michelle FLINT	SR #10	William Jessup (C)		39.54m	129-9	3/19
8	22	Jaelah BUTLER	FR #2	Vanguard (Calif.)		39.40m	129-3	3/19
9	23	Kiashe HOBBY	SR #1	Southern Oregon		39.36m	129-2	3/19
10	28	Maggie LEDBETTER	JR #6	Eastern Oregon		38.78m	127-3	3/18

Women's Hammer

1	4	Jillian SANCHEZ	JR #11	Providence (Mont)	A	50.71m	166-5	3/25
2	5	Kiashe HOBBY	SR #1	Southern Oregon	B	50.46m	165-7	3/19
3	10	Maggie LEDBETTER	JR #6	Eastern Oregon	B	48.85m	160-3	3/18
4	13	Michelle DADSON	FR	British Columbia		47.74m	156-8	3/26
5	14	Emily FOX	JR #8	College of Idaho		47.60m	156-2	3/18
6	19	Allyson CONNER	SO #11	Providence (Mont)		47.04m	154-4	3/25
7	28	Molly GUERRA	SO #1	Southern Oregon		45.70m	149-11	3/19
8	29	Kenna WOODWARD	SO #6	Eastern Oregon		45.52m	149-4	3/18
9	31	Michelle FLINT	SR #10	William Jessup (C)		45.06m	147-10	3/11
10	35	kathryn EVANS	SO #11	Providence (Mont)		43.75m	143-7	3/25

Women's Javelin

1	1	Hailey KJAER	SR	British Columbia	A	45.18m	148-3	3/18
2	2	Mckenzie CLARK	SO #11	Providence (Mont)	A	44.20m	145-0	3/19
3	3	Giovanna JANES	SO	British Columbia	A	44.15m	144-10	3/18
4	4	J.V. PATRY-SMITH	SO	British Columbia	A	43.10m	141-5	3/18
5	5	Micaiah SCOTT	JR #4	The Master's (Calif)		41.65m	136-8	2/26
6	8	Jenna JORDAN	FR #7	Montana Tech	A	40.85m	134-0	3/19
7	10	Kea STIEGLITZ	SO #3	Lewis-Clark State	A	40.52m	132-11	3/19
8	11	Alex CONLEY	JR #18	Oregon Tech	B	40.16m	131-9	3/18
9	15	Jenae USSELMAN	JR #15	Bushnell (Ore.)		38.18m	125-3	3/26
10	20	Hassy FASHINA-BOMBATA	SR	British Columbia		37.23m	122-2	3/26

Women's Heptathlon

1	1	Valerie SCHMIDT	JR #9	Corban (Ore.)	B	4,872		3/24
2	2	Hassy FASHINA-BOMBATA	SR	British Columbia	B	4,622		3/26
3	3	Abi STEVENS	FR #1	Southern Oregon	B	4,601		3/24
4	4	Lily SWEEN	SO #5	Westmont (Calif.)	B	4,546		3/24
5	5	Rebecca DUTCHAK	SO	British Columbia	B	4,205		3/26
6	7	Micaiah SCOTT	JR #4	The Master's (Calif)	B	4,009		3/24
7	9	Jenna HODGES	JR #1	Southern Oregon	B	3,917		3/24
8	10	Baylee TOUEY	SO #1	Southern Oregon		3,884		3/24
9	11	Juliana TAMPUS	FR #2	Vanguard (Calif.)		3,865		3/24
10	12	Julia DELUCCHI	SR #1	Southern Oregon		3,792		3/24