



USTFCCA NJCAA Division I Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2022 Week #1, March 28

as of 3/28/2022 4:09:46 PM

Atlantic

Women's 100 Meters

1	59	yanique WHITE	SO	#2	Essex County (N.J.)	13.31	3/26
2	71	Asia MCLEMORE	SO	#3	Vincennes (Ind.)	13.75w	3/26
3	73	Natalia JOHNSON	FR	#5	CCBC Essex (Md.)	13.87	3/5
3	73	shania GLASGOW	FR	#2	Essex County (N.J.)	13.87	3/26
5	78	Damisi KAYODE	FR	#5	CCBC Essex (Md.)	14.06 (0.9)	3/19
6	87	Ali CRAPPS	FR	#7	Spartanburg Met	17.08w (2.1)	3/18

Women's 100 Meter Hurdles

1	15	yanique WHITE	SO	#2	Essex County (N.J.)	15.71w	3/26
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Women's 200 Meters

1	40	Chinenye ONUORAH	FR	#1	Monroe-New Roc	25.39	3/24
2	77	Farrah MILLER	FR	#1	Monroe-New Roc	26.39	1/7
3	95	Chloe KNEPP	SO	#3	Vincennes (Ind.)	26.90w	3/26
4		yanique WHITE	SO	#2	Essex County (N.J.)	27.10	2/25
5		D'Iviona HAWKINS	SO	#8	Bryant & Stratton	27.14	1/21
6		Jelese ALEXANDER	FR	#2	Essex County (N.J.)	27.37	2/5
7		Cheyenne HARDIMON	FR	#8	Bryant & Stratton	27.46	1/21
8		Asharee THOMAS		#4	Bryant & Stratton	27.47	12/5
9		shania GLASGOW	FR	#2	Essex County (N.J.)	27.99	2/20
10		Asia MCLEMORE	SO	#3	Vincennes (Ind.)	28.68w	3/26

Women's 400 Meters

1	14	Farrah MILLER	FR	#1	Monroe-New Roc	56.39	2/11
2	15	Chinenye ONUORAH	FR	#1	Monroe-New Roc	56.48	3/24
3	24	Aaliyah MOORE	FR	#1	Monroe-New Roc	57.21	2/18
4	66	Chloe KNEPP	SO	#3	Vincennes (Ind.)	1:01.05	2/11
5	69	Tracy IDUGBOE		#4	Bryant & Stratton	1:01.31	12/5
6	85	Raeven BYRD	FR		Tallahassee (Fla.)	1:02.73	2/13
7	97	thomyka VALCENT	FR	#2	Essex County (N.J.)	1:03.49	3/26
8		Asharee THOMAS		#4	Bryant & Stratton	1:04.84	12/5
9		Natalia JOHNSON	FR	#5	CCBC Essex (Md.)	1:05.80	3/19
10		Faith CLARK	SO	#6	Muskegon (Mich.)	1:06.24	2/12

Women's 400 Meter Hurdles

1	15	Tracy IDUGBOE	SO	#4	Bryant & Stratton	1:09.44	3/19
2	24	L'Tamra WEEKS	FR	#4	Bryant & Stratton	1:18.53	3/25

Women's 800 Meters

1	2	Aaliyah MOORE	FR	#1	Monroe-New Roc	D2:12.00	2/11
2	6	Farrah MILLER	FR	#1	Monroe-New Roc	D2:14.88	2/11
3	13	Tshwanelo MARUPING	FR	#1	Monroe-New Roc	D2:17.31	2/18
4	33	Megan THOMPSON	SO	#2	Essex County (N.J.)	2:25.38	2/5
5	39	Delverna BROMFIELD	SO	#2	Essex County (N.J.)	2:27.27	3/26
6	51	thomyka VALCENT	FR	#2	Essex County (N.J.)	2:30.08	2/25
7	67	Faith CLARK	SO	#6	Muskegon (Mich.)	2:33.18	2/19
8	72	Arielle VALDES	FR		Tallahassee (Fla.)	2:34.06	2/18
9	86	Madison CHESNEY	SO	#7	Spartanburg Met	2:36.60	3/18
10	87	Brittany PAGE	FR	#3	Vincennes (Ind.)	2:37.02	2/19

Women's 1500 Meters

1	3	Tshwanelo MARUPING	FR	#1	Monroe-New Roc	D4:44.12 (5:06.85(1))	3/4
2	5	Aaliyah MOORE	FR	#1	Monroe-New Roc	D4:46.12 (5:09.01(1))	1/7
3	28	Kyra YOUNG	SO	#3	Vincennes (Ind.)	5:04.25 (5:28.60(1))	2/19
4	35	Farrah MILLER	FR	#1	Monroe-New Roc	5:08.78 (5:33.49(1))	2/18
5	36	Megan THOMPSON	SO	#2	Essex County (N.J.)	5:08.87 (5:33.58(1))	2/20
6	56	Madison CHESNEY	SO	#7	Spartanburg Met	5:22.50	3/18
7	66	zoey-ann WINT	SO	#2	Essex County (N.J.)	5:25.79 (5:51.86(1))	2/20
8	67	Hope LAUGHLIN	FR	#3	Vincennes (Ind.)	5:26.55 (5:52.68(1))	2/19
9	80	Brittany PAGE	FR	#3	Vincennes (Ind.)	5:33.53 (6:00.22(1))	1/15
10	86	Faith CLARK	SO	#6	Muskegon (Mich.)	5:37.63 (6:04.65(1))	1/14

Women's Steeplechase

1	16	Kaitlyn KOENIG	SO	#3	Vincennes (Ind.)	13:32.01	3/26
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Women's 5000 Meters

1	6	Tshwanelo MARUPING	FR	#1	Monroe-New Roc	D18:12.88	2/18
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Women's High Jump

1	14	Jelese ALEXANDER	FR	#2	Essex County (N.J.)	1.60m 5-3	3/4
2	19	Josey REINEMAN	FR	#10	Hagerstown (Md.)	1.57m 5-1¾	2/11
3	37	Katie FERRIS	FR	#6	Muskegon (Mich.)	1.50m 4-11	1/21
4	53	L'Tamra WEEKS		#4	Bryant & Stratton	1.40m 4-7	1/15
5	59	kayla CHARLES	FR	#2	Essex County (N.J.)	1.35m 4-5	1/15

Women's Long Jump

1	22	Tracy IDUGBOE	FR	#4	Bryant & Stratton	5.51m 18-1	2/6
2	28	L'Tamra WEEKS	SO	#4	Bryant & Stratton	5.30m 17-4¾	2/11
3	42	Jelese ALEXANDER	FR	#2	Essex County (N.J.)	5.10m 16-8¾	2/25
4	77	Natalia JOHNSON	FR	#5	CCBC Essex (Md.)	4.57m 15-0	3/5
5	83	Eliane ROBINSON	SO	#2	Essex County (N.J.)	4.44m 14-6¾	1/7

Women's Triple Jump

1	6	Tracy IDUGBOE	FR	#4	Bryant & Stratton	D12.08m 39-7¾	3/4
2	20	L'Tamra WEEKS		#4	Bryant & Stratton	11.10m 36-5	12/5
3	24	Jelese ALEXANDER	FR	#2	Essex County (N.J.)	10.79m 35-4¾	2/20
4	27	Eliane ROBINSON	SO	#2	Essex County (N.J.)	10.69m 35-1	3/4
5	37	Natalia JOHNSON	FR	#5	CCBC Essex (Md.)	9.63m 31-7¾	3/5

Women's Shot Put

1	24	Kristin STICKDORN	FR	#1	Monroe-New Roc	11.60m 38-¾	2/11
2	65	Giorgia FINO	FR	#3	Vincennes (Ind.)	9.68m 31-9¼	1/22
3	76	Jelese ALEXANDER	FR	#2	Essex County (N.J.)	8.93m 29-3¾	2/25
4	85	Gabrielle RILEY	FR	#1	Monroe-New Roc	8.66m 28-5	2/11
5	87	L'Tamra WEEKS	SO	#4	Bryant & Stratton	8.53m 28-0	3/4
6	92	Abeyela CRUZ	FR	#3	Vincennes (Ind.)	8.16m 26-9¼	2/19

Women's Discus

1	39	Abeyela CRUZ	FR	#3	Vincennes (Ind.)	28.65m 94-0	3/26
2	49	Gabrielle RILEY	FR	#1	Monroe-New Roc	25.63m 84-1¼	3/26

Women's Hammer

1	1	Kristin STICKDORN	SO	#1	Monroe-New Roc	D52.09m 170-11	3/24
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Women's Javelin

1	19	Giorgia FINO	FR	#3	Vincennes (Ind.)	29.87m 98-0	3/26
2	30	Abeyela CRUZ	FR	#3	Vincennes (Ind.)	22.19m 72-9¾	3/26



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Central

Women's 100 Meters

1	1	Kaleb McDONALD	FR	#7 Butler (Kan.) CC	Q D 11.78w (2.6)	3/23
2	3	Kirstin JONES	FR	#7 Butler (Kan.) CC	Q D 11.81w (2.5)	3/23
3	5	Damazvia DAMES	FR	#3 Fort Scott (Kan.) Q	D 11.83w	3/25
4	6	Ariyonna BASTON	SO	#3 Fort Scott (Kan.) Q	D 11.92w	3/25
5	11	Charleyanse HOWARD	FR	#3 Fort Scott (Kan.) Q	D 11.97w (8.4)	3/18
6	12	Isila APKUP	FR	#2 Cloud County (Ka	12.07	3/24
7	14	Shavell RILEY	FR	#11 Coffeyville (Kan.)	12.17	3/25
8	16	Felicity WATKINS	SO	#10 Allen (Kan.) CC	12.20w (8.4)	3/18
9	17	Kailah GILMORE	SO	#3 Fort Scott (Kan.) C	12.24w	3/25
10	18	Jayda DILLON	SO	#1 Barton (Kan.) CC	12.25 (0.2)	3/18

Women's 100 Meter Hurdles

1	3	Miracle THOMPSON	FR	#2 Cloud County (Ka	D 13.97	3/24
2	5	Ashantae HARVEY	FR	#1 Barton (Kan.) CC	Q D 14.00w (2.7)	3/18
3	7	Diondra WILBORN	FR	#8 Garden City (Kan.)	D 14.71c (14.67A) (1.	3/19
4	10	Ashanti HARVEY	SO	#1 Barton (Kan.) CC	15.10w (2.7)	3/18
5	13	Aziel CHADDERTON	SO	#9 Colby (Kan.) CC	15.57 (0.0)	3/19
6	17	Machala HENGEN	FR	#12 Dodge City (Kan.)	15.94	3/26
7	21	Keyann WILSON	FR	#3 Fort Scott (Kan.) C	16.41w	3/25
8	22	Vanessa MERCERA	FR	#2 Cloud County (Ka	16.62 (0.0)	3/19
9	23	Allison CATLIN	SO	#4 Cowley (Kan.)	16.65	3/25
10	25	Calleisha CHANCE	FR	#5 Highland (Kan.) C	16.74w	3/24

Women's 200 Meters

1	3	Kiara BROWN	FR	#7 Butler (Kan.) CC	Q D 23.99	3/4
2	9	Leonie BEU	FR	#2 Cloud County (Ka	D 24.27w	3/24
3	11	Shawnakay PEART	SO	#7 Butler (Kan.) CC	Q D 24.32	3/4
4	14	Jayda JONES	SO	#3 Fort Scott (Kan.) Q	D 24.56w (2.7)	3/18
5	17	Naiya MORGAN	FR	#1 Barton (Kan.) CC	24.63 (1.9)	3/18
6	20	Ariyonna BASTON	SO	#3 Fort Scott (Kan.) C	24.69	3/25
7	22	Ashantae HARVEY	FR	#1 Barton (Kan.) CC	24.71	2/19
8	23	Felicity WATKINS	SO	#10 Allen (Kan.) CC	24.79	3/26
9	24	Damazvia DAMES	FR	#3 Fort Scott (Kan.) C	24.89w (2.7)	3/18
9	24	Isila APKUP	FR	#2 Cloud County (Ka	24.89	2/10

Women's 400 Meters

1	2	Vimbayi	FR	#2 Cloud County (Ka	D 53.86	3/4
2	3	Ashantae HARVEY	FR	#1 Barton (Kan.) CC	Q D 54.68	3/4
3	4	Kiara BROWN	FR	#7 Butler (Kan.) CC	Q D 55.28	2/19
4	5	Kirstin JONES	SO	#7 Butler (Kan.) CC	Q D 55.33	3/4
5	13	Leonie BEU	FR	#2 Cloud County (Ka	56.38	2/19
6	19	Naiya MORGAN	FR	#1 Barton (Kan.) CC	56.89	2/11
7	22	Ann DANGHA	SO	#7 Butler (Kan.) CC	57.06	2/19
8	23	Lashanna GRAHAM	SO	#1 Barton (Kan.) CC	57.10	2/19
9	25	Charleyanse HOWARD	FR	#3 Fort Scott (Kan.) C	57.26	3/4
10	27	Pamela MILANO	SO	#2 Cloud County (Ka	57.52	2/10

Women's 400 Meter Hurdles

1	1	Lashanna GRAHAM	SO	#1 Barton (Kan.) CC	Q D 1:00.92	3/18
2	4	Deborah LOWE	FR	#1 Barton (Kan.) CC	Q D 1:03.11	3/18
3	6	Diondra WILBORN	FR	#8 Garden City (Kan.)	D 1:05.59c (1:05.48A)	3/19
4	8	Patience HEATH	FR	#3 Fort Scott (Kan.) Q	D 1:06.21	3/25
5	9	Machala HENGEN	FR	#12 Dodge City (Kan.)	D 1:06.63	3/26
6	13	Keneah ROMNEY	FR	#6 Hutchinson (Kan.)	1:08.64	3/26
7	16	Jaycee JOHNSON	FR	#13 Neosho County (K	1:10.29	3/26
8	17	Allison CATLIN	SO	#4 Cowley (Kan.)	1:12.39	3/25
9	19	Jazmine SIMMONS	SO	#3 Fort Scott (Kan.) C	1:13.61	3/24
10	20	Pleajai ROULHAC	FR	#3 Fort Scott (Kan.) C	1:14.71	3/25

Women's 800 Meters

1	4	Pamela MILANO	FR	#2 Cloud County (Ka	D 2:13.73	3/24
2	7	Kayan GREEN	SO	#1 Barton (Kan.) CC	Q D 2:15.25	3/18
3	15	Passion CREWS	FR	#2 Cloud County (Ka	D 2:19.04	3/24
4	17	Vimbayi	FR	#2 Cloud County (Ka	D 2:19.87	3/19
5	21	Abigail FISHER	FR	#2 Cloud County (Ka	2:21.61	3/24
6	22	Abigail PINNOCK	FR	#4 Cowley (Kan.)	2:22.64	1/30
7	27	Sicely JACKSON	FR	#2 Cloud County (Ka	2:23.84	2/10
8	28	Lashanna GRAHAM	SO	#1 Barton (Kan.) CC	2:23.88	1/21
9	30	Melody OCHANA	FR	#2 Cloud County (Ka	2:24.14	1/14
10	31	Ludjenie MONDESIR	FR	#2 Cloud County (Ka	2:24.71	1/22

Women's 1500 Meters

1	11	Louise COCKING	FR	#6 Hutchinson (Kan.)	D 4:51.28	3/26
2	12	Melody OCHANA	FR	#2 Cloud County (Ka	D 4:53.77 (5:17.28(1))	2/19
3	15	Emily DIERCKS	FR	#9 Colby (Kan.) CC	Q D 4:56.16	3/25
4	16	Shareen CHERUIYOT	FR	#8 Garden City (Kan.)	D 4:56.37 (5:20.08(1))	3/4
5	17	Ludjenie MONDESIR	FR	#2 Cloud County (Ka	D 4:57.41 (5:21.21(1))	3/4
6	20	Regan HODSDEN	SO	#9 Colby (Kan.) CC	Q D 4:57.95 (5:21.79(1))	1/14
7	23	Noel HIDALGO	FR	#6 Hutchinson (Kan.)	5:02.22 (5:26.40(1))	1/30
8	29	Kayan GREEN	SO	#1 Barton (Kan.) CC	5:04.65 (5:29.03(1))	1/14
9	30	Lucy NDUNGU	FR	#2 Cloud County (Ka	5:06.51	3/24
10	34	Abigail FISHER	FR	#2 Cloud County (Ka	5:08.40	3/19

Women's Steeplechase

1	1	Ludjenie MONDESIR	FR	#2 Cloud County (Ka	D 11:43.00	3/24
2	2	Melody OCHANA	FR	#2 Cloud County (Ka	D 11:46.64	3/24
3	5	Noel HIDALGO	FR	#6 Hutchinson (Kan.)	Q D 12:11.58	3/26
4	10	Laura JUAREZ	FR	#13 Neosho County (K	12:57.96	3/19
5	15	McKenna ESFELD	SO	#10 Allen (Kan.) CC	13:31.50	3/25
6	17	Cielo GARCIA	FR	#8 Garden City (Kan.)	14:12.03c (14:25.09A)	3/19
7	19	Andrea SERRANO	FR	#8 Garden City (Kan.)	16:07.12c (16:21.94A)	3/19



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Central

Women's 5000 Meters

1	7	Lucy NDUNGU	FR	#2	Cloud County (Ka)	D18:18.18	3/4
2	10	Regan HODSDEN	SO	#9	Colby (Kan.) CC	D18:25.58	1/28
3	13	Valentine LAGAT	FR	#8	Garden City (Kan.)	D18:32.20	3/4
4	16	Elka BILLINGS	SO	#10	Allen (Kan.) CC	D18:48.28	3/25
5	17	Kristen WILSON	FR	#4	Cowley (Kan.)	D18:48.89	3/4
6	21	Louise COCKING	FR	#6	Hutchinson (Kan.)	D18:56.51	1/30
7	24	Cynthia DELAPAZ	FR	#12	Dodge City (Kan.)	19:07.59	3/4
8	27	Cierra NORD	SO	#9	Colby (Kan.) CC	19:13.89	2/19
9	28	Karissa GLOVER	FR	#4	Cowley (Kan.)	19:20.76	2/19
10	32	Ursula BILLINGS	FR	#10	Allen (Kan.) CC	19:49.99	2/19

Women's 4x100 Relay

1	3	https://www.tfrrs.org/teams/8048	#3	Fort Scott (Kan.)	Q D45.99	3/18
1	3	https://www.tfrrs.org/teams/537	#1	Barton (Kan.) CC	Q D45.99	3/18
3	5	https://www.tfrrs.org/teams/541	#7	Butler (Kan.) CC	Q D46.21	3/19
4	6	https://www.tfrrs.org/teams/545	#2	Cloud County (Ka)	D46.71	3/24
5	7	https://www.tfrrs.org/teams/549	#9	Colby (Kan.) CC	48.78	3/19
6	10	https://www.tfrrs.org/teams/551	#8	Garden City (Kan.)	50.86c (50.74A)	3/19

Women's High Jump

1	4	Calleisha CHANCE	SO	#5	Highland (Kan.) C	D1.70m	5-7	3/4
1	4	Nia ROBINSON	SO	#1	Barton (Kan.) CC	D1.70m	5-7	3/4
3	10	Vanessa MERCERA	FR	#2	Cloud County (Ka)	D1.65m	5-5	3/4
3	10	Dayjahney HIBBERT	FR	#5	Highland (Kan.) C	D1.65m	5-5	3/4
5	14	LaShae' SMITH	FR	#4	Cowley (Kan.)	1.60m	5-3	1/30
6	22	Faithlyn IRVING	FR	#2	Cloud County (Ka)	1.56m	5-1 1/4	2/4
7	23	Damazvia DAMES	FR	#3	Fort Scott (Kan.) C	1.55m	5-1	1/28
8	33	Achai AROP	SO	#11	Coffeyville (Kan.)	1.54m	5-1/2	2/11
9	39	Gabi UNRUH	FR	#6	Hutchinson (Kan.)	1.47m	4-9 3/4	2/4
10	41	Areli MORENO	FR	#8	Garden City (Kan.)	1.45m	4-9	3/26
10	41	Shardenai DAVIS	FR	#4	Cowley (Kan.)	1.45m	4-9	2/19
10	41	Malama TOURE	FR	#1	Barton (Kan.) CC	1.45m	4-9	3/26
10	41	Molly NORRIS	FR	#1	Barton (Kan.) CC	1.45m	4-9	3/26

Women's Pole Vault

1	2	Arantxa CORTEZ	FR	#4	Cowley (Kan.)	Q D3.55m	11-7 3/4	3/4
2	4	Kiana BROWN	FR	#6	Hutchinson (Kan.)	Q D3.25m	10-8	3/26
3	5	Maggie ARMSTRONG	FR	#2	Cloud County (Ka)	D3.20m	10-6	1/30
4	6	Channa HINES	FR	#4	Cowley (Kan.)	3.11m	10-2 1/2	3/10
5	7	Violet MARTINEZ	FR	#6	Hutchinson (Kan.)	3.10m	10-2	3/26
6	9	Mia MANLEY	FR	#2	Cloud County (Ka)	3.06m	10-1/2	2/4
7	12	McKenna JAGELS	FR	#8	Garden City (Kan.)	2.80m	9-2 1/4	1/30
8	17	Jacie CARSON	FR	#4	Cowley (Kan.)	2.40m	7-10 1/2	2/19

Women's Long Jump

1	2	Nia ROBINSON	SO	#1	Barton (Kan.) CC	Q D6.19m	20-3 3/4	3/4
2	7	Damazvia DAMES	FR	#3	Fort Scott (Kan.)	Q D5.91m	19-4 3/4	3/4
3	8	Kailah GILMORE	FR	#3	Fort Scott (Kan.)	Q D5.85m	19-2 1/2	3/4
4	12	Patience HEATH	FR	#3	Fort Scott (Kan.)	Q D5.72m	18-9 1/4	1/22
5	14	Ida SEESAY	FR	#1	Barton (Kan.) CC	Q D5.64m	18-6	2/19
6	15	Calleisha CHANCE	SO	#5	Highland (Kan.) C	Q D5.63m	18-5 3/4	2/12
7	17	Brittania INGRAM	FR	#1	Barton (Kan.) CC	Q D5.59m	18-4 1/4	3/4
8	23	Vanessa MERCERA	FR	#2	Cloud County (Ka)	5.48m	17-11 3/4 (0.3)	3/19
9	24	Princess BROWNE	SO	#9	Colby (Kan.) CC	5.45m	17-10 3/4	2/19
10	25	Tatiana WASHINGTON	FR	#11	Coffeyville (Kan.)	5.38m	17-8	3/25

Women's Triple Jump

1	2	Nia ROBINSON	SO	#1	Barton (Kan.) CC	Q D12.60m	41-4 1/4	3/4
2	3	Damazvia DAMES	FR	#3	Fort Scott (Kan.)	Q D12.34m	40-6	3/4
3	9	Brittania INGRAM	FR	#1	Barton (Kan.) CC	Q D11.70m	38-4 3/4	3/4
4	10	Faithlyn IRVING	FR	#2	Cloud County (Ka)	D11.67m	38-3 1/2	1/22
5	12	Princess BROWNE	SO	#9	Colby (Kan.) CC	11.41m	37-5 1/4	3/4
6	17	Ashley ROBINSON	FR	#10	Allen (Kan.) CC	11.15mw	36-7 (4.3)	3/18
7	18	Brandi DUNN	FR	#5	Highland (Kan.) C	11.11m	36-5 1/2	3/24
8	21	Ida SEESAY	FR	#1	Barton (Kan.) CC	10.99m	36-3/4	2/19
9	22	Jasmine CARSON	FR	#1	Barton (Kan.) CC	10.93m	35-10 1/2	1/30
10	28	Abby RUESCHHOFF	FR	#4	Cowley (Kan.)	10.66m	34-11 3/4	3/4

Women's Shot Put

1	1	Kelsie MURRELL-ROSS	FR	#1	Barton (Kan.) CC	Q D15.54m	51-0	3/18
2	3	Santonya RALLIFORD	SO	#5	Highland (Kan.) C	Q D14.27m	46-10	1/22
3	4	Jazmyn JAMES	FR	#5	Highland (Kan.) C	Q D13.85m	45-5 1/4	1/30
4	5	Hollie STEWART	FR	#2	Cloud County (Ka)	D13.77m	45-2 1/4	3/4
5	7	Jada SEWELL	SO	#1	Barton (Kan.) CC	Q D13.14m	43-1 1/2	1/30
6	8	Shakera WILLIAMS	FR	#5	Highland (Kan.) C	Q D13.11m	43-1/4	3/4
7	12	Savannah ADAMS	FR	#9	Colby (Kan.) CC	12.34m	40-6	2/19
8	13	Shonase COLLINS	FR	#11	Coffeyville (Kan.)	12.30m	40-4 1/4	3/4
9	14	Efe LATHAM	FR	#1	Barton (Kan.) CC	12.28m	40-3 1/2	2/19
10	17	Rashanna THORNE	FR	#4	Cowley (Kan.)	12.06m	39-6 3/4	3/10

Women's Discus

1	3	Santonya RALLIFORD	SO	#5	Highland (Kan.) C	Q D45.88m	150-6	3/24
2	4	Kelsie MURRELL-ROSS	FR	#1	Barton (Kan.) CC	Q D44.22m	145-1	3/26
3	9	Jada SEWELL	SO	#1	Barton (Kan.) CC	38.86m	127-6	3/26
4	12	Hollie STEWART	FR	#2	Cloud County (Ka)	37.97m	124-7	3/24
5	14	Efe LATHAM	FR	#1	Barton (Kan.) CC	37.68m	123-8	3/26
6	15	Hannah SCHROCK	FR	#6	Hutchinson (Kan.)	36.97m	121-4	3/26
7	16	Angela SANCHEZ	FR	#11	Coffeyville (Kan.)	36.91m	121-1	3/25
8	18	Reahna ROBERTS	FR	#3	Fort Scott (Kan.) C	35.84m	117-7	3/25
9	19	Dajian SALMON	FR	#4	Cowley (Kan.)	35.56m	116-8	3/25
10	20	Tahisha THOMPSON	FR	#2	Cloud County (Ka)	35.55m	116-8	3/24



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Central

Women's Hammer

1	3	Efe LATHAM	FR	#1	Barton (Kan.) CC	2	D47.33m	155-4	3/26
2	4	Jada SEWELL	SO	#1	Barton (Kan.) CC	2	D47.06m	154-5	3/26
3	5	Chloe WILSON	FR	#4	Cowley (Kan.)	2	D46.61m	152-11	3/25
4	6	Naliyah LANDRUM	FR	#11	Coffeyville (Kan.)	2	D45.49m	149-3	3/10
5	8	Ariana RODRIGUEZ	SO	#1	Barton (Kan.) CC	2	D44.70m	146-8	3/26
6	9	Kayla MCCLELLAN	FR	#4	Cowley (Kan.)	2	D44.09m	144-8	3/25
7	13	Bernesha KNOWLES	FR	#4	Cowley (Kan.)	2	D43.14m	141-7	3/10
8	15	Sarah ROBINSON	FR	#4	Cowley (Kan.)		40.00m	131-3	3/10
9	16	Mallory CALLIHAN	FR	#2	Cloud County (Ka		39.50m	129-7	3/19
10	17	Tahisha THOMPSON	FR	#2	Cloud County (Ka		39.32m	129-0	3/19

Women's Javelin

1	1	Hollie STEWART	FR	#2	Cloud County (Ka	2	D39.71m	130-4	3/24
2	3	Jessi BRUMMETT	FR	#2	Cloud County (Ka	2	D38.64m	126-9	3/24
3	5	Shade TORRES	SO	#12	Dodge City (Kan.)		36.33m	119-3	3/26
4	10	Santornya RALLIFORD	SO	#5	Highland (Kan.) C		34.18m	112-2	3/24
5	11	Efe LATHAM	FR	#1	Barton (Kan.) CC		34.17m	112-1	3/26
6	14	Shardenai DAVIS	FR	#4	Cowley (Kan.)		32.67m	107-2	3/25
7	15	Lillian THOMAS	FR	#1	Barton (Kan.) CC		32.09m	105-4	3/26
8	17	Hannah SCHROCK	FR	#6	Hutchinson (Kan.		31.21m	102-5	3/26
9	21	Dajian SALMON	FR	#4	Cowley (Kan.)		28.47m	93-5	3/25
10	31	Calleisha CHANCE	FR	#5	Highland (Kan.) C		21.38m	70-1¾	3/24

Women's Heptathlon

1	2	Calleisha CHANCE	FR	#5	Highland (Kan.) C	Q	D3,633		3/24
2	4	Gretchen BABCOCK	FR	#5	Highland (Kan.) C	Q	D1,900		3/24



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Midwest

Women's 100 Meters

1	4	Kayla MCCRAY	FR	#3	Indian Hills (Iowa)	D11.82	3/24
2	8	Kahliyah ANDERSON	SO	#3	Indian Hills (Iowa)	D11.93w	3/24
3	10	Janyla HOSKINS	SO	#3	Indian Hills (Iowa)	D11.96w	3/24
4	19	Jada DAY	FR	#11	Meridian (Miss.) C	12.27w	3/23
5	20	Adeyiah BREWSTER	FR	#1	Iowa Central CC	12.30 (0.4)	3/19
6	28	Kimeisha STAR	SO	#3	Indian Hills (Iowa)	12.53w	3/24
7	34	Alisha THOMAS	FR	#1	Iowa Central CC	12.71	3/25
8	37	Jenna HUMMELL	SO	#4	Hawkeye (Iowa) C	12.73w	3/26
9	44	Mattie JANSSEN	FR	#4	Hawkeye (Iowa) C	12.93w	3/26
10	45	Elizabeth GIBSON	FR	#1	Iowa Central CC	12.95 (0.6)	3/19

Women's 100 Meter Hurdles

1	9	Arryona SIMMONS	FR	#11	Meridian (Miss.) C	15.00w	3/23
2	11	Matayah NAYLOR	SO	#3	Indian Hills (Iowa)	15.32	3/24
3	12	Peyton STEVA	SO	#3	Indian Hills (Iowa)	15.39	3/24
4	16	Jade JACKSON	FR	#1	Iowa Central CC	15.77	3/25
5	26	Kylee NEIGHBORS	SO	#4	Hawkeye (Iowa) C	16.75w	3/26
6	28	Daylynn BAKER	FR	#8	State Fair (Mo.)	16.92 (1.8)	3/19
7	31	Lynn HOFETT	SO	#6	North Iowa Area C	17.45w	3/26
8	34	Brianna OSTERSON	FR	#7	Southwestern (Iowa)	18.62w	3/26
9	35	Jordan SWENSON	FR	#6	North Iowa Area C	19.33w	3/26

Women's 200 Meters

1	2	Nickisha PRYCE	SO	#2	Iowa Western CC	D23.94	3/4
2	4	Diandrenique GAINES	FR	#5	Hinds (Miss.) CC	D24.02	3/4
3	8	Terresha WALCOTT	SO	#2	Iowa Western CC	D24.23	3/4
4	10	Kahliyah ANDERSON	SO	#3	Indian Hills (Iowa)	D24.29w	3/24
5	13	Antiana WALSH	FR	#3	Indian Hills (Iowa)	D24.54w	3/24
6	18	Dyandra GRAY	SO	#2	Iowa Western CC	24.64	3/4
7	19	Brooke GRAY	FR	#5	Hinds (Miss.) CC	24.65	3/4
8	20	Kayla MCCRAY	FR	#3	Indian Hills (Iowa)	24.69w	3/24
9	26	Nikiwe MONGWE	FR	#1	Iowa Central CC	24.91	2/18
10	28	Jia LEWIS	FR	#3	Indian Hills (Iowa)	24.98	3/4

Women's 400 Meters

1	1	Nickisha PRYCE	SO	#2	Iowa Western CC	D53.68	3/4
2	8	Britney BROWN	FR	#1	Iowa Central CC	D55.78	3/19
3	11	Kahliyah ANDERSON	SO	#3	Indian Hills (Iowa)	D55.94	1/22
4	17	Daniella DEER	FR	#2	Iowa Western CC	56.67	2/11
5	21	JodyAnn DIXON	FR	#5	Hinds (Miss.) CC	57.01	3/4
6	32	Aimaya DRUMMOND	SO	#3	Indian Hills (Iowa)	57.63	3/24
7	33	Brooke GRAY	FR	#5	Hinds (Miss.) CC	57.85	1/22
8	36	Diandrenique GAINES	FR	#5	Hinds (Miss.) CC	58.23	2/18
9	39	Temira GOODS	SO	#3	Indian Hills (Iowa)	58.63	3/24
10	45	Lazericka LOUIS	FR	#5	Hinds (Miss.) CC	59.12	3/4

Women's 400 Meter Hurdles

1	22	Jade DURFEY	FR	#1	Iowa Central CC	1:15.69	3/25
2	23	Peyton STEVA	SO	#3	Indian Hills (Iowa)	1:17.39	3/24

Women's 800 Meters

1	1	Aliyah SIMMONS	SO	#3	Indian Hills (Iowa)	D2:10.55	3/4
2	8	Britney BROWN	FR	#1	Iowa Central CC	D2:15.94	3/25
3	11	Shariden RICHARDSON	SO	#2	Iowa Western CC	D2:16.69	3/4
4	14	Chloe GARCIA GRAFING	FR	#1	Iowa Central CC	D2:18.98	2/4
5	25	Emma HOINS	FR	#4	Hawkeye (Iowa) C	2:23.55	2/4
6	26	Taylor MCCREEDY	FR	#1	Iowa Central CC	2:23.64	1/28
7	44	Shaunti LONGFELLOW	SO	#1	Iowa Central CC	2:28.45	2/11
8	49	Bethany STACEY	FR	#2	Iowa Western CC	2:29.82	1/22
9	58	Allie SIMPSON	FR	#12	Southeastern (Iowa)	2:31.69	2/18
10	69	Antonia SEALY	FR	#2	Iowa Western CC	2:33.72	3/4

Women's 1500 Meters

1	1	Hilda CHEBET	FR	#2	Iowa Western CC	D4:30.19 (4:51.81(1))	2/11
2	6	Chloe GARCIA GRAFING	FR	#1	Iowa Central CC	D4:46.46 (5:09.38(1))	3/4
3	8	Emma HOINS	FR	#4	Hawkeye (Iowa) C	D4:48.98 (5:12.10(1))	3/4
4	9	Mercy BIWOTT	FR	#2	Iowa Western CC	D4:49.49 (5:12.65(1))	3/4
5	19	Taylor MCCREEDY	FR	#1	Iowa Central CC	D4:57.56 (5:21.37(1))	1/22
6	22	Bethany STACEY	FR	#2	Iowa Western CC	5:00.41 (5:24.45(1))	1/22
7	63	Lizeth FLORES	FR	#3	Indian Hills (Iowa)	5:24.55	3/24
8	70	Zinash VALEN	FR	#1	Iowa Central CC	5:28.79	3/19
9	72	Shaunti LONGFELLOW	SO	#1	Iowa Central CC	5:31.08 (5:57.57(1))	1/21
10	78	Isabelle MELLIN	FR	#3	Indian Hills (Iowa)	5:33.28 (5:59.95(1))	2/4

Women's Steeplechase

1	3	Taylor MCCREEDY	FR	#1	Iowa Central CC	D11:54.24	3/25
2	13	Mercy JEPNGETICH	FR	#1	Iowa Central CC	13:23.98	3/25
3	14	Josie STACKIS	SO	#1	Iowa Central CC	13:24.25	3/25

Women's 5000 Meters

1	1	Hilda CHEBET	FR	#2	Iowa Western CC	D17:08.71	2/4
2	3	Mercy BIWOTT	FR	#2	Iowa Western CC	D17:30.97	3/4
3	4	Emma HOINS	FR	#4	Hawkeye (Iowa) C	D17:59.57	2/4
4	19	Taylor MCCREEDY	FR	#1	Iowa Central CC	D18:53.18	1/21
5	26	Monserat GUERRERO-CHAPULA	FR	#3	Indian Hills (Iowa)	19:12.07	3/24
6	36	Zinash VALEN	FR	#1	Iowa Central CC	19:59.81	1/21
7	41	Morgan KLAUS	FR	#3	Indian Hills (Iowa)	20:30.94	3/24
8	42	Mercy JEPNGETICH	FR	#1	Iowa Central CC	20:32.25	1/21
9	44	Josie STACKIS	SO	#1	Iowa Central CC	20:48.67	2/18
10	54	Kate MIRON	SO	#1	Iowa Central CC	22:14.05	2/5

Women's 4x100 Relay

1	2	https://www.tfrrs.org/teams/85621	#3	Indian Hills (Iowa)	D45.88	3/24
2	14	https://www.tfrrs.org/teams/106215	#8	State Fair (Mo.)	52.79	3/24
3	15	https://www.tfrrs.org/teams/95006	#4	Hawkeye (Iowa) C	53.80	3/26



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Midwest

Women's High Jump

1	1	Miracle AILES	FR	#2	Iowa Western CC	D1.80m	5-10¾	3/4
2	2	Alliyah MCNEIL	SO	#2	Iowa Western CC	D1.78m	5-10	2/4
3	3	Breanna BROWN-MARSHALL	SO	#5	Hinds (Miss.) CC	D1.71m	5-7¼	2/12
4	7	Kayla JEMISON	FR	#5	Hinds (Miss.) CC	D1.67m	5-5¾	1/22
5	9	Haleigh HADLEY	FR	#3	Indian Hills (Iowa)	D1.66m	5-5¼	2/11
6	14	Kylee NEIGHBORS	SO	#4	Hawkeye (Iowa) C	1.60m	5-3	3/4
6	14	Jerricka AMBUS	FR	#5	Hinds (Miss.) CC	1.60m	5-3	3/4
8	23	Cadence STANLEY	SO	#2	Iowa Western CC	1.55m	5-1	2/18
8	23	Antonia SEALY	FR	#2	Iowa Western CC	1.55m	5-1	2/18
8	23	Kiley SANDERS	SO	#10	Sauk Valley (Ill.) C	1.55m	5-1	2/18
8	23	Mariah MEBRUER	FR	#8	State Fair (Mo.)	1.55m	5-1	12/4
8	23	Jade JACKSON	FR	#1	Iowa Central CC	1.55m	5-1	2/18
8	23	Jordan SWENSON	FR	#6	North Iowa Area C	1.55m	5-1	2/5

Women's Pole Vault

1	18	Jade DURFEY	FR	#1	Iowa Central CC	1.95m	6-4¾	2/18
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Women's Long Jump

1	3	Osayi OMORODION	FR	#2	Iowa Western CC	D6.10m	20-¼	1/28
2	4	Alliyah MCNEIL	SO	#2	Iowa Western CC	D6.04m	19-9¾	2/18
3	6	Victory GEORGE	SO	#2	Iowa Western CC	D5.94m	19-6	3/4
4	9	Antonia SEALY	FR	#2	Iowa Western CC	D5.75m	18-10½	2/18
5	16	Siby YAO	SO	#3	Indian Hills (Iowa)	D5.62m	18-5¼	3/24
6	30	Nyadhol THICHIOT	FR	#1	Iowa Central CC	5.25m	17-2¾	3/25
7	32	Elizabeth GIBSON	FR	#1	Iowa Central CC	5.23m	17-2	2/18
8	33	Breanna BROWN-MARSHALL	SO	#5	Hinds (Miss.) CC	5.21m	17-1¼	2/4
9	37	Mattie JANSSEN	FR	#4	Hawkeye (Iowa) C	5.16m	16-11¼	1/15
10	41	Moselle PUNNI	SO	#2	Iowa Western CC	5.11m	16-9¼	1/28

Women's Triple Jump

1	1	Victory GEORGE	SO	#2	Iowa Western CC	D12.86m	42-2¼	3/4
2	7	Siby YAO	SO	#3	Indian Hills (Iowa)	D11.81m	38-9	3/4
3	12	Osayi OMORODION	FR	#2	Iowa Western CC	11.41m	37-5¼	3/4
4	14	Kayla JEMISON	FR	#5	Hinds (Miss.) CC	11.40m	37-5	3/4
5	15	Nyadhol THICHIOT	FR	#1	Iowa Central CC	11.34m	37-2½	3/4
6	23	Elizabeth GIBSON	FR	#1	Iowa Central CC	10.84m	35-6¾	2/18
7	25	Moselle PUNNI	SO	#2	Iowa Western CC	10.71m	35-1¾	1/28
7	25	Florence OMODAYO	FR	#7	Southwestern (Iowa)	10.71m	35-1¾	2/18
9	29	Adeyeh BREWSTER	FR	#1	Iowa Central CC	10.54m	34-7	2/18
10	31	Sadie LENZ	FR	#10	Sauk Valley (Ill.) C	10.28m	33-8¾	2/18

Women's Shot Put

1	10	Antonia SEALY	FR	#2	Iowa Western CC	12.62m	41-5	3/4
2	11	Emma SEIDL	FR	#1	Iowa Central CC	12.49m	40-11¾	3/4
3	16	Allison FLANSCHA	SO	#4	Hawkeye (Iowa) C	12.15m	39-10½	3/26
4	18	Victoria ADU	SO	#1	Iowa Central CC	11.98m	39-3¾	2/18
5	20	Lauren UPMEYER	FR	#2	Iowa Western CC	11.76m	38-7	2/18
6	21	Lexi WOOD	FR	#1	Iowa Central CC	11.73m	38-6	1/22
7	23	Molly VENTEICHER	FR	#7	Southwestern (Iowa)	11.64m	38-2¼	2/18
8	31	Elizabeth SEBERA	SO	#2	Iowa Western CC	11.19m	36-8½	2/18
9	32	Esther MENSAH	FR	#1	Iowa Central CC	11.15m	36-7	2/11
10	34	Cheyenne FEARON	FR	#2	Iowa Western CC	11.13m	36-6¼	2/11

Women's Discus

1	10	Khersa MORGAN	SO	#9	Bryant & Stratton	38.52m	126-5	3/17
2	11	Lauren UPMEYER	FR	#2	Iowa Western CC	38.38m	125-11	3/24
3	24	Cheyenne FEARON	FR	#2	Iowa Western CC	34.12m	112-0	3/24
4	33	Emma SEIDL	FR	#1	Iowa Central CC	32.15m	105-6	3/19
5	35	Lexi WOOD	FR	#1	Iowa Central CC	31.52m	103-5	3/19
6	40	Molly VENTEICHER	FR	#7	Southwestern (Iowa)	28.61m	93-10½	3/26
7	41	Halsie KELTNER	SO	#6	North Iowa Area C	28.37m	93-1	3/26
8	42	Allison FLANSCHA	SO	#4	Hawkeye (Iowa) C	27.96m	91-8¾	3/26
9	51	Emma DECKER	FR	#7	Southwestern (Iowa)	20.14m	66-1	3/26
10	52	McKenzie JOHNS	FR	#9	Bryant & Stratton	18.38m	60-3¾	3/17

Women's Hammer

1	14	Khersa MORGAN	SO	#9	Bryant & Stratton	41.39m	135-10	3/17
2	24	Cinnamon EVANS	SO	#6	North Iowa Area C	36.89m	121-1	3/26
3	32	Molly VENTEICHER	FR	#7	Southwestern (Iowa)	30.38m	99-8¼	3/26
4	34	Emma SEIDL	FR	#1	Iowa Central CC	29.37m	96-4¼	3/25
5	36	Lexi WOOD	FR	#1	Iowa Central CC	28.53m	93-7¼	3/19
6	39	Madelyn WILSON	FR	#6	North Iowa Area C	26.06m	85-6	3/26
7	40	Halsie KELTNER	SO	#6	North Iowa Area C	24.50m	80-4¾	3/26

Women's Javelin

1	6	Lauren UPMEYER	FR	#2	Iowa Western CC	36.05m	118-3	3/24
2	13	Elizabeth SEBERA	FR	#2	Iowa Western CC	33.09m	108-7	3/24
3	18	Halsie KELTNER	SO	#6	North Iowa Area C	30.27m	99-3¾	3/26
4	20	Daylynn BAKER	FR	#8	State Fair (Mo.)	29.42m	96-6¼	3/24
5	23	Carlie HOPPE	SO	#4	Hawkeye (Iowa) C	26.96m	88-5½	3/26
6	24	Allison FLANSCHA	SO	#4	Hawkeye (Iowa) C	26.02m	85-4½	3/26
7	26	Brianna OSTERSON	FR	#7	Southwestern (Iowa)	24.61m	80-9	3/26
8	27	Taylor MCCREEDY	FR	#1	Iowa Central CC	23.45m	76-11¼	3/25
9	28	Emma DECKER	FR	#7	Southwestern (Iowa)	23.39m	76-9	3/26
10	29	Mia BLODGETT	SO	#1	Iowa Central CC	22.60m	74-1¾	3/25



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West

Women's 100 Meters

1	2	Success UMIKORO	FR	#2	South Plains (Tex)	D11.79w	(2.6)	3/23
2	6	Niesha BURGER	SO	#6	Western Texas	D11.92	(0.0)	3/17
3	9	Tijuanique MORTON	FR	#1	New Mexico JC	D11.95		3/24
4	13	Shanique ROWE	FR	#1	New Mexico JC	12.14		3/24
5	15	Kishawna WALLACE	SO	#1	New Mexico JC	12.19w		3/24
6	21	Ciara BARDWELL	SO	#3	Mesa (Ariz.) CC	12.34	(0.4)	3/18
7	29	Tashonna HENDRIX	FR	#13	Phoenix (Ariz.)	12.59		3/24
8	31	Soniya JONES	FR	#4	Central Arizona	12.63	(0.1)	3/18
9	32	Jayslynn REYES	SO	#6	Western Texas	12.65	(0.0)	3/17
10	36	Nevaeh COLE	FR	#11	Glendale (Ariz.) CC	12.72	(-0.3)	3/18

Women's 100 Meter Hurdles

1	1	Kimeone MCLEOD	SO	#1	New Mexico JC	D13.89	(0.6)	3/23
2	2	Ese AWUSA	FR	#1	New Mexico JC	D13.93	(1.2)	3/23
3	4	Richara MCNEIL	SO	#1	New Mexico JC	D13.98		3/24
4	6	Joniar THOMAS	FR	#2	South Plains (Tex)	D14.28	(-0.2)	3/17
5	8	Ashyria SAVAGE	FR	#2	South Plains (Tex)	14.75	(-0.2)	3/17
6	14	Abigail WALLS	SO	#5	Pima (Ariz.) CC	15.67	(0.3)	3/18
7	18	Fatmata CONTEH	SO	#5	Pima (Ariz.) CC	15.95		3/24
8	19	Sara JACOBSON	FR	#3	Mesa (Ariz.) CC	16.14		3/24
9	20	Xazari NAYLOR	FR	#2	South Plains (Tex)	16.22w	(3.1)	3/17
10	24	Jamelia SIMMONS	FR	#2	South Plains (Tex)	16.73	(-1.0)	3/17

Women's 200 Meters

1	1	Niesha BURGER	SO	#6	Western Texas	D23.90	(1.9)	3/17
2	5	Deshana SKEETE	FR	#1	New Mexico JC	D24.11		1/21
3	6	Success UMIKORO	FR	#2	South Plains (Tex)	D24.15		3/4
4	7	Ashantai BOLLERS	FR	#1	New Mexico JC	D24.20		3/4
5	12	Ese AWUSA	FR	#1	New Mexico JC	D24.51		1/14
6	15	Juvonna CORNETTE	FR	#4	Central Arizona	D24.57	(1.1)	3/18
6	15	Tijuanique MORTON	FR	#1	New Mexico JC	D24.57		3/24
8	29	Cece CHARLES	FR	#4	Central Arizona	25.03		3/24
9	33	Zamesha MYLE	FR	#4	Central Arizona	25.22		3/24
10	34	Shanique ROWE	FR	#1	New Mexico JC	25.24		3/24

Women's 400 Meters

1	6	Deshana SKEETE	FR	#1	New Mexico JC	D55.41		1/29
2	7	Maria SIMANCA	SO	#1	New Mexico JC	D55.69		3/24
3	9	Success UMIKORO	FR	#2	South Plains (Tex)	D55.85		3/17
3	9	Shadae FINDLEY	SO	#6	Western Texas	D55.85		3/17
5	12	Anna-Kay ALLEN	SO	#2	South Plains (Tex)	D56.12		3/4
6	16	Amaya PHILLIPS	FR	#2	South Plains (Tex)	56.59		3/17
7	18	Cemore DONALD	FR	#2	South Plains (Tex)	56.70		2/11
8	20	Calisha TAYLOR	FR	#1	New Mexico JC	56.99		1/29
9	26	Shenell TUCKER	FR	#2	South Plains (Tex)	57.49		3/17
10	27	Ciara BARDWELL	SO	#3	Mesa (Ariz.) CC	57.52		2/11

Women's 400 Meter Hurdles

1	2	Shenell TUCKER	FR	#2	South Plains (Tex)	D1:01.14		3/23
2	3	Amaya PHILLIPS	FR	#2	South Plains (Tex)	D1:01.70		3/23
3	5	Michalilah VASELL	FR	#1	New Mexico JC	D1:03.62		3/23
4	7	Silet GRAY	FR	#4	Central Arizona	D1:06.11		3/24
5	10	Ashanti GORDON	FR	#4	Central Arizona	1:07.05		3/18
6	11	Fatmata CONTEH	SO	#5	Pima (Ariz.) CC	1:08.28		3/24
7	12	Katherine BONHAM	SO	#3	Mesa (Ariz.) CC	1:08.34		3/24
8	14	Makenzie FOX	SO	#9	North Central Tex	1:08.83		3/25
9	18	Rachel ROSE	FR	#4	Central Arizona	1:13.14		3/18

Women's 800 Meters

1	3	Shadae FINDLEY	SO	#6	Western Texas	D2:12.36		3/4
2	5	Cemore DONALD	FR	#2	South Plains (Tex)	D2:14.44		3/17
3	9	Letlhogonolo MAGORO	FR	#1	New Mexico JC	D2:16.16		3/24
4	10	Sancia SMITH	FR	#6	Western Texas	D2:16.29		1/21
5	12	Camille LEWIS	FR	#2	South Plains (Tex)	D2:16.84		2/18
6	16	Brooke STRADLING	FR	#3	Mesa (Ariz.) CC	D2:19.32		3/18
7	18	Kate BROCKMAN	FR	#3	Mesa (Ariz.) CC	D2:20.06		3/24
8	19	Latifah PINNOCK	SO	#6	Western Texas	2:21.02		3/4
9	20	Natalya BABCOCK	FR	#7	Southern Idaho	2:21.25A		2/11
10	23	Minankolo MAGASSA	FR	#1	New Mexico JC	2:23.18		3/4

Women's 1500 Meters

1	2	Audrey CAMP	FR	#7	Southern Idaho	D4:43.14	(5:05.80(1))	3/4
2	4	Natalya BABCOCK	FR	#7	Southern Idaho	D4:46.00	(5:08.88(1))	3/4
3	7	Sharon JESANG	SO	#10	Trinidad State (CO)	D4:47.73	(5:10.75(1))	3/4
4	10	Damaris CHEWON	FR	#1	New Mexico JC	D4:50.61	(5:13.86(1))	2/18
5	13	Kate BROCKMAN	FR	#3	Mesa (Ariz.) CC	D4:54.52		3/18
6	14	Jaida LYLES	FR	#1	New Mexico JC	D4:54.88	(5:18.47(1))	1/29
7	18	Sancia SMITH	FR	#6	Western Texas	D4:57.44		3/17
8	21	Rushell JOHNSON	FR	#6	Western Texas	4:59.50	(5:23.46(1))	2/18
9	24	Brooke REED	FR	#7	Southern Idaho	5:02.55	(5:26.76(1))	3/4
10	25	Anna HARMON	FR	#3	Mesa (Ariz.) CC	5:03.53		3/18

Women's Steeplechase

1	4	Rushell JOHNSON	FR	#6	Western Texas	D12:03.62		3/17
2	6	Ashlyn WILLIS	FR	#7	Southern Idaho	D12:18.23		3/25
3	7	Ashley LAGAT	FR	#10	Trinidad State (CO)	D12:19.86c	(12:37.86A)	3/18
4	8	Makena THORNTON	FR	#4	Central Arizona	12:28.69		3/24
5	9	Anette CARRASCO CATA	FR	#4	Central Arizona	12:39.31		3/18
6	11	Tanaeya JOHNSON	SO	#3	Mesa (Ariz.) CC	13:03.29		3/24
7	12	Story ALEXANDER	FR	#3	Mesa (Ariz.) CC	13:06.50		3/24
8	18	Oksana GIRON	SO	#5	Pima (Ariz.) CC	14:30.74		3/24



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West

Women's 5000 Meters

1	2	Damaris CHEWON	FR	#1	New Mexico JC	2 D17:19.11	1/29
2	5	Audrey CAMP	FR	#7	Southern Idaho	2 D18:10.55	3/25
3	8	Sarah BERTRY	SO	#1	New Mexico JC	2 D18:21.62	3/4
4	9	Joan KIMALEL	FR	#1	New Mexico JC	2 D18:25.08	3/4
5	11	Danielle BROW	FR	#7	Southern Idaho	2 D18:26.30	3/25
6	12	Natalya BABCOCK	FR	#7	Southern Idaho	2 D18:30.49	3/25
7	14	Beatrice KEDITUKEI	FR	#4	Central Arizona	2 D18:32.43	3/18
8	15	Taya BREWER	FR	#7	Southern Idaho	2 D18:35.68	3/25
9	18	Lydia FELIX	FR	#7	Southern Idaho	2 D18:50.00	3/25
10	20	Ashley LAGAT	FR	#10	Trinidad State (C)	2 D18:55.65	2/12

Women's 10,000 Meters

1	1	Beatrice KEDITUKEI	FR	#4	Central Arizona	2 D39:12.32	3/24
2	2	Bella GALLO	FR	#4	Central Arizona	2 D40:08.70	3/24
3	3	Lisbet PORRAS	FR	#4	Central Arizona	2 D40:34.21	3/24
4	4	Anette CARRASCO CATA	FR	#4	Central Arizona	42:48.87	3/24
5	5	Mykayla TARWATER	FR	#5	Pima (Ariz.) CC	46:54.01	3/24

Women's 4x100 Relay

1	1	https://www.tfrrs.org/teams/730	#2	South Plains (Tex)	2 D45.74	3/17
2	8	https://www.tfrrs.org/teams/543	#4	Central Arizona	49.67	3/24
3	9	https://www.tfrrs.org/teams/656	#3	Mesa (Ariz.) CC	50.06	3/18
4	11	https://www.tfrrs.org/teams/553	#11	Glendale (Ariz.) C	51.22	3/24
5	12	https://www.tfrrs.org/teams/567	#5	Pima (Ariz.) CC	51.47	3/18
6	13	https://www.tfrrs.org/teams/91893	#8	Jacksonville (Tex)	52.74	3/26

Women's 4x400 Relay

1	1	https://www.tfrrs.org/teams/730	#2	South Plains (Tex)	2 D3:41.67	3/23
2	2	https://www.tfrrs.org/teams/543	#4	Central Arizona	2 D3:50.47	3/18
3	3	https://www.tfrrs.org/teams/567	#5	Pima (Ariz.) CC	4:16.11	3/24
4	4	https://www.tfrrs.org/teams/91664	#10	Trinidad State (C)	4:28.61c (4:28.17A)	3/18
5	5	https://www.tfrrs.org/teams/553	#11	Glendale (Ariz.) C	4:40.52	3/24

Women's 4x800 Relay

1	1	https://www.tfrrs.org/teams/98399	#9	North Central Tex	10:21.29	3/25
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Women's High Jump

1	6	Amaya BROWN	FR	#2	South Plains (Tex)	2 D1.68m	5-6	2/4
2	7	Aaliyah LINDSAY	FR	#1	New Mexico JC	2 D1.67m	5-5¾	1/29
3	12	Jaiyah HODGE	SO	#8	Jacksonville (Tex)	2 D1.62m	5-3¾	3/18
4	13	Abigail WALLS	FR	#5	Pima (Ariz.) CC	1.61m	5-3¼	3/4
5	14	Amoy EDWARDS	FR	#1	New Mexico JC	1.60m	5-3	3/4
6	19	Lexi MYERS	FR	#8	Jacksonville (Tex)	1.57m	5-1¾	3/18
6	19	Joniar THOMAS	FR	#2	South Plains (Tex)	1.57m	5-1¾	3/17
8	23	Jamelia SIMMONS	FR	#2	South Plains (Tex)	1.55m	5-1	3/4
8	23	Emily FELIX	FR	#5	Pima (Ariz.) CC	1.55m	5-1	3/18
8	23	Zamesha MYLE	FR	#4	Central Arizona	1.55m	5-1	3/24

Women's Pole Vault

1	1	Jaida OLSON	SO	#5	Pima (Ariz.) CC	2 D3.67m	12-½	3/24
2	3	TaraLee MCKARNS	FR	#2	South Plains (Tex)	2 D3.35m	10-11¾	3/4
3	8	Darian CALICDAN	SO	#5	Pima (Ariz.) CC	3.08m	10-1¼	3/18
4	10	Alexa CONTRERAS	FR	#1	New Mexico JC	3.05m	10-0	1/14
4	10	Sarahi BAEZA	FR	#2	South Plains (Tex)	3.05m	10-0	2/4
6	13	Littlewood ELIZABETH	SO	#5	Pima (Ariz.) CC	2.78m	9-1½	3/18
7	14	Candice POCASE	FR	#5	Pima (Ariz.) CC	2.75m	9-¼	3/24
8	15	Anessa RODRIGUEZ	FR	#3	Mesa (Ariz.) CC	2.60m	8-6¼	1/29
9	16	Aaliyah PRICE	FR	#11	Glendale (Ariz.) C	2.59m	8-6	3/24

Women's Long Jump

1	1	Joniar THOMAS	FR	#2	South Plains (Tex)	2 D6.32m	20-9	3/4
2	5	Aaliyah LINDSAY	FR	#1	New Mexico JC	2 D5.95m	19-6¼	1/21
3	10	Richara MCNEIL	SO	#1	New Mexico JC	2 D5.74m	18-10	2/11
3	10	Amoy EDWARDS	FR	#1	New Mexico JC	2 D5.74m	18-10	1/29
5	13	abria PAUL	FR	#9	North Central Tex	2 D5.68m	18-7¾ (0.0)	3/12
6	18	Kaise UGEH	FR	#4	Central Arizona	2 D5.58m	18-3¾ (1.6)	3/18
7	19	Dejah FULLER	FR	#2	South Plains (Tex)	5.54m	18-2¼	1/21
7	19	Zamesha MYLE	FR	#4	Central Arizona	5.54m	18-2¼	3/24
9	21	Jamelia SIMMONS	FR	#2	South Plains (Tex)	5.52m	18-1½	2/4
10	26	Jacklyn TRICE	FR	#5	Pima (Ariz.) CC	5.36m	17-7 (1.0)	3/18

Women's Triple Jump

1	4	Dejah FULLER	FR	#2	South Plains (Tex)	2 D12.22m	40-1¼	3/4
2	5	Aaliyah LINDSAY	FR	#1	New Mexico JC	2 D12.20m	40-½	3/4
3	7	MarieClaire ETON NTONGA	FR	#1	New Mexico JC	2 D11.81m	38-9	3/4
4	11	Jayla BROWN	FR	#1	New Mexico JC	11.46m	37-7¼	1/29
5	16	abria PAUL	FR	#9	North Central Tex	11.28m	37-¼ (0.0)	3/12
6	18	Ahniesha PRESULUME	FR	#1	New Mexico JC	11.11m	36-5½	1/29
7	33	Jaida OLSON	FR	#5	Pima (Ariz.) CC	9.90m	32-5¾	1/29
7	33	Lola POSEY	FR	#8	Jacksonville (Tex)	9.90m	32-5¾	3/18



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West

Women's Shot Put

1	2	Princess KARA	FR	#4	Central Arizona	2 D15.03m	49-3¾	3/24
2	6	Karsten DEAKIN	FR	#3	Mesa (Ariz.) CC	2 D13.16m	43-2¼	3/24
3	9	Kaise UGEH	FR	#4	Central Arizona	2 D12.84m	42-1½	3/24
4	15	Julianna PEREZ	FR	#3	Mesa (Ariz.) CC	12.27m	40-3¼	2/5
5	18	Luciana CHAVEZ	FR	#5	Pima (Ariz.) CC	11.98m	39-3¾	2/11
6	29	Ronelle PLAZA	FR	#2	South Plains (Tex)	11.43m	37-6	2/18
7	30	Shakera KIK	FR	#4	Central Arizona	11.39m	37-4½	3/24
8	34	Kimola HINES	FR	#2	South Plains (Tex)	11.13m	36-6¼	1/21
9	38	Amoy EDWARDS	FR	#1	New Mexico JC	11.04m	36-2¾	3/4
10	40	Kaprice FARACI	FR	#3	Mesa (Ariz.) CC	10.96m	35-11½	2/18

Women's Discus

1	1	Princess KARA	FR	#4	Central Arizona	2 D53.24m	174-8	3/18
2	2	Kimola HINES	FR	#2	South Plains (Tex)	2 D46.33m	152-0	3/17
3	5	Shakera KIK	FR	#4	Central Arizona	2 D42.55m	139-7	3/24
4	6	Karsten DEAKIN	FR	#3	Mesa (Ariz.) CC	2 D40.88m	134-2	3/18
5	7	Akira JONES	SO	#5	Pima (Ariz.) CC	2 D40.78m	133-10	3/24
5	7	Kaise UGEH	FR	#4	Central Arizona	2 D40.78m	133-10	3/24
7	13	Julianna PEREZ	SO	#3	Mesa (Ariz.) CC	37.83m	124-2	3/24
8	17	Audrey ARMSTRONG	FR	#12	Paradise Valley (A)	35.90m	117-10	3/18
9	23	Emily BUNGER	FR	#8	Jacksonville (Tex)	35.05m	115-0	3/26
10	29	Luciana CHAVEZ	SO	#5	Pima (Ariz.) CC	33.41m	109-8	3/18

Women's Hammer

1	2	Audrey ARMSTRONG	FR	#12	Paradise Valley (A)	2 D47.56m	156-1	3/24
2	7	Karsten DEAKIN	FR	#3	Mesa (Ariz.) CC	2 D45.05m	147-10	3/24
3	10	Luciana CHAVEZ	SO	#5	Pima (Ariz.) CC	2 D43.82m	143-9	3/24
4	11	Kaprice FARACI	SO	#3	Mesa (Ariz.) CC	2 D43.73m	143-6	3/24
5	12	Julianna PEREZ	SO	#3	Mesa (Ariz.) CC	2 D43.27m	142-0	3/24
6	21	Akira JONES	SO	#5	Pima (Ariz.) CC	37.48m	123-0	3/24
7	26	Sarah SHEITELMAN	FR	#11	Glendale (Ariz.) CC	35.31m	115-10	3/24
8	27	Valeria IBARRA	FR	#5	Pima (Ariz.) CC	34.67m	113-9	3/24
9	33	Alana JONES	FR	#5	Pima (Ariz.) CC	29.92m	98-2	3/18

Women's Javelin

1	2	Kaise UGEH	FR	#4	Central Arizona	2 D39.33m	129-1	3/18
2	4	Sara JACOBSON	FR	#3	Mesa (Ariz.) CC	2 D36.58m	120-0	3/24
3	7	Ariana LUERA	FR	#12	Paradise Valley (A)	35.81m	117-6	3/18
4	8	Jessica BRIGHT-SHADE	SO	#5	Pima (Ariz.) CC	35.25m	115-8	3/24
5	9	Kaprice FARACI	SO	#3	Mesa (Ariz.) CC	34.25m	112-5	3/24
6	12	Ayanna VALENZUELA	SO	#5	Pima (Ariz.) CC	33.58m	110-2	3/24
7	16	Shay BERNAL	SO	#3	Mesa (Ariz.) CC	31.29m	102-8	3/18
8	22	Isabelle BUHR	FR	#14	Dawson (Mont.) C	28.40m	93-2¼	3/19
9	25	Amoy EDWARDS	FR	#1	New Mexico JC	25.62m	84-¾	3/24
10	32	Saria OLIVER	FR	#4	Central Arizona	16.94m	55-7	3/24

Women's Heptathlon

1	1	Sara JACOBSON	FR	#3	Mesa (Ariz.) CC	2 D4,357		3/24
2	3	Shay BERNAL	SO	#3	Mesa (Ariz.) CC	2 D2,770		3/24