



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

WOMEN — 2022 Week #2, April 4

as of 4/4/2022 9:17:23 AM

Atlantic

Women's 100 Meters

1	63	Fatima MORRIS	FR	Tallahassee (Fla.)	13.04	(0.0)	3/26
2	74	yanique WHITE	SO	#2 Essex County (N.J.)	13.31	(0.3)	3/26
3	82	Morgan JEFFRIES	FR	#5 Lansing (Mich.) CC	13.41	(0.8)	4/1
4	84	Daijah DACOSTA-MOORE	FR	Tallahassee (Fla.)	13.46	(0.0)	3/26
5	88	Asia MCLEMORE	SO	#3 Vincennes (Ind.)	13.58	(1.9)	4/2
6	91	Natalia JOHNSON	FR	#6 CCBC Essex (Md.)	13.87	(-0.9)	3/5
6	91	shania GLASGOW	FR	#2 Essex County (N.J.)	13.87	(0.9)	3/26
8	95	Damisi KAYODE	FR	#6 CCBC Essex (Md.)	14.06	(0.9)	3/19
9		Kaylin MEYERS	SO	#7 Muskegon (Mich.)	14.76	(1.7)	4/1
10		Ali CRAPPS	FR	#9 Spartanburg Metl	17.08w	(2.1)	3/18

Women's 100 Meter Hurdles

1	19	yanique WHITE	SO	#2 Essex County (N.J.)	15.51	(0.7)	4/2
2	50	L'Tamra WEEKS	FR	#4 Bryant & Stratton	20.30	(0.1)	4/2

Women's 200 Meters

1	48	Chinenye ONUORAH	FR	#1 Monroe-New Roc	25.39	(0.9)	3/24
2	89	Farrah MILLER	FR	#1 Monroe-New Roc	26.39		1/7
3		Chloe KNEPP	SO	#3 Vincennes (Ind.)	26.90w	(2.4)	3/26
4		yanique WHITE	SO	#2 Essex County (N.J.)	27.10		2/25
5		D'Iviona HAWKINS	SO	#10 Bryant & Stratton	27.14		1/21
6		Jelese ALEXANDER	FR	#2 Essex County (N.J.)	27.37		2/5
7		Cheyenne HARDIMON	FR	#10 Bryant & Stratton	27.46		1/21
8		Morgan JEFFRIES	FR	#5 Lansing (Mich.) CC	27.47	(0.3)	4/1
8		Asharee THOMAS		#4 Bryant & Stratton	27.47		12/5
10		L'Tamra WEEKS	FR	#4 Bryant & Stratton	27.52	(0.9)	4/2

Women's 400 Meters

1	15	Farrah MILLER	FR	#1 Monroe-New Roc	56.39		2/11
2	16	Chinenye ONUORAH	FR	#1 Monroe-New Roc	56.48		3/24
3	25	Aaliyah MOORE	FR	#1 Monroe-New Roc	57.21		2/18
4	69	Chloe KNEPP	SO	#3 Vincennes (Ind.)	1:01.05		2/11
5	71	Tracy IDUGBOE		#4 Bryant & Stratton	1:01.31		12/5
6	89	Raeven BYRD	FR	Tallahassee (Fla.)	1:02.73		2/13
7	97	Morgan HETHERINGTON	FR	#5 Lansing (Mich.) CC	1:03.27		4/1
8		thomyka VALCENT	FR	#2 Essex County (N.J.)	1:03.49		3/26
9		Natalia JOHNSON	FR	#6 CCBC Essex (Md.)	1:04.48		4/1
10		Asharee THOMAS		#4 Bryant & Stratton	1:04.84		12/5

Women's 400 Meter Hurdles

1	19	Tracy IDUGBOE	SO	#4 Bryant & Stratton	1:09.44		3/19
2	31	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	14	Delverna BROMFIELD	SO	#2 Essex County (N.J.)	D2:17.49		4/2
5	36	Megan THOMPSON	SO	#2 Essex County (N.J.)	2:25.38		2/5
6	56	thomyka VALCENT	FR	#2 Essex County (N.J.)	2:30.08		2/25
7	69	Faith CLARK	SO	#7 Muskegon (Mich.)	2:33.18		2/19
8	75	Arielle VALDES	FR	Tallahassee (Fla.)	2:34.06		2/18
9	91	Madison CHESNEY	SO	#9 Spartanburg Metl	2:36.60		3/18
10	92	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	6	Aaliyah MOORE	FR	#1 Monroe-New Roc	D4:46.12	(5:09.01(1))	1/7
3	32	Kyra YOUNG	SO	#3 Vincennes (Ind.)	5:04.25	(5:28.60(1))	2/19
4	41	Farrah MILLER	FR	#1 Monroe-New Roc	5:08.78	(5:33.49(1))	2/18
5	42	Megan THOMPSON	SO	#2 Essex County (N.J.)	5:08.87	(5:33.58(1))	2/20
6	57	Katelyn SLONE	FR	#5 Lansing (Mich.) CC	5:21.17		4/1
7	60	Madison CHESNEY	SO	#9 Spartanburg Metl	5:22.50		3/18
8	69	Faith CLARK	FR	#7 Muskegon (Mich.)	5:24.29		4/1
9	76	zoey-ann WINT	SO	#2 Essex County (N.J.)	5:25.79	(5:51.86(1))	2/20
10	77	Teagan NORMAN	SO	#5 Lansing (Mich.) CC	5:26.31		4/1

Women's Steeplechase

1	15	Kaitlyn KOENIG	SO	#3 Vincennes (Ind.)	13:19.98		4/2
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Women's 5000 Meters

1	6	Tshwanelo MARUPING	FR	#1 Monroe-New Roc	D18:12.88		2/18
2	18	Haley ELLIS	FR	#5 Lansing (Mich.) CC	D18:45.48		4/1
3	37	Kayla CRAWFORD	SO	#5 Lansing (Mich.) CC	19:34.35		4/1
4	38	Kyra YOUNG	SO	#3 Vincennes (Ind.)	19:38.54		4/2
5	54	Hope LAUGHLIN	FR	#3 Vincennes (Ind.)	21:25.66		4/2

Women's 4x400 Relay

1	7	https://www.tfrrs.org/teams/561	#5 Lansing (Mich.) CC	4:32.83		4/1
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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	#8 Hagerstown (Md.)	1.57m	5-1¾	2/11
3	38	Katie FERRIS	FR	#7 Muskegon (Mich.)	1.50m	4-11	1/21
4	55	L'Tamra WEEKS		#4 Bryant & Stratton	1.40m	4-7	1/15
5	63	kayla CHARLES	FR	#2 Essex County (N.J.)	1.35m	4-5	1/15



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Women's Long Jump

1	24	Tracy IDUGBOE	FR	#4	Bryant & Stratton	5.51m	18-1	2/6
2	29	L'Tamra WEEKS	SO	#4	Bryant & Stratton	5.30m	17-4¾	2/11
3	41	Jelese ALEXANDER	FR	#2	Essex County (N.J)	5.13m	16-10 (0.0)	4/2
4	63	Raeven BYRD	FR		Tallahassee (Fla.)	4.90m	16-1 (0.0)	3/26
5	64	Justine BELL	FR	#1	Monroe-New Rochelle	4.87m	15-11¾ (-2.)	4/2
6	83	Natalia JOHNSON	FR	#6	CCBC Essex (Md.)	4.57m	15-0 (-2.7)	3/5
7	89	Eliane ROBINSON	SO	#2	Essex County (N.J)	4.44m	14-6¾	1/7
8	100	Damisi KAYODE	FR	#6	CCBC Essex (Md.)	4.12m	13-6¼ (1.3)	4/1
9		Daijah DACOSTA-MOORE	FR		Tallahassee (Fla.)	4.02m	13-2¼ (0.0)	3/26

Women's Triple Jump

1	6	Tracy IDUGBOE	FR	#4	Bryant & Stratton	12.08m	39-7¾	3/4
2	21	L'Tamra WEEKS		#4	Bryant & Stratton	11.10m	36-5	12/5
3	25	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	32	Raeven BYRD	FR		Tallahassee (Fla.)	10.33m	33-10¾ (0.0)	3/26
6	40	Natalia JOHNSON	FR	#6	CCBC Essex (Md.)	9.63m	31-7¼ (-0.1)	3/5
7	42	Daijah DACOSTA-MOORE	FR		Tallahassee (Fla.)	9.22m	30-3 (0.0)	3/26

Women's Shot Put

1	25	Kristin STICKDORN	FR	#1	Monroe-New Rochelle	11.60m	38-¾	2/11
2	62	Tamia WALKER	SO	#5	Lansing (Mich.) CC	9.84m	32-3½	4/1
3	66	Giorgia FINO	FR	#3	Vincennes (Ind.)	9.68m	31-9¼	1/22
4	77	Jelese ALEXANDER	FR	#2	Essex County (N.J)	8.93m	29-3¾	2/25
5	87	Gabrielle RILEY	FR	#1	Monroe-New Rochelle	8.66m	28-5	2/11
6	89	L'Tamra WEEKS	SO	#4	Bryant & Stratton	8.53m	28-0	3/4
7	93	Serenity PRATHER	FR	#8	Hagerstown (Md.)	8.42m	27-7½	4/1
8	95	Abeyela CRUZ	FR	#3	Vincennes (Ind.)	8.16m	26-9¼	2/19

Women's Discus

1	5	Kristin STICKDORN	SO	#1	Monroe-New Rochelle	42.77m	140-4	4/2
2	48	Abeyela CRUZ	FR	#3	Vincennes (Ind.)	28.65m	94-0	3/26
3	57	Gabrielle RILEY	FR	#1	Monroe-New Rochelle	25.63m	84-1¼	3/26
4	60	Serenity PRATHER	FR	#8	Hagerstown (Md.)	23.24m	76-3	4/1

Women's Hammer

1	1	Kristin STICKDORN	SO	#1	Monroe-New Rochelle	52.94m	173-8	4/2
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Women's Javelin

1	15	Giorgia FINO	FR	#3	Vincennes (Ind.)	34.13m	112-0	4/2
2	36	Abeyela CRUZ	FR	#3	Vincennes (Ind.)	22.85m	74-11¾	4/2
3	40	L'Tamra WEEKS	FR	#4	Bryant & Stratton	18.74m	61-5¾	4/2



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Central

Women's 100 Meters

1	1	Shawnakay PEART	FR	#9 Butler (Kan.) CC	2	D11.67	(1.8)	4/1
2	2	Jayda DILLON	SO	#2 Barton (Kan.) CC	2	D11.73cw	(11.70A) (2.0)	4/1
3	4	Kaleb MCDONALD	FR	#9 Butler (Kan.) CC	2	D11.78w	(2.6)	3/23
4	6	Kirstin JONES	FR	#9 Butler (Kan.) CC	2	D11.81w	(2.5)	3/23
5	9	Damazvia DAMES	FR	#3 Fort Scott (Kan.) Q	2	D11.83w	(2.8)	3/25
6	11	Ariyonna BASTON	SO	#3 Fort Scott (Kan.) Q	2	D11.92w	(2.8)	3/25
7	14	Charleyanse HOWARD	FR	#3 Fort Scott (Kan.) Q	2	D11.97w	(8.4)	3/18
8	15	Troynelle MILLER	FR	#8 Colby (Kan.) CC	2	D11.98w	(3.4)	4/1
9	16	Isila APKUP	FR	#1 Cloud County (Ka	2	12.07	(1.4)	3/24
10	21	Shavell RILEY	FR	#10 Coffeyville (Kan.)	2	12.17	(1.2)	3/25

Women's 100 Meter Hurdles

1	3	Miracle THOMPSON	FR	#1 Cloud County (Ka	2	D13.76	(1.9)	4/1
2	7	Ashantae HARVEY	FR	#2 Barton (Kan.) CC	2	D14.00w	(2.7)	3/18
3	9	Diondra WILBORN	FR	#7 Garden City (Kan.)	2	D14.34w	(3.4)	4/1
4	11	Aziel CHADDERTON	SO	#8 Colby (Kan.) CC	2	D14.39w	(3.4)	4/1
5	15	Ashanti HARVEY	SO	#2 Barton (Kan.) CC	2	14.73c	(14.69A) (1.0)	4/1
6	23	Keyann WILSON	FR	#3 Fort Scott (Kan.) C	2	15.89	(1.8)	4/1
7	25	Machala HENGEN	FR	#11 Dodge City (Kan.)	2	15.94	(0.4)	3/26
8	29	Jasmine SIMMONS	SO	#3 Fort Scott (Kan.) C	2	16.30w	(3.3)	4/1
9	30	Allison CATLIN	SO	#4 Cowley (Kan.)	2	16.55	(1.8)	4/1
10	31	Vanessa MERCERA	FR	#1 Cloud County (Ka	2	16.62	(0.0)	3/19

Women's 200 Meters

1	4	Kiara BROWN	FR	#9 Butler (Kan.) CC	2	D23.99		3/4
2	7	Kaleb MCDONALD	FR	#9 Butler (Kan.) CC	2	D24.07	(0.3)	4/1
3	13	Leonie BEU	FR	#1 Cloud County (Ka	2	D24.27w	(2.2)	3/24
4	14	Jayda DILLON	SO	#2 Barton (Kan.) CC	2	D24.28c	(24.21A) (1.0)	4/1
5	15	Shawnakay PEART	SO	#9 Butler (Kan.) CC	2	D24.32		3/4
6	16	Vimbayi	FR	#1 Cloud County (Ka	2	D24.35	(-0.1)	4/1
7	21	Jayda JONES	SO	#3 Fort Scott (Kan.) Q	2	D24.56w	(2.7)	3/18
8	23	Naiya MORGAN	FR	#2 Barton (Kan.) CC	2	24.63	(1.9)	3/18
9	25	Ann DANGHA	FR	#9 Butler (Kan.) CC	2	24.65	(0.3)	4/1
10	27	Ariyonna BASTON	SO	#3 Fort Scott (Kan.) C	2	24.69	(-0.7)	3/25

Women's 400 Meters

1	2	Vimbayi	FR	#1 Cloud County (Ka	2	D53.86		3/4
2	3	Ashantae HARVEY	FR	#2 Barton (Kan.) CC	2	D54.68		3/4
3	5	Kiara BROWN	FR	#9 Butler (Kan.) CC	2	D55.28		2/19
4	6	Kirstin JONES	SO	#9 Butler (Kan.) CC	2	D55.33		3/4
5	12	Leonie BEU	FR	#1 Cloud County (Ka	2	D56.09		4/1
6	20	Naiya MORGAN	FR	#2 Barton (Kan.) CC	2	56.89		2/11
7	23	Ann DANGHA	SO	#9 Butler (Kan.) CC	2	57.06		2/19
8	24	Lashanna GRAHAM	SO	#2 Barton (Kan.) CC	2	57.10		2/19
9	26	Charleyanse HOWARD	FR	#3 Fort Scott (Kan.) C	2	57.26		3/4
10	28	Vanessa MERCERA	FR	#1 Cloud County (Ka	2	57.48		4/1

Women's 400 Meter Hurdles

1	1	Lashanna GRAHAM	SO	#2 Barton (Kan.) CC	2	D59.15c	(59.04A)	4/1
2	6	Deborah LOWE	FR	#2 Barton (Kan.) CC	2	D1:03.11		3/18
3	9	Diondra WILBORN	FR	#7 Garden City (Kan.)	2	D1:05.59c	(1:05.48A)	3/19
4	11	Patience HEATH	FR	#3 Fort Scott (Kan.) Q	2	D1:06.21		3/25
5	12	Machala HENGEN	FR	#11 Dodge City (Kan.)	2	D1:06.63		3/26
6	16	Sicely JACKSON	FR	#1 Cloud County (Ka	2	1:08.45		4/1
7	17	Keneah ROMNEY	FR	#6 Hutchinson (Kan.)	2	1:08.64		3/26
8	21	Jaycee JOHNSON	FR	#13 Neosho County (K	2	1:10.29		3/26
9	23	Allison CATLIN	SO	#4 Cowley (Kan.)	2	1:12.39		3/25
10	25	Jasmine SIMMONS	SO	#3 Fort Scott (Kan.) C	2	1:13.61		3/24

Women's 800 Meters

1	4	Pamela MILANO	FR	#1 Cloud County (Ka	2	D2:13.73		3/24
2	7	Kayan GREEN	SO	#2 Barton (Kan.) CC	2	D2:15.25		3/18
3	17	Passion CREWS	FR	#1 Cloud County (Ka	2	D2:19.04		3/24
4	19	Vimbayi	FR	#1 Cloud County (Ka	2	D2:19.87		3/19
5	21	Abigail FISHER	FR	#1 Cloud County (Ka	2	2:20.93		4/1
6	24	Abigail PINNOCK	FR	#4 Cowley (Kan.)	2	2:22.64		1/30
7	27	Alisha DORIS	SO	#3 Fort Scott (Kan.) C	2	2:23.49		4/1
8	30	Sicely JACKSON	FR	#1 Cloud County (Ka	2	2:23.84		2/10
9	31	Louise COCKING	FR	#6 Hutchinson (Kan.)	2	2:23.88		4/1
9	31	Lashanna GRAHAM	SO	#2 Barton (Kan.) CC	2	2:23.88		1/21

Women's 1500 Meters

1	11	Louise COCKING	FR	#6 Hutchinson (Kan.)	2	D4:51.28		3/26
2	14	Melody OCHANA	FR	#1 Cloud County (Ka	2	D4:53.77	(5:17.28(1))	2/19
3	17	Kayan GREEN	SO	#2 Barton (Kan.) CC	2	D4:55.76c	(4:59.33A)	4/1
4	18	Emily DIERCKS	FR	#8 Colby (Kan.) CC	2	D4:56.16		3/25
5	19	Shareen CHERUIYOT	FR	#7 Garden City (Kan.)	2	D4:56.37	(5:20.08(1))	3/4
6	21	Ludjenie MONDESIR	FR	#1 Cloud County (Ka	2	D4:57.41	(5:21.21(1))	3/4
7	25	Regan HODSDEN	SO	#8 Colby (Kan.) CC	2	D4:57.95	(5:21.79(1))	1/14
8	28	Noel HIDALGO	FR	#6 Hutchinson (Kan.)	2	5:02.22	(5:26.40(1))	1/30
9	33	Karissa GLOVER	FR	#4 Cowley (Kan.)	2	5:04.85		4/1
10	34	Kristen WILSON	FR	#4 Cowley (Kan.)	2	5:06.14		4/1

Women's Steeplechase

1	1	Shareen CHERUIYOT	FR	#7 Garden City (Kan.)	2	D11:37.88		4/1
2	2	Ludjenie MONDESIR	FR	#1 Cloud County (Ka	2	D11:43.00		3/24
3	3	Melody OCHANA	FR	#1 Cloud County (Ka	2	D11:46.64		3/24
4	6	Noel HIDALGO	FR	#6 Hutchinson (Kan.)	2	D12:11.58		3/26
5	11	Laura JUAREZ	FR	#13 Neosho County (K	2	12:57.96		3/19
6	18	McKenna ESFELD	SO	#12 Allen (Kan.) CC	2	13:31.50		3/25
7	19	Cielo GARCIA	FR	#7 Garden City (Kan.)	2	13:43.81		4/1
8	22	Andrea SERRANO	FR	#7 Garden City (Kan.)	2	16:07.12c	(16:21.94A)	3/19



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Women's 5000 Meters

1	8	Lucy NDUNGU	FR	#1	Cloud County (Ka)	D	18:18.18	3/4
2	12	Regan HODSDEN	SO	#8	Colby (Kan.) CC	Q	18:25.58	1/28
3	15	Valentine LAGAT	FR	#7	Garden City (Kan.)	Q	18:32.20	3/4
4	19	Elka BILLINGS	SO	#12	Allen (Kan.) CC	Q	18:48.28	3/25
5	20	Kristen WILSON	FR	#4	Cowley (Kan.)	Q	18:48.89	3/4
6	23	Louise COCKING	FR	#6	Hutchinson (Kan.)	D	18:56.51	1/30
7	26	Cynthia DELAPAZ	FR	#11	Dodge City (Kan.)		19:07.59	3/4
8	28	Ludjenie MONDESIR	FR	#1	Cloud County (Ka)		19:10.76	4/1
9	30	Cierra NORD	SO	#8	Colby (Kan.) CC		19:13.89	2/19
10	32	Karissa GLOVER	FR	#4	Cowley (Kan.)		19:20.76	2/19

Women's 4x100 Relay

1	4	https://www.tfrrs.org/teams/8048	#3	Fort Scott (Kan.)	Q	45.99	3/18
1	4	https://www.tfrrs.org/teams/537	#2	Barton (Kan.) CC	Q	45.99	3/18
3	7	https://www.tfrrs.org/teams/541	#9	Butler (Kan.) CC	Q	46.21	3/19
4	8	https://www.tfrrs.org/teams/545	#1	Cloud County (Ka)	D	46.71	3/24
5	10	https://www.tfrrs.org/teams/549	#8	Colby (Kan.) CC		48.78	3/19
6	13	https://www.tfrrs.org/teams/557	#5	Highland (Kan.) C		50.27	4/1
7	14	https://www.tfrrs.org/teams/551	#7	Garden City (Kan.)		50.68	4/1

Women's 4x400 Relay

1	4	https://www.tfrrs.org/teams/978	#6	Hutchinson (Kan.)		4:13.68	4/1
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Women's 4x800 Relay

1	1	https://www.tfrrs.org/teams/978	#6	Hutchinson (Kan.)		10:04.20	4/1
2	3	https://www.tfrrs.org/teams/551	#7	Garden City (Kan.)		11:08.80	4/1

Women's High Jump

1	4	Nia ROBINSON	SO	#2	Barton (Kan.) CC	Q	1.70m	5-7	3/4
1	4	Calleisha CHANCE	SO	#5	Highland (Kan.) C	Q	1.70m	5-7	3/4
3	7	Vanessa MERCERA	FR	#1	Cloud County (Ka)	Q	1.67m	5-5¾	4/1
4	11	Dayjahney HIBBERT	FR	#5	Highland (Kan.) C	Q	1.65m	5-5	3/4
5	14	LaShae' SMITH	FR	#4	Cowley (Kan.)		1.60m	5-3	1/30
6	23	Faithlyn IRVING	FR	#1	Cloud County (Ka)		1.56m	5-1¼	2/4
7	24	Damazvia DAMES	FR	#3	Fort Scott (Kan.)	C	1.55m	5-1	1/28
7	24	Victoria AUGUSTIN	FR	#10	Coffeyville (Kan.)		1.55m	5-1	4/1
9	34	Achai AROP	SO	#10	Coffeyville (Kan.)		1.54m	5-½	2/11
10	40	Gabi UNRUH	FR	#6	Hutchinson (Kan.)		1.47m	4-9¾	2/4

Women's Pole Vault

1	2	Arantxa CORTEZ	FR	#4	Cowley (Kan.)	Q	3.55m	11-7¾	3/4
2	4	Kiana BROWN	FR	#6	Hutchinson (Kan.)	Q	3.25m	10-8	3/26
3	5	Maggie ARMSTRONG	FR	#1	Cloud County (Ka)	Q	3.20m	10-6	1/30
4	6	Channa HINES	FR	#4	Cowley (Kan.)		3.11m	10-2½	3/10
5	7	Violet MARTINEZ	FR	#6	Hutchinson (Kan.)		3.10m	10-2	3/26
6	9	Mia MANLEY	FR	#1	Cloud County (Ka)		3.06m	10-½	2/4
7	12	McKenna JAGELS	FR	#7	Garden City (Kan.)		2.90m	9-6¼	4/1
8	17	Jacie CARSON	FR	#4	Cowley (Kan.)		2.55m	8-4¼	4/1

Women's Long Jump

1	2	Nia ROBINSON	SO	#2	Barton (Kan.) CC	Q	6.21m	20-4½ (1.9)	4/1
2	7	Damazvia DAMES	FR	#3	Fort Scott (Kan.)	Q	5.91m	19-4¾	3/4
3	9	Kailah GILMORE	FR	#3	Fort Scott (Kan.)	Q	5.85m	19-2½	3/4
4	14	Patience HEATH	FR	#3	Fort Scott (Kan.)	Q	5.72m	18-9¼	1/22
5	16	Ida SEESAY	FR	#2	Barton (Kan.) CC	Q	5.64m	18-6	2/19
6	17	Calleisha CHANCE	SO	#5	Highland (Kan.) C	Q	5.63m	18-5¾	2/12
7	18	Brittania INGRAM	FR	#2	Barton (Kan.) CC	Q	5.59m	18-4¼	3/4
7	18	Tatiana WASHINGTON	FR	#10	Coffeyville (Kan.)	Q	5.59m	18-4¼ (2.0)	4/1
9	25	Princess BROWNE	SO	#8	Colby (Kan.) CC		5.50m	18-½ (0.0)	4/1
10	26	Vanessa MERCERA	FR	#1	Cloud County (Ka)		5.48m	17-11¾ (0.3)	3/19

Women's Triple Jump

1	2	Nia ROBINSON	SO	#2	Barton (Kan.) CC	Q	12.60m	41-4¼	3/4
2	3	Damazvia DAMES	FR	#3	Fort Scott (Kan.)	Q	12.34m	40-6	3/4
3	9	Brittania INGRAM	FR	#2	Barton (Kan.) CC	Q	11.70m	38-4¾	3/4
4	10	Faithlyn IRVING	FR	#1	Cloud County (Ka)	D	11.67m	38-3½	1/22
5	14	Princess BROWNE	SO	#8	Colby (Kan.) CC		11.41m	37-5¼	3/4
6	19	Ashley ROBINSON	FR	#12	Allen (Kan.) CC		11.15mw	36-7 (4.3)	3/18
7	20	Brandi DUNN	FR	#5	Highland (Kan.) C		11.11m	36-5½ (1.3)	3/24
8	22	Ida SEESAY	FR	#2	Barton (Kan.) CC		10.99m	36-¾	2/19
9	24	Jasmine CARSON	FR	#2	Barton (Kan.) CC		10.93m	35-10½	1/30
10	28	Abby RUESCHHOFF	FR	#4	Cowley (Kan.)		10.66m	34-11¾	3/4

Women's Shot Put

1	1	Kelsie MURRELL-ROSS	FR	#2	Barton (Kan.) CC	Q	15.54m	51-0	3/18
2	3	Santornya RALLIFORD	SO	#5	Highland (Kan.) C	Q	14.27m	46-10	1/22
3	4	Jazmyn JAMES	FR	#5	Highland (Kan.) C	Q	13.85m	45-5¼	1/30
4	5	Hollie STEWART	FR	#1	Cloud County (Ka)	D	13.77m	45-2¼	3/4
5	7	Jada SEWELL	SO	#2	Barton (Kan.) CC	Q	13.14m	43-1½	1/30
6	8	Shakera WILLIAMS	FR	#5	Highland (Kan.) C	Q	13.11m	43-¾	3/4
7	12	Savannah ADAMS	FR	#8	Colby (Kan.) CC		12.34m	40-6	2/19
8	13	Shonase COLLINS	FR	#10	Coffeyville (Kan.)		12.30m	40-4¼	3/4
9	14	Efe LATHAM	FR	#2	Barton (Kan.) CC		12.28m	40-3½	2/19
10	17	Rashanna THORNE	FR	#4	Cowley (Kan.)		12.06m	39-6¾	3/10



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Central

Women's Discus

1	3	Santornya RALLIFORD	SO	#5 Highland (Kan.) C	D 45.88m	150-6	3/24
2	4	Kelsie MURRELL-ROSS	FR	#2 Barton (Kan.) CC	D 44.22m	145-1	3/26
3	10	Jada SEWELL	SO	#2 Barton (Kan.) CC	D 40.49m	132-10	4/1
4	11	Angela SANCHEZ	FR	#10 Coffeyville (Kan.)	39.99m	131-3	4/1
5	12	Bernesha KNOWLES	FR	#4 Cowley (Kan.)	39.23m	128-9	4/1
6	13	Hollie STEWART	FR	#1 Cloud County (Ka	38.95m	127-10	4/1
7	18	Efe LATHAM	FR	#2 Barton (Kan.) CC	37.68m	123-8	3/26
8	19	Hannah SCHROCK	FR	#6 Hutchinson (Kan.)	37.04m	121-6	4/1
9	21	Dajian SALMON	FR	#4 Cowley (Kan.)	35.87m	117-8	4/1
10	22	Reahna ROBERTS	FR	#3 Fort Scott (Kan.) C	35.84m	117-7	3/25

Women's Hammer

1	3	Efe LATHAM	FR	#2 Barton (Kan.) CC	D 47.33m	155-4	3/26
2	4	Jada SEWELL	SO	#2 Barton (Kan.) CC	D 47.06m	154-5	3/26
3	5	Chloe WILSON	FR	#4 Cowley (Kan.)	D 46.61m	152-11	3/25
4	6	Naliyah LANDRUM	FR	#10 Coffeyville (Kan.)	D 45.49m	149-3	3/10
5	7	Ariana RODRIGUEZ	SO	#2 Barton (Kan.) CC	D 45.39m	148-11	4/1
6	9	Kayla MCCLELLAN	FR	#4 Cowley (Kan.)	D 44.61m	146-4	4/1
7	13	Bernesha KNOWLES	FR	#4 Cowley (Kan.)	D 43.14m	141-7	3/10
8	16	Alejandra HANDIE	FR	#4 Cowley (Kan.)	41.12m	134-11	4/1
9	18	Sarah ROBINSON	FR	#4 Cowley (Kan.)	40.00m	131-3	3/10
10	19	Mallory CALLIHAN	FR	#1 Cloud County (Ka	39.50m	129-7	3/19

Women's Javelin

1	2	Hollie STEWART	FR	#1 Cloud County (Ka	D 39.71m	130-4	3/24
2	4	Jessi BRUMMETT	FR	#1 Cloud County (Ka	D 38.65m	126-10	4/1
3	5	Shade TORRES	SO	#11 Dodge City (Kan.)	D 38.58m	126-7	4/1
4	13	Santornya RALLIFORD	SO	#5 Highland (Kan.) C	34.18m	112-2	3/24
5	14	Efe LATHAM	FR	#2 Barton (Kan.) CC	34.17m	112-1	3/26
6	18	Patrishia DOLL	FR	#6 Hutchinson (Kan.)	33.03m	108-5	4/1
7	19	Shardenai DAVIS	FR	#4 Cowley (Kan.)	32.67m	107-2	3/25
8	20	Lillian THOMAS	FR	#2 Barton (Kan.) CC	32.09m	105-4	3/26
9	22	Hannah SCHROCK	FR	#6 Hutchinson (Kan.)	31.21m	102-5	3/26
10	26	Emily PUNCHES	SO	#5 Highland (Kan.) C	29.18m	95-9	4/1

Women's Heptathlon

1	4	Calleisha CHANCE	FR	#5 Highland (Kan.) C	D 3,633	3/24
2	6	Chantal GAYLE	FR	#8 Colby (Kan.) CC	D 2,752	4/1
3	7	Meagan BURKHART	FR	#7 Garden City (Kan.)	D 2,673	4/1
4	8	Gretchen BABCOCK	FR	#5 Highland (Kan.) C	D 1,900	3/24



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Midwest

Women's 100 Meters

1	7	Kayla MCCRAY	FR	#3	Indian Hills (Iowa)	D11.82	(1.4)	3/24
2	12	Kahliyah ANDERSON	SO	#3	Indian Hills (Iowa)	D11.93w	(2.5)	3/24
3	13	Janyla HOSKINS	SO	#3	Indian Hills (Iowa)	D11.96w	(2.5)	3/24
4	19	Antiana WALSH	FR	#3	Indian Hills (Iowa)	12.15	(1.1)	4/1
5	28	Jada DAY	FR	#11	Meridian (Miss.) C	12.27w	(3.9)	3/23
6	29	Adeyah BREWSTER	FR	#2	Iowa Central CC	12.30	(0.4)	3/19
7	30	Siby YAO	SO	#3	Indian Hills (Iowa)	12.31	(1.1)	4/1
8	37	Kimeisha STAR	SO	#3	Indian Hills (Iowa)	12.45w	(2.3)	4/1
9	48	Alisha THOMAS	FR	#2	Iowa Central CC	12.71	(0.8)	3/25
10	51	Jenna HUMMELL	SO	#5	Hawkeye (Iowa) C	12.73w	(3.4)	3/26

Women's 100 Meter Hurdles

1	1	Jerricka AMBUS	FR	#4	Hinds (Miss.) CC	D13.44	(1.1)	4/1
2	3	Dyandra GRAY	FR	#1	Iowa Western CC	D13.76	(0.5)	4/2
3	12	Adeyah BREWSTER	FR	#2	Iowa Central CC	D14.53	(1.5)	4/2
4	13	Matayah NAYLOR	SO	#3	Indian Hills (Iowa)	D14.59	(1.9)	4/1
5	14	Antonia SEALY	FR	#1	Iowa Western CC	D14.63	(0.5)	4/2
6	17	Arryona SIMMONS	FR	#11	Meridian (Miss.) C	14.98	(0.5)	4/1
7	18	Peyton STEVA	SO	#3	Indian Hills (Iowa)	15.13	(1.9)	4/1
8	22	Jade JACKSON	FR	#2	Iowa Central CC	15.77	(-1.7)	3/25
9	24	Nyadhol THICHIOT	FR	#2	Iowa Central CC	15.92w	(2.4)	4/2
10	33	Kylee NEIGHBORS	SO	#5	Hawkeye (Iowa) C	16.75w	(3.4)	3/26

Women's 200 Meters

1	3	Nickisha PRYCE	SO	#1	Iowa Western CC	D23.94		3/4
2	5	Diandrenique GAINES	FR	#4	Hinds (Miss.) CC	D24.02		3/4
3	10	Kahliyah ANDERSON	SO	#3	Indian Hills (Iowa)	D24.16	(0.3)	4/1
4	12	Terresha WALCOTT	SO	#1	Iowa Western CC	D24.23		3/4
5	17	Kayla MCCRAY	FR	#3	Indian Hills (Iowa)	D24.36	(0.3)	4/1
6	20	Antiana WALSH	FR	#3	Indian Hills (Iowa)	D24.54w	(2.9)	3/24
7	24	Dyandra GRAY	SO	#1	Iowa Western CC	24.64		3/4
8	25	Brooke GRAY	FR	#4	Hinds (Miss.) CC	24.65		3/4
9	32	Nikiwe MONGWE	FR	#2	Iowa Central CC	24.91		2/18
10	34	Jia LEWIS	FR	#3	Indian Hills (Iowa)	24.98		3/4

Women's 400 Meters

1	1	Nickisha PRYCE	SO	#1	Iowa Western CC	D53.68		3/4
2	8	Britney BROWN	FR	#2	Iowa Central CC	D55.74		4/2
3	11	Kahliyah ANDERSON	SO	#3	Indian Hills (Iowa)	D55.94		1/22
4	18	Daniella DEER	FR	#1	Iowa Western CC	56.67		2/11
5	22	JodyAnn DIXON	FR	#4	Hinds (Miss.) CC	57.01		3/4
6	27	Brooke GRAY	FR	#4	Hinds (Miss.) CC	57.35		4/1
7	33	Aimaya DRUMMOND	SO	#3	Indian Hills (Iowa)	57.53		4/1
8	40	Diandrenique GAINES	FR	#4	Hinds (Miss.) CC	58.23		2/18
9	42	Temira GOODS	SO	#3	Indian Hills (Iowa)	58.63		3/24
10	47	Mikeibra MORRIS	FR	#4	Hinds (Miss.) CC	58.92		4/1

Women's 400 Meter Hurdles

1	5	JodyAnn DIXON	FR	#4	Hinds (Miss.) CC	D1:02.86		4/1
2	8	Justyce THOMAS	FR	#4	Hinds (Miss.) CC	D1:04.84		4/1
3	20	Katelynn TROBAUGH	FR	#8	Sauk Valley (Ill.) C	1:09.82		4/2
4	22	Holly HOEPNER	FR	#1	Iowa Western CC	1:10.77		4/2
5	28	Jade DURFEY	FR	#2	Iowa Central CC	1:15.69		3/25
6	30	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	#2	Iowa Central CC	D2:15.94		3/25
3	11	Shariden RICHARDSON	SO	#1	Iowa Western CC	D2:16.69		3/4
4	16	Chloe GARCIA GRAFING	FR	#2	Iowa Central CC	D2:18.98		2/4
5	28	Emma HOINS	FR	#5	Hawkeye (Iowa) C	2:23.55		2/4
6	29	Taylor MCCREEDY	FR	#2	Iowa Central CC	2:23.64		1/28
7	46	Shaunti LONGFELLOW	SO	#2	Iowa Central CC	2:28.45		2/11
8	54	Bethany STACEY	FR	#1	Iowa Western CC	2:29.82		1/22
9	63	Allie SIMPSON	FR	#12	Southeastern (Iov	2:31.69		2/18
10	71	Antonia SEALY	FR	#1	Iowa Western CC	2:33.72		3/4

Women's 1500 Meters

1	1	Hilda CHEBET	FR	#1	Iowa Western CC	D4:30.19	(4:51.81(1))	2/11
2	7	Chloe GARCIA GRAFING	FR	#2	Iowa Central CC	D4:46.46	(5:09.38(1))	3/4
3	9	Emma HOINS	FR	#5	Hawkeye (Iowa) C	D4:48.98	(5:12.10(1))	3/4
4	10	Mercy BIWOTT	FR	#1	Iowa Western CC	D4:49.49	(5:12.65(1))	3/4
5	16	Aliyah SIMMONS	SO	#3	Indian Hills (Iowa)	D4:54.85		4/1
6	23	Taylor MCCREEDY	FR	#2	Iowa Central CC	D4:57.56	(5:21.37(1))	1/22
7	27	Bethany STACEY	FR	#1	Iowa Western CC	5:00.41	(5:24.45(1))	1/22
8	71	Lizeth FLORES	FR	#3	Indian Hills (Iowa)	5:24.55		3/24
9	72	Monserat GUERRERO-CHAPULA	FR	#3	Indian Hills (Iowa)	5:24.99		4/1
10	82	Zinash VALEN	FR	#2	Iowa Central CC	5:28.79		3/19

Women's Steeplechase

1	4	Taylor MCCREEDY	FR	#2	Iowa Central CC	D11:54.24		3/25
2	16	Mercy JEPNETICH	FR	#2	Iowa Central CC	13:23.98		3/25
3	17	Josie STACKIS	SO	#2	Iowa Central CC	13:24.25		3/25
4	21	Jorden ROBINSON	FR	#8	Sauk Valley (Ill.) C	14:59.05		4/2

Women's 5000 Meters

1	1	Hilda CHEBET	FR	#1	Iowa Western CC	D17:08.71		2/4
2	3	Mercy BIWOTT	FR	#1	Iowa Western CC	D17:30.97		3/4
3	4	Emma HOINS	FR	#5	Hawkeye (Iowa) C	D17:59.57		2/4
4	9	Taylor MCCREEDY	FR	#2	Iowa Central CC	D18:21.46		4/1
5	29	Monserat GUERRERO-CHAPULA	FR	#3	Indian Hills (Iowa)	19:12.07		3/24
6	42	Zinash VALEN	FR	#2	Iowa Central CC	19:59.81		1/21
7	47	Morgan KLAUS	FR	#3	Indian Hills (Iowa)	20:30.94		3/24
8	48	Mercy JEPNETICH	FR	#2	Iowa Central CC	20:32.25		1/21
9	50	Josie STACKIS	SO	#2	Iowa Central CC	20:48.67		2/18
10	52	Kate MIRON	SO	#2	Iowa Central CC	20:52.85		4/1



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Midwest

Women's 10,000 Meters

1	1	Zinash VALEN	FR	#2	Iowa Central CC	2	D39:09.26	4/1
2	6	Josie STACKIS	SO	#2	Iowa Central CC	2	D40:54.25	4/1

Women's 4x100 Relay

1	1	https://www.tfrrs.org/teams/559	#4	Hinds (Miss.) CC	2	D45.39	4/1
2	2	https://www.tfrrs.org/teams/85621	#3	Indian Hills (Iowa)	2	D45.69	4/1
3	6	https://www.tfrrs.org/teams/59718	#1	Iowa Western CC	2	D46.05	4/2
4	17	https://www.tfrrs.org/teams/106215	#9	State Fair (Mo.)		51.83	4/1
5	19	https://www.tfrrs.org/teams/28039	#6	North Iowa Area C		53.53	4/1
6	20	https://www.tfrrs.org/teams/95006	#5	Hawkeye (Iowa) C		53.80	3/26

Women's 4x400 Relay

1	2	https://www.tfrrs.org/teams/559	#4	Hinds (Miss.) CC	2	D3:48.99	4/1
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Women's High Jump

1	1	Miracle AILES	FR	#1	Iowa Western CC	2	D1.81m	5-11¼	4/2
2	2	Alliyah MCNEIL	SO	#1	Iowa Western CC	2	D1.78m	5-10	2/4
3	3	Breanna BROWN-MARSHALL	FR	#4	Hinds (Miss.) CC	2	D1.73m	5-8	4/1
4	7	Haleigh HADLEY	FR	#3	Indian Hills (Iowa)	2	D1.67m	5-5¾	4/1
4	7	Kayla JEMISON	FR	#4	Hinds (Miss.) CC	2	D1.67m	5-5¾	1/22
6	14	Jerricka AMBUS	FR	#4	Hinds (Miss.) CC		1.60m	5-3	3/4
6	14	Kylee NEIGHBORS	SO	#5	Hawkeye (Iowa) C		1.60m	5-3	3/4
8	24	Kiley SANDERS	SO	#8	Sauk Valley (Ill.) C		1.55m	5-1	2/18
8	24	Antonia SEALY	FR	#1	Iowa Western CC		1.55m	5-1	2/18
8	24	Cadence STANLEY	SO	#1	Iowa Western CC		1.55m	5-1	2/18
8	24	Jordan SWENSON	FR	#6	North Iowa Area C		1.55m	5-1	2/5
8	24	Mariah MEBRUER	FR	#9	State Fair (Mo.)		1.55m	5-1	12/4
8	24	Jade JACKSON	FR	#2	Iowa Central CC		1.55m	5-1	2/18

Women's Pole Vault

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

1	3	Osayi OMORODION	FR	#1	Iowa Western CC	2	D6.10m	20-¼	1/28
2	4	Alliyah MCNEIL	SO	#1	Iowa Western CC	2	D6.04m	19-9¾	2/18
3	6	Victory GEORGE	SO	#1	Iowa Western CC	2	D5.94m	19-6	3/4
4	7	Miracle AILES	FR	#1	Iowa Western CC	2	D5.91m	19-4¾ (1.2)	4/2
5	10	Antonia SEALY	FR	#1	Iowa Western CC	2	D5.75m	18-10½	2/18
6	11	Siby YAO	SO	#3	Indian Hills (Iowa)	2	D5.74m	18-10 (1.5)	4/1
7	31	Nyadhol THICHIOT	FR	#2	Iowa Central CC		5.25m	17-2¾ (-0.1)	3/25
8	33	Elizabeth GIBSON	FR	#2	Iowa Central CC		5.23m	17-2	2/18
9	34	Breanna BROWN-MARSHALL	SO	#4	Hinds (Miss.) CC		5.21m	17-1¼	2/4
10	39	Mattie JANSSEN	FR	#5	Hawkeye (Iowa) C		5.16m	16-11¼	1/15

Women's Triple Jump

1	1	Victory GEORGE	SO	#1	Iowa Western CC	2	D12.86m	42-2¼	3/4
2	8	Siby YAO	SO	#3	Indian Hills (Iowa)	2	D11.81m	38-9	3/4
3	11	Nyadhol THICHIOT	FR	#2	Iowa Central CC	2	D11.60mw	38-¾ (2.2)	4/2
4	13	Elizabeth GIBSON	FR	#2	Iowa Central CC		11.42m	37-5¾ (-0.2)	4/2
5	14	Osayi OMORODION	FR	#1	Iowa Western CC		11.41m	37-5¼	3/4
6	16	Kayla JEMISON	FR	#4	Hinds (Miss.) CC		11.40m	37-5	3/4
7	23	Moselle PUNNI	FR	#1	Iowa Western CC		10.97m	36-0 (1.0)	4/2
8	26	Florence OMODAYO	FR	#7	Southwestern (Iowa)		10.71m	35-1¾	2/18
9	29	Adeyah BREWSTER	FR	#2	Iowa Central CC		10.54m	34-7	2/18
10	33	Sadie LENZ	FR	#8	Sauk Valley (Ill.) C		10.28m	33-8¾	2/18

Women's Shot Put

1	10	Antonia SEALY	FR	#1	Iowa Western CC		12.62m	41-5	3/4
2	11	Emma SEIDL	FR	#2	Iowa Central CC		12.49m	40-11¾	3/4
3	16	Allison FLANSCHA	SO	#5	Hawkeye (Iowa) C		12.15m	39-10½	3/26
4	18	Victoria ADU	SO	#2	Iowa Central CC		11.98m	39-3¾	2/18
5	21	Lauren UPMEYER	FR	#1	Iowa Western CC		11.76m	38-7	2/18
6	22	Lexi WOOD	FR	#2	Iowa Central CC		11.73m	38-6	1/22
7	24	Molly VENTEICHER	FR	#7	Southwestern (Iowa)		11.64m	38-2¼	2/18
8	32	Elizabeth SEBERA	SO	#1	Iowa Western CC		11.19m	36-8½	2/18
9	33	Esther MENSAH	FR	#2	Iowa Central CC		11.15m	36-7	2/11
10	35	Cheyenne FEARON	FR	#1	Iowa Western CC		11.13m	36-6¼	2/11

Women's Discus

1	14	Khersa MORGAN	SO	#10	Bryant & Stratton		38.52m	126-5	3/17
2	15	Lauren UPMEYER	FR	#1	Iowa Western CC		38.38m	125-11	3/24
3	16	Elizabeth SEBERA	FR	#1	Iowa Western CC		38.05m	124-10	4/2
4	27	Allison FLANSCHA	SO	#5	Hawkeye (Iowa) C		34.48m	113-2	4/1
5	29	Cheyenne FEARON	FR	#1	Iowa Western CC		34.12m	112-0	3/24
6	38	Emma SEIDL	FR	#2	Iowa Central CC		32.15m	105-6	3/19
7	40	Molly VENTEICHER	FR	#7	Southwestern (Iowa)		32.07m	105-3	4/2
8	41	Lexi WOOD	FR	#2	Iowa Central CC		31.52m	103-5	3/19
9	47	Kiana BEAN	FR	#1	Iowa Western CC		29.63m	97-2½	4/2
10	49	Halsie KELTNER	SO	#6	North Iowa Area C		28.37m	93-1	3/26

Women's Hammer

1	14	Elizabeth SEBERA	FR	#1	Iowa Western CC		41.58m	136-5	4/2
2	15	Khersa MORGAN	SO	#10	Bryant & Stratton		41.39m	135-10	3/17
3	17	Brenna PAULSON	SO	#6	North Iowa Area C		40.65m	133-5	4/1
4	21	Esther MENSAH	FR	#2	Iowa Central CC		39.28m	128-11	4/2
5	27	Cinnamon EVANS	SO	#6	North Iowa Area C		36.89m	121-1	3/26
6	35	Lexi WOOD	FR	#2	Iowa Central CC		33.40m	109-7	4/2
7	37	Emma SEIDL	FR	#2	Iowa Central CC		31.33m	102-10	4/2
8	38	Molly VENTEICHER	FR	#7	Southwestern (Iowa)		31.03m	101-10	4/2
9	39	Cheyenne FEARON	FR	#1	Iowa Western CC		30.49m	100-1	4/2
10	42	Halsie KELTNER	SO	#6	North Iowa Area C		28.92m	94-10¾	4/1



Regional TFRI Event Summary

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Midwest

Women's Javelin

1	1	Antonia SEALY	FR	#1	Iowa Western CC	42.39m	139-1	4/2
2	8	Lauren UPMEYER	FR	#1	Iowa Western CC	36.18m	118-9	4/2
3	11	Halsie KELTNER	SO	#6	North Iowa Area C	34.25m	112-5	4/1
4	17	Elizabeth SEBERA	FR	#1	Iowa Western CC	33.09m	108-7	3/24
5	23	Cadence STANLEY	FR	#1	Iowa Western CC	30.61m	100-5	4/2
6	24	Emma DECKER	FR	#7	Southwestern (Io	30.28m	99-4¼	4/2
7	25	Daylynn BAKER	FR	#9	State Fair (Mo.)	29.42m	96-6¼	3/24
8	27	Allison FLANSCHA	SO	#5	Hawkeye (Iowa) C	29.12m	95-6½	4/1
9	30	Carlie HOPPE	SO	#5	Hawkeye (Iowa) C	26.96m	88-5½	3/26
10	31	Molly VENTEICHER	FR	#7	Southwestern (Io	26.94m	88-4¾	4/2



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

WOMEN — 2022 Week #2, April 4

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West

Women's 100 Meters

1	3	Ashantai BOLLERS	FR	#1	New Mexico JC	2	D11.77cw	(11.74A)	2.	4/1
2	5	Success UUKORO	FR	#2	South Plains (Tex)	3	D11.79w	(2.6)		3/23
3	7	Tijuanique MORTON	FR	#1	New Mexico JC	3	D11.82cw	(11.79A)	3.	4/1
4	10	Niesha BURGHER	SO	#6	Western Texas	3	D11.88	(0.0)		3/31
5	17	Shanique ROWE	FR	#1	New Mexico JC		12.11c	(12.08A)	1.	4/1
6	18	Xazari NAYLOR	FR	#2	South Plains (Tex)		12.12w	(2.1)		3/31
7	19	Kishawna WALLACE	SO	#1	New Mexico JC		12.15cw	(12.12A)	3.	4/1
8	22	Kimeone MCLEOD	SO	#1	New Mexico JC		12.20c	(12.17A)	1.	4/1
9	31	Ciara BARDWELL	SO	#4	Mesa (Ariz.) CC		12.34	(0.4)		3/18
10	34	Ashyiria SAVAGE	FR	#2	South Plains (Tex)		12.43w	(2.1)		3/31

Women's 100 Meter Hurdles

1	2	Kimeone MCLEOD	SO	#1	New Mexico JC	2	D13.70cw	(13.66A)	2.	4/1
2	5	Ese AWUSA	FR	#1	New Mexico JC		D13.93	(1.2)		3/23
3	6	Richara MCNEIL	SO	#1	New Mexico JC		D13.98	(0.1)		3/24
4	8	Joniar THOMAS	FR	#2	South Plains (Tex)		D14.18	(1.5)		3/31
5	10	Ashyiria SAVAGE	FR	#2	South Plains (Tex)		D14.36	(-0.2)		3/31
6	16	Amoy EDWARDS	FR	#1	New Mexico JC		14.79cw	(14.75A)	2.	4/1
7	20	Xazari NAYLOR	FR	#2	South Plains (Tex)		15.63	(1.1)		3/31
8	21	Abigail WALLS	SO	#5	Pima (Ariz.) CC		15.67	(0.3)		3/18
9	26	Fatmata CONTEH	SO	#5	Pima (Ariz.) CC		15.95	(0.0)		3/24
10	27	Jamelia SIMMONS	FR	#2	South Plains (Tex)		15.98	(-1.4)		3/31

Women's 200 Meters

1	1	Ese AWUSA	FR	#1	New Mexico JC	2	D23.82c	(23.75A)	1.	4/1
2	2	Niesha BURGHER	SO	#6	Western Texas		D23.90	(1.9)		3/17
3	6	Success UUKORO	FR	#2	South Plains (Tex)		D24.05	(1.2)		3/31
4	8	Deshana SKEETE	FR	#1	New Mexico JC		D24.11			1/21
4	8	Joniar THOMAS	FR	#2	South Plains (Tex)		D24.11	(0.0)		3/31
6	11	Ashantai BOLLERS	FR	#1	New Mexico JC		D24.20			3/4
7	18	Tijuanique MORTON	FR	#1	New Mexico JC		D24.53c	(24.46A)	1.	4/1
7	18	Shanique ROWE	FR	#1	New Mexico JC		D24.53cw	(24.46A)	3.	4/1
9	22	Juvonna CORNETTE	FR	#3	Central Arizona		D24.57	(1.1)		3/18
10	35	Cece CHARLES	FR	#3	Central Arizona		25.03	(0.0)		3/24

Women's 400 Meters

1	4	Deshana SKEETE	FR	#1	New Mexico JC		D55.17c	(55.06A)		4/1
2	7	Maria SIMANCA	SO	#1	New Mexico JC		D55.69			3/24
3	9	Shadae FINDLEY	SO	#6	Western Texas		D55.85			3/17
3	9	Success UUKORO	FR	#2	South Plains (Tex)		D55.85			3/17
5	13	Anna-Kay ALLEN	SO	#2	South Plains (Tex)		D56.12			3/4
6	14	Camille LEWIS	FR	#2	South Plains (Tex)		D56.23			3/31
7	17	Amaya PHILLIPS	FR	#2	South Plains (Tex)		56.59			3/17
8	19	Cemore DONALD	FR	#2	South Plains (Tex)		56.70			2/11
9	21	Calisha TAYLOR	FR	#1	New Mexico JC		56.99			1/29
10	29	Shenell TUCKER	FR	#2	South Plains (Tex)		57.49			3/17

Women's 400 Meter Hurdles

1	2	Shenell TUCKER	FR	#2	South Plains (Tex)	2	D1:00.78			3/31
2	3	Calisha TAYLOR	FR	#1	New Mexico JC	2	D1:00.80c	(1:00.69A)		4/1
3	4	Amaya PHILLIPS	FR	#2	South Plains (Tex)	2	D1:01.57			3/31
4	7	Michaliliah VASSELL	FR	#1	New Mexico JC		D1:03.62			3/23
5	10	Silet GRAY	FR	#3	Central Arizona		D1:06.11			3/24
6	13	Ashanti GORDON	FR	#3	Central Arizona		1:07.05			3/18
7	14	Fatmata CONTEH	SO	#5	Pima (Ariz.) CC		1:08.28			3/24
8	15	Katherine BONHAM	SO	#4	Mesa (Ariz.) CC		1:08.34			3/24
9	18	Makenzie FOX	SO	#10	North Central Tex		1:08.83			3/25
10	24	Rachel ROSE	FR	#3	Central Arizona		1:13.14			3/18

Women's 800 Meters

1	3	Shadae FINDLEY	SO	#6	Western Texas	2	D2:12.36			3/4
2	5	Cemore DONALD	FR	#2	South Plains (Tex)		D2:14.44			3/17
3	9	Lethogonolo 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	15	Latifah PINNOCK	SO	#6	Western Texas		D2:18.62			3/31
7	18	Brooke STRADLING	FR	#4	Mesa (Ariz.) CC		D2:19.32			3/18
8	20	Kate BROCKMAN	FR	#4	Mesa (Ariz.) CC		D2:20.06			3/24
9	22	Natalya BABCOCK	FR	#7	Southern Idaho		2:21.25A			2/11
10	23	Nadine ROSE	SO	#1	New Mexico JC		2:21.64c	(2:22.05A)		4/1

Women's 1500 Meters

1	2	Audrey CAMP	FR	#7	Southern Idaho	2	D4:43.14	(5:05.80(1))		3/4
2	4	Damaris CHEWON	FR	#1	New Mexico JC		D4:45.37c	(4:48.82A)		4/1
3	5	Natalya BABCOCK	FR	#7	Southern Idaho		D4:46.00	(5:08.88(1))		3/4
4	8	Sharon JESANG	SO	#8	Trinidad State (C)		D4:47.73	(5:10.75(1))		3/4
5	11	Joan KIMALEL	FR	#1	New Mexico JC		D4:51.28c	(4:54.80A)		4/1
6	13	Jaida LYLES	SO	#1	New Mexico JC		D4:51.85c	(4:55.38A)		4/1
7	15	Kate BROCKMAN	FR	#4	Mesa (Ariz.) CC		D4:54.52			3/18
8	20	Sarah BERTRY	FR	#1	New Mexico JC		D4:57.13c	(5:00.72A)		4/1
9	22	Sancia SMITH	FR	#6	Western Texas		D4:57.44			3/17
10	24	Minankolo MAGASSA	FR	#1	New Mexico JC		D4:57.72c	(5:01.32A)		4/1

Women's Steeplechase

1	5	Rushell JOHNSON	FR	#6	Western Texas		D12:03.62			3/17
2	7	Ashlyn WILLIS	FR	#7	Southern Idaho		D12:18.23			3/25
3	8	Ashley LAGAT	FR	#8	Trinidad State (C)		D12:19.86c	(12:37.86A)		3/18
4	9	Makena THORNTON	FR	#3	Central Arizona		12:28.69			3/24
5	10	Anette CARRASCO CATA	FR	#3	Central Arizona		12:39.31			3/18
6	12	Purity KATTAM	SO	#1	New Mexico JC		13:01.91c	(13:11.78A)		4/1
7	13	Tanaeya JOHNSON	SO	#4	Mesa (Ariz.) CC		13:03.29			3/24
8	14	Story ALEXANDER	FR	#4	Mesa (Ariz.) CC		13:06.50			3/24
9	20	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	7	Sharon JESANG	FR	#8	Trinidad State (C)	2 D18:14.07c (18:40.64A) 4/1	
4	10	Sarah BERTRY	SO	#1	New Mexico JC	2 D18:21.62	3/4
5	11	Joan KIMALEL	FR	#1	New Mexico JC	2 D18:25.08	3/4
6	13	Danielle BROW	FR	#7	Southern Idaho	2 D18:26.30	3/25
7	14	Natalya BABCOCK	FR	#7	Southern Idaho	2 D18:30.49	3/25
8	16	Beatrice KEDITUKEI	FR	#3	Central Arizona	2 D18:32.43	3/18
9	17	Taya BREWER	FR	#7	Southern Idaho	2 D18:35.68	3/25
10	21	Lydia FELIX	FR	#7	Southern Idaho	2 D18:50.00	3/25

Women's 10,000 Meters

1	2	Beatrice KEDITUKEI	FR	#3	Central Arizona	2 D39:12.32	3/24
2	3	Ashley LAGAT	FR	#8	Trinidad State (C)	2 D39:44.23c (40:53.08A) 4/1	
3	4	Bella GALLO	FR	#3	Central Arizona	2 D40:08.70	3/24
4	5	Lisbet PORRAS	FR	#3	Central Arizona	2 D40:34.21	3/24
5	7	Vanessa DOMINGUEZ	FR	#8	Trinidad State (C)	2 42:16.23c (43:29.47A) 4/1	
6	8	Anette CARRASCO CATA	FR	#3	Central Arizona	2 42:48.87	3/24
7	9	Mykayla TARWATER	FR	#5	Pima (Ariz.) CC	2 46:54.01	3/24

Women's 4x100 Relay

1	3	https://www.tfrrs.org/teams/730	#2	South Plains (Tex)	2 D45.74	3/17
2	9	https://www.tfrrs.org/teams/7933	#1	New Mexico JC	2 D46.79c (46.67A) 4/1	
3	11	https://www.tfrrs.org/teams/543	#3	Central Arizona	2 49.67	3/24
4	12	https://www.tfrrs.org/teams/656	#4	Mesa (Ariz.) CC	2 50.06	3/18
5	15	https://www.tfrrs.org/teams/553	#12	Glendale (Ariz.) C	2 51.22	3/24
6	16	https://www.tfrrs.org/teams/567	#5	Pima (Ariz.) CC	2 51.47	3/18
7	18	https://www.tfrrs.org/teams/91893	#9	Jacksonville (Tex)	2 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	3	https://www.tfrrs.org/teams/543	#3	Central Arizona	2 D3:50.47	3/18
3	5	https://www.tfrrs.org/teams/567	#5	Pima (Ariz.) CC	2 4:16.11	3/24
4	6	https://www.tfrrs.org/teams/91664	#8	Trinidad State (C)	2 4:28.61c (4:28.17A) 3/18	
5	8	https://www.tfrrs.org/teams/553	#12	Glendale (Ariz.) C	2 4:40.52	3/24

Women's 4x800 Relay

1	2	https://www.tfrrs.org/teams/98399	#10	North Central Tex	2 10:21.29	3/25
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Women's High Jump

1	6	Amaya BROWN	FR	#2	South Plains (Tex)	2 D1.69m 5-6½ 3/31	
2	7	Aaliyah LINDSAY	FR	#1	New Mexico JC	2 D1.67m 5-5¾ 1/29	
3	12	Jaiyah HODGE	SO	#9	Jacksonville (Tex)	2 D1.62m 5-3¾ 3/18	
4	13	Abigail WALLS	FR	#5	Pima (Ariz.) CC	2 1.61m 5-3¼ 3/4	
5	14	Amoy EDWARDS	FR	#1	New Mexico JC	2 1.60m 5-3 3/4	
6	19	Joniar THOMAS	FR	#2	South Plains (Tex)	2 1.57m 5-1¾ 3/17	
6	19	Lexi MYERS	FR	#9	Jacksonville (Tex)	2 1.57m 5-1¾ 3/18	
6	19	Jamelia SIMMONS	FR	#2	South Plains (Tex)	2 1.57m 5-1¾ 3/31	
9	24	Zamesha MYLE	FR	#3	Central Arizona	2 1.55m 5-1 3/24	
9	24	Emily FELIX	FR	#5	Pima (Ariz.) CC	2 1.55m 5-1 3/18	

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	2 3.08m 10-1¼ 3/18	
4	9	Alexa CONTRERAS	FR	#1	New Mexico JC	2 3.06m 10-½ 4/1	
5	11	Sarahi BAEZA	FR	#2	South Plains (Tex)	2 3.05m 10-0 2/4	
6	13	Littlewood ELIZABETH	SO	#5	Pima (Ariz.) CC	2 2.78m 9-1½ 3/18	
7	14	Candice POCASE	FR	#5	Pima (Ariz.) CC	2 2.75m 9-¼ 3/24	
8	15	Anessa RODRIGUEZ	FR	#4	Mesa (Ariz.) CC	2 2.60m 8-6¼ 1/29	
9	16	Aaliyah PRICE	FR	#12	Glendale (Ariz.) C	2 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	11	Richara MCNEIL	SO	#1	New Mexico JC	2 D5.74m 18-10 2/11	
3	11	Amoy EDWARDS	FR	#1	New Mexico JC	2 D5.74m 18-10 1/29	
5	15	abria PAUL	FR	#10	North Central Tex	2 D5.68m 18-7¾ (0.0) 3/12	
6	20	Kaise UGEH	FR	#3	Central Arizona	2 D5.58m 18-3¾ (1.6) 3/18	
7	21	Zamesha MYLE	FR	#3	Central Arizona	2 5.54m 18-2¼ (0.0) 3/24	
7	21	Dejah FULLER	FR	#2	South Plains (Tex)	2 5.54m 18-2¼ 1/21	
9	23	Jamelia SIMMONS	FR	#2	South Plains (Tex)	2 5.52mw 18-1½ (4.0) 3/31	
10	28	Jacklyn TRICE	FR	#5	Pima (Ariz.) CC	2 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	SO	#1	New Mexico JC	2 D11.95mw 39-2½ (2.4) 4/1	
4	12	Jayla BROWN	FR	#1	New Mexico JC	2 11.46m 37-7¼ 1/29	
5	17	abria PAUL	FR	#10	North Central Tex	2 11.28m 37-¼ (0.0) 3/12	
6	18	Ahniesha PRESULUME	FR	#1	New Mexico JC	2 11.19mA 36-8½ (1.1) 4/1	
7	37	Jaida OLSON	FR	#5	Pima (Ariz.) CC	2 9.90m 32-5¾ 1/29	
7	37	Lola POSEY	FR	#9	Jacksonville (Tex)	2 9.90m 32-5¾ 3/18	



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West

Women's Shot Put

1	2	Princess KARA	FR	#3	Central Arizona	2 D15.03m	49-3¾	3/24
2	6	Karsten DEAKIN	FR	#4	Mesa (Ariz.) CC	2 D13.16m	43-2¼	3/24
3	9	Kaise UGEH	FR	#3	Central Arizona	2 D12.84m	42-1½	3/24
4	15	Julianna PEREZ	FR	#4	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	28	Ronelle PLAZA	FR	#2	South Plains (Tex.)	11.53m	37-10	3/31
7	31	Shakera KIK	FR	#3	Central Arizona	11.39m	37-4½	3/24
8	35	Kimola HINES	FR	#2	South Plains (Tex.)	11.13m	36-6¼	1/21
9	39	Amoy EDWARDS	FR	#1	New Mexico JC	11.04m	36-2¾	3/4
10	41	Kaprice FARACI	FR	#4	Mesa (Ariz.) CC	10.96mA	35-11½	2/18

Women's Discus

1	1	Princess KARA	FR	#3	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	6	Shakera KIK	FR	#3	Central Arizona	2 D42.55m	139-7	3/24
4	7	Karsten DEAKIN	FR	#4	Mesa (Ariz.) CC	2 D40.88m	134-2	3/18
5	8	Kaise UGEH	FR	#3	Central Arizona	2 D40.78m	133-10	3/24
5	8	Akira JONES	SO	#5	Pima (Ariz.) CC	2 D40.78m	133-10	3/24
7	17	Julianna PEREZ	SO	#4	Mesa (Ariz.) CC	37.83m	124-2	3/24
8	20	Audrey ARMSTRONG	FR	#11	Paradise Valley (A)	35.90m	117-10	3/18
9	26	Emily BUNGER	FR	#9	Jacksonville (Tex.)	35.05m	115-0	3/26
10	34	Luciana CHAVEZ	SO	#5	Pima (Ariz.) CC	33.41m	109-8	3/18

Women's Hammer

1	2	Audrey ARMSTRONG	FR	#11	Paradise Valley (A)	2 D47.56m	156-1	3/24
2	8	Karsten DEAKIN	FR	#4	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	#4	Mesa (Ariz.) CC	2 D43.73m	143-6	3/24
5	12	Julianna PEREZ	SO	#4	Mesa (Ariz.) CC	2 D43.27m	142-0	3/24
6	24	Akira JONES	SO	#5	Pima (Ariz.) CC	37.48m	123-0	3/24
7	29	Sarah SHEITELMAN	FR	#12	Glendale (Ariz.) CC	35.31m	115-10	3/24
8	30	Valeria IBARRA	FR	#5	Pima (Ariz.) CC	34.67m	113-9	3/24
9	41	Alana JONES	FR	#5	Pima (Ariz.) CC	29.92m	98-2	3/18

Women's Javelin

1	3	Kaise UGEH	FR	#3	Central Arizona	2 D39.33m	129-1	3/18
2	6	Joniar THOMAS	FR	#2	South Plains (Tex.)	2 D36.79m	120-9	3/31
3	7	Sara JACOBSON	FR	#4	Mesa (Ariz.) CC	2 D36.58m	120-0	3/24
4	9	Ariana LUERA	FR	#11	Paradise Valley (A)	35.81m	117-6	3/18
5	10	Jessica BRIGHT-SHADE	SO	#5	Pima (Ariz.) CC	35.25m	115-8	3/24
6	11	Kaprice FARACI	SO	#4	Mesa (Ariz.) CC	34.25m	112-5	3/24
7	16	Ayanna VALENZUELA	SO	#5	Pima (Ariz.) CC	33.58m	110-2	3/24
8	21	Shay BERNAL	SO	#4	Mesa (Ariz.) CC	31.29m	102-8	3/18
9	29	Isabelle BUHR	FR	#13	Dawson (Mont.) C	28.40m	93-2¼	3/19
10	32	Amoy EDWARDS	FR	#1	New Mexico JC	25.62m	84-¾	3/24

Women's Heptathlon

1	1	Joniar THOMAS	FR	#2	South Plains (Tex.)	2 D5,256	3/31
2	2	Sara JACOBSON	FR	#4	Mesa (Ariz.) CC	2 D4,357	3/24
3	3	Jamelia SIMMONS	FR	#2	South Plains (Tex.)	2 D3,681	3/31
4	5	Shay BERNAL	SO	#4	Mesa (Ariz.) CC	2 D2,770	3/24