



Regional TFRI Event Summary

as of 1/26/2021 1:58:47 PM

Atlantic

Women's 800 Meters

1	28	Alana MORGAN	SO	#1	Louisburg (N.C.)	3:12.81	1/23
2	32	Princess JOHNSON	SO	#1	Louisburg (N.C.)	3:58.72	1/23



USTFCCA NJCAA Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2021 Week #1, January 25

as of 1/26/2021 1:58:47 PM

Central

Women's 60 Meters

1	1	Mercy NTIA-OBONG	SO	#1	Cloud County (Ka)	Q	7.49	1/23
2	4	Trinity SINEGAL	FR	#3	Fort Scott (Kan.)	Q	7.72	1/23
3	5	Isila APKUP	FR	#1	Cloud County (Ka)	Q	7.73	1/23
4	8	Kailah GILMORE	FR	#3	Fort Scott (Kan.)		7.87	1/23
5	12	Ayesha NELSON	SO	#2	Barton (Kan.) CC		7.95c (7.93A)	1/23
5	12	Ariyonna BASTON	FR	#3	Fort Scott (Kan.)		7.95 (0.0)	1/14
7	17	Shemia ODAINE	FR	#2	Barton (Kan.) CC		8.01 (0.0)	1/14
8	19	Taneka BALLARD	FR	#2	Barton (Kan.) CC		8.06c (8.04A)	1/23
9	22	Tashira EDWARDS	FR	#1	Cloud County (Ka)		8.09 (7.51(55))	1/15
10	28	Tah'threa BROWN	FR	#6	Garden City (Kan.)		8.15 (7.56(55))	1/15

Women's 200 Meters

1	1	Mercy NTIA-OBONG	SO	#1	Cloud County (Ka)	Q	24.14	1/23
2	2	Isila APKUP	FR	#1	Cloud County (Ka)		25.07	1/23
3	3	Trinity SINEGAL	FR	#3	Fort Scott (Kan.)		25.12	1/23
4	5	Taneka BALLARD	FR	#2	Barton (Kan.) CC		25.71	1/23
5	10	Diondra WILBORN	FR	#6	Garden City (Kan.)		26.01c (26.68u)	1/15
6	12	Ariyonna BASTON	FR	#3	Fort Scott (Kan.)		26.12	1/23
7	20	Erica DAVIS	FR	#6	Garden City (Kan.)		26.63	1/23
8	21	Jayda DILLON	FR	#2	Barton (Kan.) CC		26.64 out (0.0)	1/14
9	22	Rachel BOOKER	SO	#3	Fort Scott (Kan.)		26.66	1/23
10	26	Tah'threa BROWN	FR	#6	Garden City (Kan.)		26.91c (27.60u)	1/15

Women's 400 Meters

1	2	Pamela MILANO	SO	#1	Cloud County (Ka)	Q	58.01	1/23
2	5	Leonie BEU	FR	#1	Cloud County (Ka)		58.80	1/23
3	7	Dayjsha FANNING	SO	#2	Barton (Kan.) CC		1:01.73	1/23
4	8	Jayda JONES	FR	#3	Fort Scott (Kan.)		1:01.88	1/23
5	10	Passion CREWS	FR	#1	Cloud County (Ka)		1:02.36	1/23
6	12	Jada SNEED	FR	#3	Fort Scott (Kan.)		1:02.76	1/23
7	13	Rachel BOOKER	SO	#3	Fort Scott (Kan.)		1:03.68	1/23
8	14	Lashanna GRAHAM	FR	#2	Barton (Kan.) CC		1:04.72 out	1/14
9	18	Bethany SCHUPMAN	FR	#6	Garden City (Kan.)		1:09.36	1/23
10	22	Alayna LOVE	FR	#4	Cowley (Kan.)		1:16.31	1/23

Women's 600 Meters

1	1	Pamela MILANO	SO	#1	Cloud County (Ka)	Q	1:34.08c (1:35.77u)	1/15
2	2	Leonie BEU	FR	#1	Cloud County (Ka)	Q	1:36.01c (1:37.74u)	1/15
3	5	Passion CREWS	FR	#1	Cloud County (Ka)		1:45.32c (1:47.21u)	1/15
4	8	Jada SNEED	FR	#3	Fort Scott (Kan.)		1:48.57 out	1/14
5	9	Kentayshija PRUITT	SO	#3	Fort Scott (Kan.)		1:48.80 out	1/14
6	10	Abigail PINNOCK	FR	#6	Garden City (Kan.)		1:53.44c (1:55.48u)	1/15
7	11	Aydan BASS	FR	#5	Highland (Kan.) C		1:53.63c (1:55.67u)	1/15
8	13	Ashley ISLE	FR	#7	Coffeyville (Kan.)		2:03.59 out	1/14
9	14	Octavia YOUNG	SO	#3	Fort Scott (Kan.)		2:11.90 out	1/14

Women's 800 Meters

1	3	Zinara LESLEY	SO	#4	Cowley (Kan.)	Q	2:24.27	1/23
2	5	Patricia KOMA	SO	#1	Cloud County (Ka)		2:26.20	1/23
3	8	Kya JOHNSON	SO	#1	Cloud County (Ka)		2:29.89	1/23
4	9	Ludjenie MONDESIR	FR	#1	Cloud County (Ka)		2:30.01	1/23
5	12	Emily FLORES	FR	#4	Cowley (Kan.)		2:32.66	1/23
6	15	Abigail PINNOCK	FR	#6	Garden City (Kan.)		2:35.81	1/23
7	16	Angelica BERNAL	FR	#3	Fort Scott (Kan.)		2:36.33	1/23
8	20	Kayan GREEN	FR	#2	Barton (Kan.) CC		2:38.90 out	1/14
9	26	Tara ELMER	FR	#2	Barton (Kan.) CC		3:00.71 out	1/14
10	27	Aniyaha TABB	FR	#3	Fort Scott (Kan.)		3:01.75	1/23

Women's 1000 Meters

1	1	Ludjenie MONDESIR	FR	#1	Cloud County (Ka)		3:16.29c (3:19.28u)	1/15
2	3	Kya JOHNSON	SO	#1	Cloud County (Ka)		3:19.30c (3:22.33u)	1/15

Women's Mile

1	1	Patricia KOMA	SO	#1	Cloud County (Ka)	Q	5:20.39	1/23
2	3	Kayan GREEN	FR	#2	Barton (Kan.) CC		5:28.97c (5:32.84A)	1/23
3	4	Kya JOHNSON	SO	#1	Cloud County (Ka)		5:35.95	1/23
4	6	Ludjenie MONDESIR	FR	#1	Cloud County (Ka)		5:38.19	1/23
5	15	Eva MIRANDA	FR	#3	Fort Scott (Kan.)		6:15.53	1/23
6	16	Maranda MITCHELL	FR	#3	Fort Scott (Kan.)		6:25.01	1/23
7	19	Angelica BERNAL	FR	#3	Fort Scott (Kan.)		6:45.37 out	1/14
8	23	Ruth REYES	FR	#2	Barton (Kan.) CC		7:25.23 out	1/14

Women's 3000 Meters

1	2	Patricia KOMA	SO	#1	Cloud County (Ka)		11:00.89c(11:07.83u)	1/15
2	4	Kya JOHNSON	SO	#1	Cloud County (Ka)		12:02.41c(12:10.00u)	1/15
3	5	Abbey HOOVER	FR	#1	Cloud County (Ka)		12:13.16c(12:20.86u)	1/15

Women's 60 Meter Hurdles

1	3	Ayesha NELSON	FR	#2	Barton (Kan.) CC	Q	8.91 (0.0)	1/14
2	4	Diondra WILBORN	FR	#6	Garden City (Kan.)	Q	9.00	1/23
3	5	Ashanti HARVEY	FR	#2	Barton (Kan.) CC		9.35 (0.0)	1/14
4	6	Keiana NEWMAN	SO	#1	Cloud County (Ka)		9.47 (8.80(55))	1/15
5	7	Shavonte HARRIS	SO	#5	Highland (Kan.) C		9.50 (8.83(55))	1/15
6	10	Aeryn RECKWARD	FR	#1	Cloud County (Ka)		9.98	1/23
7	11	Jazmine SIMMONS	FR	#3	Fort Scott (Kan.)		10.33 (0.0)	1/14
8	12	Aliya HATTON	SO	#1	Cloud County (Ka)		10.41	1/23
9	13	Taylor MEINEN	SO	#4	Cowley (Kan.)		10.45 (9.71(55))	1/15
10	14	Octavia YOUNG	SO	#3	Fort Scott (Kan.)		10.47	1/23

Women's 4x400 Relay

1	1	https://www.tfrrs.org/teams/545		#1	Cloud County (Ka)	Q	3:50.61	1/23
2	5	https://www.tfrrs.org/teams/8048		#3	Fort Scott (Kan.)		4:11.78	1/23
3	7	https://www.tfrrs.org/teams/551		#6	Garden City (Kan.)		4:26.94c (4:32.41u)	1/15
4	9	https://www.tfrrs.org/teams/547		#7	Coffeyville (Kan.)		4:46.26 out	1/14



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Central

Women's High Jump

1	2	Annia ASHLEY	SO	#2	Barton (Kan.) CC	Q	1.63m	5-4¼	1/23
1	2	Nia ROBINSON	FR	#2	Barton (Kan.) CC	Q	1.63m	5-4¼	1/23
3	7	Taylor MEINEN	SO	#4	Cowley (Kan.)		1.40m	4-7	1/15
4	9	Diamond SULLIVAN	SO	#5	Highland (Kan.) C		1.34m	4-4¾	1/15

Women's Pole Vault

1	2	Georgia BELL	FR	#1	Cloud County (Ka	Q	3.09m	10-1½	1/15
2	3	Kassidy BLANN	FR	#4	Cowley (Kan.)		2.79m	9-1¾	1/24
3	4	Taylor FRANCIS	FR	#5	Highland (Kan.) C		2.39m	7-10	1/15

Women's Long Jump

1	2	Kailah GILMORE	FR	#3	Fort Scott (Kan.)	Q	5.52m	18-1½	1/23
2	3	Nia ROBINSON	FR	#2	Barton (Kan.) CC	Q	5.46m	17-11 (0.0)	1/14
3	6	Shemia ODAINE	FR	#2	Barton (Kan.) CC		5.30m	17-4¾ (0.0)	1/14
4	8	Trinity SINEGAL	FR	#3	Fort Scott (Kan.)	Q	5.12m	16-9¾	1/23
5	9	Damazvia DAMES	FR	#3	Fort Scott (Kan.)	Q	5.03m	16-6	1/23
6	10	Tatiana WASHINGTON	FR	#7	Coffeyville (Kan.)		5.02m	16-5¾ (0.0)	1/14
7	12	Jada MEECHAM	FR	#7	Coffeyville (Kan.)		4.87m	15-11¾ (0.0)	1/14
8	15	Taylor MEINEN	SO	#4	Cowley (Kan.)		4.73m	15-6¼	1/15
9	18	Ioanna JOHNSON	FR	#4	Cowley (Kan.)		4.60m	15-1¼ (0.0)	1/24
10	20	Victoria AUGUSTIN	FR	#7	Coffeyville (Kan.)		4.47m	14-8 (0.0)	1/14

Women's Triple Jump

1	1	Nia ROBINSON	FR	#2	Barton (Kan.) CC	Q	12.58m	41-3¼	1/23
2	2	Annia ASHLEY	SO	#2	Barton (Kan.) CC	Q	12.49m	40-11¾	1/23
3	4	Damazvia DAMES	FR	#3	Fort Scott (Kan.)	Q	11.10m	36-5	1/23
4	8	Charleyanse HOWARD	FR	#3	Fort Scott (Kan.)	Q	10.66m	34-11¾	1/23
5	11	Ashanti HARVEY	FR	#2	Barton (Kan.) CC		9.73m	31-11¼ (0.0)	1/14
6	12	Keiana NEWMAN	SO	#1	Cloud County (Ka		9.58m	31-5¼	1/15

Women's Shot Put

1	1	Marie FORBES	SO	#1	Cloud County (Ka	Q	14.23m	46-8¼	1/15
2	2	Ana DA SILVA	FR	#2	Barton (Kan.) CC	Q	13.55m	44-5½	1/14
3	3	Jada SEWELL	FR	#2	Barton (Kan.) CC		12.26m	40-2¾	1/14
4	7	Naliyah LANDRUM	FR	#7	Coffeyville (Kan.)		11.31m	37-1¼	1/14
5	8	Shonase COLLINS	FR	#7	Coffeyville (Kan.)		11.17m	36-7¾	1/14
6	9	Kailee CHOICE	FR	#4	Cowley (Kan.)		10.80m	35-5¼	1/24
7	11	Maycee CALIHAN	SO	#1	Cloud County (Ka		10.76m	35-3¾	1/15
7	11	Santornya RALLIFORD	FR	#5	Highland (Kan.) C		10.76m	35-3¾	1/15
9	16	Diamond SULLIVAN	SO	#5	Highland (Kan.) C		9.55m	31-4	1/15
10	18	Matti DAINELS	FR	#8	Northwest Kansa		9.47m	31-1	1/14

Women's Weight Throw

1	2	Ana DA SILVA	FR	#2	Barton (Kan.) CC	Q	17.82m	58-5¾	1/14
2	3	Marie FORBES	SO	#1	Cloud County (Ka	Q	16.28m	53-5	1/15
3	4	Maycee CALIHAN	SO	#1	Cloud County (Ka		13.45m	44-1½	1/15
4	5	Naliyah LANDRUM	FR	#7	Coffeyville (Kan.)		12.80m	42-0	1/14
5	6	Shonase COLLINS	FR	#7	Coffeyville (Kan.)		12.77m	41-10¾	1/14
6	8	Chole WILSON	SO	#4	Cowley (Kan.)		12.15m	39-10½	1/24
7	9	Santornya RALLIFORD	FR	#5	Highland (Kan.) C		11.86m	38-11	1/15
8	10	Kyra CHOICE	FR	#4	Cowley (Kan.)		11.71m	38-5	1/24
9	11	Kayla MCCLELLAN	FR	#4	Cowley (Kan.)		11.47m	37-7¾	1/24
10	13	Brenna DAVIDSON	SO	#1	Cloud County (Ka		11.23m	36-10¼	1/23

Women's Pentathlon

1	1	Taylor MEINEN	SO	#4	Cowley (Kan.)	Q	2,093		1/15
2	2	Diamond SULLIVAN	SO	#5	Highland (Kan.) C	Q	1,979		1/15
3	3	Channa HINES	SO	#4	Cowley (Kan.)	Q	833		1/15



USTFCCA NJCAA Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2021 Week #1, January 25

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Midwest

Women's 60 Meters

1	2	Hannah CONNELL	SO	#1	Iowa Central CC	Q	7.56		1/22
2	3	Odell FRYE	SO	#1	Iowa Central CC		7.71	(0.0)	1/14
3	6	Sanique ROSE	SO	#2	Iowa Western CC	Q	7.78		1/22
4	7	Nayomie GREEN	FR	#2	Iowa Western CC		7.80		1/22
5	9	Janyla HOSKINS	FR	#4	Indian Hills (Iowa)		7.89		1/16
6	10	Kylar BROWN	SO	#4	Indian Hills (Iowa)		7.90		1/22
7	11	Dasauna COMBS	SO	#4	Indian Hills (Iowa)		7.91		1/22
8	19	Fane SAUVAKACOLO	SO	#7	Southwestern (Iowa)		8.06		1/22
9	24	Patience HEATH	FR	#1	Iowa Central CC		8.10		1/22
10	33	Kunia PETTIT	FR	#2	Iowa Western CC		8.26		1/22

Women's 200 Meters

1	4	Hannah CONNELL	SO	#1	Iowa Central CC		25.20 out	(0.0)	1/14
2	5	Temira GOODS	FR	#4	Indian Hills (Iowa)		25.71 OT		1/16
3	7	Kylar BROWN	SO	#4	Indian Hills (Iowa)		25.72 OT		1/16
4	8	Odell FRYE	SO	#1	Iowa Central CC		25.88 out	(0.0)	1/14
5	9	Kahliyah ANDERSON	FR	#4	Indian Hills (Iowa)		25.91 OT		1/16
6	11	Sanique ROSE	SO	#2	Iowa Western CC		26.11 OT		1/22
7	17	Nayomie GREEN	FR	#2	Iowa Western CC		26.47 OT		1/22
8	18	Fane SAUVAKACOLO	SO	#7	Southwestern (Iowa)		26.56c	(26.97f)	1/22
9	19	Patience HEATH	FR	#1	Iowa Central CC		26.58c	(26.99f)	1/22
10	35	Jenna HUMMELL	SO	#3	Hawkeye (Iowa)		27.89c	(28.32f)	1/22

Women's 400 Meters

1	1	Kahliyah ANDERSON	FR	#4	Indian Hills (Iowa)	Q	57.96 OT		1/22
2	3	Aliyah MCNEIL	FR	#2	Iowa Western CC	Q	58.09 OT		1/22
3	4	Kylar BROWN	SO	#4	Indian Hills (Iowa)		58.79 OT		1/22
4	6	Temira GOODS	FR	#4	Indian Hills (Iowa)		59.73 OT		1/22
5	9	Nadesha WALLACE	FR	#1	Iowa Central CC		1:02.12c	(1:02.94f)	1/22
6	17	Sophie SPARGUR	FR	#3	Hawkeye (Iowa)		1:09.16c	(1:10.07f)	1/22
7	20	Chloe KNEPP	SO	#5	Vincennes (Ind.)		1:12.24c	(1:13.19f)	1/23
8	25	Selena VALENZUELA	FR	#1	Iowa Central CC		1:26.09 out		1/14

Women's 600 Meters

1	3	Nickisha PRYCE	FR	#2	Iowa Western CC		1:41.72 OT	1:30.82/6	1/16
2	4	Shariden RICHARDSON	FR	#2	Iowa Western CC		1:41.86 OT	1:30.94/6	1/22
3	6	Kaylee LEICHT	FR	#3	Hawkeye (Iowa)		1:45.63 OT	1:34.31/6	1/16
4	7	Mohussin ABAKAR	SO	#2	Iowa Western CC		1:46.33 OT	1:34.93/6	1/16
5	12	Emma DRAKE	FR	#3	Hawkeye (Iowa)		1:55.45 OT	1:43.08/6	1/16

Women's 800 Meters

1	1	Ryann PORTCH	FR	#3	Hawkeye (Iowa)	Q	2:21.64c	(2:23.27f)	1/22
2	2	Rosalie FISH	SO	#1	Iowa Central CC	Q	2:23.97c	(2:25.63f)	1/22
3	4	Chloe LENOIR	FR	#1	Iowa Central CC		2:26.04c	(2:27.72f)	1/22
4	6	Sarah BERTRY	FR	#6	North Iowa Area		2:26.59c	(2:28.28f)	1/22
5	7	Kaylee LEICHT	FR	#3	Hawkeye (Iowa)		2:29.48c	(2:31.20f)	1/22
6	10	Mohussin ABAKAR	FR	#2	Iowa Western CC		2:30.37 OT		1/22
7	11	Lilia ALVAREZ	SO	#1	Iowa Central CC		2:31.99c	(2:33.74f)	1/22
8	13	Kyra YOUNG	SO	#5	Vincennes (Ind.)		2:33.35c	(2:35.11f)	1/23
9	14	Blayne LECHANCE	SO	#2	Iowa Western CC		2:33.86 OT		1/22
10	18	Sophie SPARGUR	FR	#3	Hawkeye (Iowa)		2:37.77 OT		1/16

Women's 1000 Meters

1	2	Chloe LENOIR	FR	#1	Iowa Central CC		3:18.80 out		1/14
2	6	Shaunti LONGFELLOW	FR	#1	Iowa Central CC		3:41.73 out		1/14
3	7	Kirstyn BEAMAN	FR	#1	Iowa Central CC		3:44.24 out		1/14

Women's Mile

1	7	Josie STACKIS	FR	#1	Iowa Central CC		5:49.82c	(5:53.28f)	1/22
2	8	Mohussin ABAKAR	SO	#2	Iowa Western CC		5:51.99 OT		1/16
3	10	Jacy COLLINS	FR	#5	Vincennes (Ind.)		6:00.71c	(6:04.28f)	1/23
4	12	Hannah PAYNE	FR	#3	Hawkeye (Iowa)		6:07.33c	(6:10.96f)	1/22
5	13	Whitney MARTIN	SO	#6	North Iowa Area		6:010.00c	(6:13.66f)	1/22
6	14	Mindi SANDE	FR	#3	Hawkeye (Iowa)		6:12.48 OT		1/16
7	17	Lauren KERN	SO	#6	North Iowa Area		6:30.40c	(6:34.26f)	1/22
8	18	Kirstyn BEAMAN	FR	#1	Iowa Central CC		6:34.87 out		1/14
9	20	Mia BLODGETT	FR	#1	Iowa Central CC		6:49.47c	(6:53.52f)	1/22
10	21	Mercy MELLY	FR	#6	North Iowa Area		7:00.97c	(7:05.13f)	1/22

Women's 3000 Meters

1	1	Meagan MORENO	SO	#5	Vincennes (Ind.)	Q	10:53.49c	(10:59.09f)	1/23
2	3	Lilia ALVAREZ	SO	#1	Iowa Central CC		11:31.11 out		1/14
3	6	Mindi SANDE	FR	#3	Hawkeye (Iowa)		12:24.77c	(12:31.15f)	1/22
4	8	Josie STACKIS	FR	#1	Iowa Central CC		12:30.64 out		1/14

Women's 60 Meter Hurdles

1	1	Hannah CONNELL	SO	#1	Iowa Central CC	Q	8.72	(0.0)	1/14
2	2	Dyandra GRAY	FR	#2	Iowa Western CC	Q	8.89		1/16
3	8	Thalia SUMMERVILLE	FR	#2	Iowa Western CC		9.63		1/22
4	9	Kylee NEIGHBORS	FR	#3	Hawkeye (Iowa)		9.91		1/22
5	15	Lynn HOFETT	FR	#6	North Iowa Area		10.54		1/22
6	17	Margaret NIELSEN	FR	#3	Hawkeye (Iowa)		11.06		1/22
6	17	Carlie HOPPE	FR	#3	Hawkeye (Iowa)		11.06		1/22

Women's 4x400 Relay

1	2	https://www.tfrrs.org/teams/59718	#2	Iowa Western CC	Q	3:56.11 OT		1/16
2	3	https://www.tfrrs.org/teams/85621	#4	Indian Hills (Iowa)	Q	3:56.67 OT		1/16
3	4	https://www.tfrrs.org/teams/20051	#1	Iowa Central CC		4:06.87c	(4:10.14f)	1/22
4	6	https://www.tfrrs.org/teams/95006	#3	Hawkeye (Iowa)		4:21.71 OT		1/16
5	8	https://www.tfrrs.org/teams/708	#5	Vincennes (Ind.)		4:40.05c	(4:43.76f)	1/23
6	10	https://www.tfrrs.org/teams/28039	#6	North Iowa Area		4:51.73c	(4:55.60f)	1/22

Women's 4x800 Relay

1	1	https://www.tfrrs.org/teams/20051	#1	Iowa Central CC	Q	9:51.16c	(9:57.97f)	1/22
2	2	https://www.tfrrs.org/teams/95006	#3	Hawkeye (Iowa)		10:06.97c	(10:13.97f)	1/22

Women's Distance Medley Relay

1	1	https://www.tfrrs.org/teams/20051	#1	Iowa Central CC		14:12.05 out		1/14
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Midwest

Women's High Jump

1	1	Aliyah MCNEIL	FR	#2	Iowa Western CC	Q	1.72m	5-7¾	1/16
2	4	Madison JOHNSON	SO	#1	Iowa Central CC		1.60m	5-3	1/14
3	5	Kylee NEIGHBORS	FR	#3	Hawkeye (Iowa) C		1.57m	5-1¾	1/16
4	6	Cadence STANLEY	FR	#2	Iowa Western CC		1.47m	4-9¾	1/16
5	7	Ryann GRIESEMER	FR	#5	Vincennes (Ind.)		1.40m	4-7	1/23

Women's Pole Vault

1	1	Makinzi MEURER	SO	#5	Vincennes (Ind.)	Q	3.27m	10-8¾	1/23
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Women's Long Jump

1	1	Victory GEORGE	FR	#2	Iowa Western CC	Q	5.74m	18-10	1/22
2	4	Sanique ROSE	FR	#2	Iowa Western CC		5.33m	17-6	1/16
2	4	Siby YAO	FR	#4	Indian Hills (Iowa)		5.33m	17-6	1/22
4	7	Kylar BROWN	SO	#4	Indian Hills (Iowa)		5.27m	17-3½	1/16
5	11	Ciara CORLEY	FR	#4	Indian Hills (Iowa)		4.99m	16-4½	1/16
6	14	Fane SAUVAKACOLO	SO	#7	Southwestern (Iowa)		4.78m	15-8¼	1/16
7	16	Cadence STANLEY	FR	#2	Iowa Western CC		4.69m	15-4¾	1/22
8	17	Patience HEATH	FR	#1	Iowa Central CC		4.67m	15-4 (0.0)	1/14
9	24	Margaret NIELSEN	FR	#3	Hawkeye (Iowa) C		4.05m	13-3½	1/16
10	25	Anna TAFT	FR	#3	Hawkeye (Iowa) C		4.01m	13-2	1/16

Women's Triple Jump

1	3	Victory GEORGE	FR	#2	Iowa Western CC	Q	11.83m	38-9¾	1/22
2	5	Ciara CORLEY	FR	#4	Indian Hills (Iowa)		10.74m	35-3	1/22
2	5	Fane SAUVAKACOLO	SO	#7	Southwestern (Iowa)		10.74m	35-3	1/16
4	7	Patience HEATH	FR	#1	Iowa Central CC		10.73m	35-2½ (0.0)	1/14
5	9	Moselle PUNNI	FR	#2	Iowa Western CC		9.90m	32-5¾	1/22
6	10	Malama TOURE	FR	#4	Indian Hills (Iowa)		9.77m	32-¾	1/22

Women's Shot Put

1	4	Lauren UPMAYER	FR	#4	Indian Hills (Iowa)		12.13m	39-9¾	1/16
2	5	Victoria ADU	FR	#1	Iowa Central CC		11.98m	39-3¾	1/14
3	6	Alyssa STRIEGEL	FR	#3	Hawkeye (Iowa) C		11.42m	37-5¾	1/16
4	10	Allison FLANSCHA	FR	#3	Hawkeye (Iowa) C		10.78m	35-4½	1/16
5	13	Kiana BEAN	SO	#2	Iowa Western CC		10.59m	34-9	1/22
6	14	Ariana RODRIGUEZ	FR	#1	Iowa Central CC		10.25m	33-7½	1/14
7	15	Elizabeth SEBERA	FR	#2	Iowa Western CC		10.01m	32-10¼	1/16
8	16	Cinnamon EVANS	SO	#6	North Iowa Area C		9.55m	31-4	1/16
9	20	Erionna HAMILTON	FR	#4	Indian Hills (Iowa)		9.32m	30-7	1/22
10	22	Brenna PAULSON	FR	#6	North Iowa Area C		8.97m	29-5¼	1/16

Women's Weight Throw

1	1	Victoria ADU	FR	#1	Iowa Central CC	Q	18.79m	61-7¾	1/14
2	7	Elizabeth SEBERA	FR	#2	Iowa Western CC		12.59m	41-3¾	1/16
3	14	Alyssa STRIEGEL	FR	#3	Hawkeye (Iowa) C		11.22m	36-9¾	1/22
4	16	Cinnamon EVANS	SO	#6	North Iowa Area C		10.54m	34-7	1/16
5	17	Brenna PAULSON	FR	#6	North Iowa Area C		10.43m	34-2¾	1/16
6	20	Kiana BEAN	SO	#2	Iowa Western CC		9.82m	32-2¾	1/16
7	21	Allison FLANSCHA	FR	#3	Hawkeye (Iowa) C		9.78m	32-1	1/22



Regional TFRI Event Summary

as of 1/26/2021 1:58:48 PM

West

Women's 1000 Meters

1	4	Sheilah CHERUIYOT	SO	#1	Trinidad State (C	3:21.68c	(3:26.67FA)	1/23
2	5	Ashley LAGAT	FR	#1	Trinidad State (C	3:22.95c	(3:27.97FA)	1/23

Women's Mile

1	2	Sheilah CHERUIYOT	SO	#1	Trinidad State (C	5:26.92c	(5:44.69FA)	1/23
2	5	Ashley LAGAT	FR	#1	Trinidad State (C	5:38.13c	(5:56.51FA)	1/23
3	9	Sharon JESANG	SO	#1	Trinidad State (C	5:55.40c	(6:14.72FA)	1/23