



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

WOMEN — 2022 Week #7, May 9

as of 5/9/2022 10:41:51 AM

Atlantic

Women's 100 Meters

1	87	yanique WHITE	Essex County (N)	DI 12.89	4/22
2	88	Morgan JEFFRIES	Lansing (Mich.) (C)	DI 12.91 (2.0)	4/29
3	97	Fatima MORRIS	Tallahassee (Fla)	DI 13.04	3/26
4		Asia MCLEMORE	Vincennes (Ind.)	DI 13.22w (4.7)	4/22
5		Natalia JOHNSON	CCBC Essex (Md)	DI 13.23 (1.7)	4/29
6		Cheyenne HARDIMON	Bryant & Stratto	DI 13.31 (1.7)	4/29
7		Daijah DACOSTA-MOORE	Tallahassee (Fla)	DI 13.46	3/26
8		Damisi KAYODE	CCBC Essex (Md)	DI 13.62w (3.1)	4/23
9		shania GLASGOW	Essex County (N)	DI 13.84 (-1.5)	4/8
10		Jarrett WAGNER	Carroll (Md.) CC	DI 13.92 (1.7)	4/29

Women's 100 Meter Hurdles

1	33	yanique WHITE	Essex County (N)	DI 15.51 (0.7)	4/2
2	34	L'Tamra WEEKS	Bryant & Stratto	DI 15.53 (0.7)	4/15
3	37	Jelese ALEXANDER	Essex County (N)	DI 15.73	4/22
4	52	Cheyenne HARDIMON	Bryant & Stratto	DI 17.23 (-0.2)	4/15

Women's 200 Meters

1	63	Chinenye ONUORAH	Monroe-New Ro	DI 25.39 (0.9)	3/24
2	E+0:	Jelese ALEXANDER	Essex County (N)	DI 26.16 (1.5)	4/8
2	E+0:	Chloe KNEPP	Vincennes (Ind.)	DI 26.16w (4.8)	4/22
4		Farrah MILLER	Monroe-New Ro	DI 26.39	1/7
5		yanique WHITE	Essex County (N)	DI 26.75 (-1.3)	4/8
6		Morgan JEFFRIES	Lansing (Mich.) (C)	DI 26.78w (2.9)	4/22
7		Fatima MORRIS	Tallahassee (Fla)	DI 27.07w (2.2)	4/9
8		D'iviona HAWKINS	Bryant & Stratto	DI 27.14	1/21
9		Cheyenne HARDIMON	Bryant & Stratto	DI 27.46	1/21
10		Asharee THOMAS	Bryant & Stratto	DI 27.47	12/5

Women's 400 Meters

1	13	Chinenye ONUORAH	Monroe-New Ro:Q	DI 55.84	4/15
2	17	Farrah MILLER	Monroe-New Ro:Q	DI 56.08	4/15
3	31	Aaliyah MOORE	Monroe-New Ro	DI 57.21	2/18
4	71	Delverna BROMFIELD	Essex County (N)	DI 59.89	4/8
5	82	Chloe KNEPP	Vincennes (Ind.)	DI 1:00.89	4/8
6	86	Tracy IDUGBOE	Bryant & Stratto	DI 1:01.31	12/5
7		Raeven BYRD	Tallahassee (Fla)	DI 1:02.73	2/13
8		Morgan HETHERINGTON	Lansing (Mich.) (C)	DI 1:03.27	4/1
9		thomyka VALCENT	Essex County (N)	DI 1:03.49	3/26
10		Faith CLARK	Muskegon (Mich)	DI 1:04.07	4/22

Women's 400 Meter Hurdles

1	9	Megan THOMPSON	Essex County (N):Q	DI 1:02.99	4/22
2	19	Tracy IDUGBOE	Bryant & Stratto:Q	DI 1:05.55	4/15
3	49	Alexis DOLL	Lake-Sumter Sta	DI 1:13.25	3/25
4	59	L'Tamra WEEKS	Bryant & Stratto	DI 1:18.53	3/25

Women's 800 Meters

1	1	Aaliyah MOORE	Monroe-New Ro:Q	DI 2:08.58	4/22
2	5	Farrah MILLER	Monroe-New Ro:Q	DI 2:12.83	4/22
3	13	Tshwanelo MARUPING	Monroe-New Ro:Q	DI 2:17.31	2/18
4	14	Delverna BROMFIELD	Essex County (N):Q	DI 2:17.49	4/2
5	16	Megan THOMPSON	Essex County (N):Q	DI 2:17.94	4/15
6	38	Morgan HETHERINGTON	Lansing (Mich.) (C)	DI 2:24.05	4/22
7	50	Haley ELLIS	Lansing (Mich.) (C)	DI 2:27.20	4/22
8	54	thomyka VALCENT	Essex County (N)	DI 2:27.52	4/8
9	56	Brittany PAGE	Vincennes (Ind.)	DI 2:27.73	4/22
10	63	Arielle VALDES	Tallahassee (Fla)	DI 2:29.36	4/9

Women's 1500 Meters

1	3	Aaliyah MOORE	Monroe-New Ro:Q	DI 4:40.73	4/22
2	4	Tshwanelo MARUPING	Monroe-New Ro:Q	DI 4:42.17	4/22
3	30	Kyra YOUNG	Vincennes (Ind.)	DI 4:58.38	5/6
4	37	Haley ELLIS	Lansing (Mich.) (C)	DI 5:01.58	4/22
5	52	Katelyn SLONE	Lansing (Mich.) (C)	DI 5:07.39	4/22
6	55	Gabrielle METZGER	Lansing (Mich.) (C)	DI 5:08.56	4/22
7	57	Farrah MILLER	Monroe-New Ro	DI 5:08.78	2/18
8	58	Megan THOMPSON	Essex County (N)	DI 5:08.87	2/20
9	76	Madison CHESNEY	Spartanburg Me	DI 5:18.79	4/8
10	82	Faith CLARK	Muskegon (Mich)	DI 5:21.39	4/9

Women's Steeplechase

1	3	Tshwanelo MARUPING	Monroe-New Ro:Q	DI 11:40.53	4/15
2	24	Kaitlyn KOENIG	Vincennes (Ind.)	DI 13:00.57	4/8

Women's 5000 Meters

1	9	Tshwanelo MARUPING	Monroe-New Ro:Q	DI 18:12.88	2/18
2	22	Haley ELLIS	Lansing (Mich.) (C):Q	DI 18:37.58	4/8
3	42	Kayla CRAWFORD	Lansing (Mich.) (C)	DI 19:34.35	4/1
4	43	Kyra YOUNG	Vincennes (Ind.)	DI 19:38.54	4/2
5	50	Katelyn SLONE	Lansing (Mich.) (C)	DI 20:01.64	4/8
6	57	zoey-ann WINT	Essex County (N)	DI 20:32.92	4/8
7	58	Haley BELL	Lansing (Mich.) (C)	DI 20:35.10	4/29
8	69	Hope LAUGHLIN	Vincennes (Ind.)	DI 21:25.66	4/2
9	85	Amanda DONDELINGER	Carroll (Md.) CC	DI 22:58.60	4/15

Women's 10,000 Meters

1	15	Haley ELLIS	Lansing (Mich.) (C):Q	DI 40:10.95	4/29
2	19	Kayla CRAWFORD	Lansing (Mich.) (C)	DI 41:20.55	4/29

Women's 4x100 Relay

1	14	Jelese ALEXANDER, Eliane ROBINSON, shania GLASGOW, yanique WHITE	Essex County (N)	DI 48.29	4/15
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USTFCCA NJCAA Division I Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2022 Week #7, May 9

as of 5/9/2022 10:41:52 AM

Atlantic

Women's 4x400 Relay

1	11	Delverna BROMFIELD, thomyka VALCENT, Megan THOMPSON, zoey-ann WINT	Essex County (N	Q 3:52.15	4/28
2	14	https://www.tfrrs.org/teams/59475	#1 Monroe-New Ro	DI 4:01.33	2/19
3	27	Chloe KNEPP, Kaitlyn KOENIG, Brittany PAGE, Kyra YOUNG	#3 Vincennes (Ind.)	DI 4:24.87	4/22
4	28	https://www.tfrrs.org/teams/91750	#5 Tallahassee (Fla)	DI 4:27.43	2/13
5	31	Morgan HETHERINGTON, Haley ELLIS, Katelyn SLONE, Teagan NORMAN	#2 Lansing (Mich.)	DI 4:32.83	4/1

Women's 4x800 Relay

1	6	https://www.tfrrs.org/teams/690	Essex County (N	Q 9:42.17	3/4
2	10	https://www.tfrrs.org/teams/561	#2 Lansing (Mich.)	Q 9:55.92	4/23
3	17	Chloe KNEPP, Kyra YOUNG, Brittany PAGE, Hope LAUGHLIN	#3 Vincennes (Ind.)	DI 10:29.55	4/22

Women's High Jump

1	14	Josey REINEMAN	#9 Hagerstown (Md)	Q 1.62m	5-3 $\frac{3}{4}$	4/15
1	14	Fatima MORRIS	#5 Tallahassee (Fla)	Q 1.62m	5-3 $\frac{3}{4}$	4/9
3	20	Jelese ALEXANDER	Essex County (N	DI 1.61m	5-3 $\frac{3}{4}$	4/8
4	42	Katie FERRIS	#6 Muskegon (Mich)	DI 1.50m	4-11	1/21
5	65	L'Tamra WEEKS	#4 Bryant & Stratto	DI 1.40m	4-7	1/15
6	69	kayla CHARLES	Essex County (N	1.35m	4-5	1/15

Women's Pole Vault

1	11	Bella BEACHAM	Carroll (Md.) CC	Q 3.16m	10-4 $\frac{1}{4}$	4/23
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Women's Long Jump

1	30	Tracy IDUGBOE	#4 Bryant & Stratto	DI 5.51m	18-1	2/6
2	36	L'Tamra WEEKS	#4 Bryant & Stratto	DI 5.30m	17-4 $\frac{3}{4}$	2/11
3	37	Jelese ALEXANDER	Essex County (N	DI 5.29m		4/22
4	72	Raeven BYRD	#5 Tallahassee (Fla)	DI 4.90m		3/26
5	75	Justine BELL	#1 Monroe-New Ro	DI 4.87m	15-11 $\frac{3}{4}$ (-2)	4/2
6	87	Damisi KAYODE	#7 CCBC Essex (Md)	DI 4.69m	15-4 $\frac{3}{4}$ (1.4)	4/23
7	90	Alexis DOLL	Lake-Sumter Sta	4.63mw	15-2 $\frac{1}{4}$ (3.1)	3/25
8	95	Natalia JOHNSON	#7 CCBC Essex (Md)	4.57m	15-0(-2.7)	3/5
9	97	Eliane ROBINSON	Essex County (N	4.44m	14-6 $\frac{3}{4}$	1/7
10		Kaylin MEYERS	#6 Muskegon (Mich)	4.32m	14-2 $\frac{1}{4}$ (0.6)	4/14

Women's Triple Jump

1	9	Tracy IDUGBOE	#4 Bryant & Strattd	Q 12.08m	39-7 $\frac{3}{4}$	3/4
2	21	Eliane ROBINSON	Essex County (N	DI 11.19m		4/22
3	23	L'Tamra WEEKS	#4 Bryant & Stratto	DI 11.10m	36-5	12/5
4	24	Jelese ALEXANDER	Essex County (N	DI 10.99m		4/22
5	31	Raeven BYRD	#5 Tallahassee (Fla)	DI 10.63m	34-10 $\frac{1}{2}$ (0)	4/29
6	49	Natalia JOHNSON	#7 CCBC Essex (Md)	DI 9.63m	31-7 $\frac{1}{4}$ (-0)	3/5
7	50	Meridith RICHEMOND	Lake-Sumter Sta	9.32m	30-7(1.3)	4/1
8	51	Daijah DACOSTA-MOORE	#5 Tallahassee (Fla)	9.22m		3/26
9	52	Daijah DACOSTA-MOORE	#5 Tallahassee (Fla)	8.91m	29-2 $\frac{3}{4}$ (-1)	4/9
10	53	Kaylin MEYERS	#6 Muskegon (Mich)	8.90m	29-2 $\frac{1}{2}$ (0.6)	4/9

Women's Shot Put

1	29	Kristin STICKDORN	#1 Monroe-New Ro	DI 11.60m	38- $\frac{3}{4}$	2/11
2	37	Karleigh JEFFRIES	#6 Muskegon (Mich)	DI 11.17m	36-7 $\frac{3}{4}$	4/29
3	67	Tamia WALKER	#2 Lansing (Mich.)	DI 9.84m	32-3 $\frac{1}{2}$	4/1
4	68	Giorgia FINO	#3 Vincennes (Ind.)	DI 9.77m	32- $\frac{3}{4}$	4/15
5	72	Olivia KELLER	#8 Montgomery (M	DI 9.63m	31-7 $\frac{1}{4}$	4/15
6	80	Serenity PRATHER	#9 Hagerstown (Mc	9.34m	30-7 $\frac{3}{4}$	4/15
7	85	Kayla MOORE	#8 Montgomery (M	9.11m	29-10 $\frac{3}{4}$	4/15
8	87	Jelese ALEXANDER	Essex County (N	8.93m	29-3 $\frac{3}{4}$	2/25
9	95	Gabrielle RILEY	#1 Monroe-New Ro	8.66m	28-5	2/11
10	97	L'Tamra WEEKS	#4 Bryant & Stratto	8.53m	28-0	3/4

Women's Discus

1	11	Kristin STICKDORN	#1 Monroe-New Ro	Q 42.77m	140-4	4/2
2	35	Karleigh JEFFRIES	#6 Muskegon (Mich)	DI 35.83m	117-7	4/29
3	52	Abeyela CRUZ	#3 Vincennes (Ind.)	DI 30.53m	100-2	4/22
4	57	Olivia KELLER	#8 Montgomery (M	DI 29.99m	98-4 $\frac{3}{4}$	4/15
5	64	Gabrielle RILEY	#1 Monroe-New Ro	25.63m	84-1 $\frac{1}{4}$	3/26
6	66	Serenity PRATHER	#9 Hagerstown (Mc	24.89m	81-8	4/23
7	69	Brenna MINOR	Lake-Sumter Sta	20.69m	67-10 $\frac{3}{4}$	4/1

Women's Hammer

1	1	Kristin STICKDORN	#1 Monroe-New Ro	Q 53.66m	176-1	4/9
2	36	Gabrielle RILEY	#1 Monroe-New Ro	DI 37.09m	121-8	4/9
3	58	Olivia KELLER	#8 Montgomery (M	24.92m	81-9 $\frac{1}{4}$	4/15
4	60	Abeyela CRUZ	#3 Vincennes (Ind.)	18.90m	62- $\frac{1}{4}$	4/8

Women's Javelin

1	5	Giorgia FINO	#3 Vincennes (Ind.)	Q 40.62m	133-3	4/22
2	44	Abeyela CRUZ	#3 Vincennes (Ind.)	DI 27.87m	91-5 $\frac{1}{4}$	4/22
3	46	Jelese ALEXANDER	Essex County (N	DI 27.14m	89- $\frac{1}{2}$	4/8
4	59	L'Tamra WEEKS	#4 Bryant & Stratto	21.87m	71-9	4/15
5	60	Alexis DOLL	Lake-Sumter Sta	21.35m	70- $\frac{1}{2}$	4/1
6	69	Madi HARPER	Carroll (Md.) CC	17.65m	57-11	4/29
7	71	Brenna MINOR	Lake-Sumter Sta	16.84m	55-3	3/25
8	75	Meridith RICHEMOND	Lake-Sumter Sta	11.93m	39-1 $\frac{3}{4}$	4/1

Women's Heptathlon

1	13	Jelese ALEXANDER	Essex County (N	Q 3,883		4/8
2	31	L'Tamra WEEKS	#4 Bryant & Strattd	Q 2,532		4/8



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WOMEN — 2022 Week #7, May 9

as of 5/9/2022 10:41:52 AM

Central

Women's 100 Meters

1	1	Shawnakay PEART	#8	Butler (Kan.) CCI:Q	11.39w	(4.3)	5/5
2	5	Jayda DILLON	#1	Barton (Kan.) CQ:Q	11.53w	(4.3)	5/5
3	6	Kiara BROWN	#8	Butler (Kan.) CCI:Q	11.54w	(4.3)	5/5
4	8	Damazvia DAMES	#4	Fort Scott (Kan.):Q	11.62w	(3.2)	5/5
5	10	Isila APKUP	#2	Cloud County (Kl:Q)	11.66w	(3.2)	5/5
6	11	Ashantae HARVEY	#1	Barton (Kan.) CQ:Q	11.69cw		4/8
7	15	Shavell RILEY	#11	Coffeyville (Kan.):Q	11.71w	(2.8)	5/5
8	17	Troynelle MILLER	#5	Colby (Kan.) CC I:Q	11.76w	(4.3)	5/5
9	18	Kaleb MCDONALD	#8	Butler (Kan.) CCI:Q	11.78w	(2.6)	3/23
10	20	Yaria AKERS	#4	Fort Scott (Kan.):Q	11.80w	(2.8)	5/5

Women's 100 Meter Hurdles

1	1	Miracle THOMPSON	#2	Cloud County (Kl:Q)	13.22w	(5.9)	5/5
2	4	Danae NEMBARD	#1	Barton (Kan.) CQ:Q	13.44w	(5.9)	5/5
3	5	Ashantae HARVEY	#1	Barton (Kan.) CQ:Q	13.48w	(5.9)	5/5
4	16	Ashanti HARVEY	#1	Barton (Kan.) CQ:Q	14.27w	(3.2)	5/5
5	17	Diondra WILBORN	#9	Garden City (Kai:Q)	14.34w	(3.4)	4/1
6	18	Azriel CHADDERTON	#5	Colby (Kan.) CC I:Q	14.39w	(3.4)	4/1
7	19	Calleisha CHANCE	#7	Highland (Kan.) I:Q	14.55w	(4.3)	4/16
8	20	Machala HENGEN	#12	Dodge City (Kan. DI)	14.74w	(5.9)	4/23
9	27	Vanessa MERCERA	#2	Cloud County (K DI)	15.16w	(2.4)	5/5
9	27	Keyann WILSON	#4	Fort Scott (Kan.) DI	15.16w	(3.9)	5/5

Women's 200 Meters

1	1	Kaleb MCDONALD	#8	Butler (Kan.) CCI:Q	23.29w	(6.4)	5/5
2	2	Kiara BROWN	#8	Butler (Kan.) CCI:Q	23.46w	(6.4)	5/5
3	3	Shawnakay PEART	#8	Butler (Kan.) CCI:Q	23.52w	(6.4)	5/5
4	5	Ashantae HARVEY	#1	Barton (Kan.) CQ:Q	23.59cw		4/8
5	6	Vimbayi MAISOVOREWA	#2	Cloud County (Kl:Q)	23.65w	(6.4)	5/5
6	7	Jayda DILLON	#1	Barton (Kan.) CQ:Q	23.75w	(5.1)	5/5
7	14	Isila APKUP	#2	Cloud County (Kl:Q)	24.01w	(4.7)	4/23
8	19	Naiya MORGAN	#1	Barton (Kan.) CQ:Q	24.17cw		4/8
9	22	Leonie BEU	#2	Cloud County (Kl:Q)	24.27w	(2.2)	3/24
10	23	Felicity WATKINS	#10	Allen (Kan.) CC I:Q	24.31w	(5.1)	5/5

Women's 400 Meters

1	1	Ashantae HARVEY	#1	Barton (Kan.) CQ:Q	53.15		4/22
2	2	Vimbayi MAISOVOREWA	#2	Cloud County (Kl:Q)	53.66		4/30
3	6	Lashanna GRAHAM	#1	Barton (Kan.) CQ:Q	55.11c		4/8
4	8	Kiara BROWN	#8	Butler (Kan.) CCI:Q	55.28		2/19
5	9	Kirstin JONES	#8	Butler (Kan.) CCI:Q	55.33		3/4
6	18	Leonie BEU	#2	Cloud County (Kl:Q)	56.09		4/1
7	21	Ann DANGHA	#8	Butler (Kan.) CCI:Q	56.21		4/22
8	24	Kaleb MCDONALD	#8	Butler (Kan.) CC DI	56.52		4/16
9	26	Naiya MORGAN	#1	Barton (Kan.) CC DI	56.73		4/22
10	33	Charleyanse HOWARD	#4	Fort Scott (Kan.) DI	57.26		3/4

Women's 400 Meter Hurdles

1	1	Lashanna GRAHAM	#1	Barton (Kan.) CQ:Q	58.41		4/22
2	3	Ashantae HARVEY	#1	Barton (Kan.) CQ:Q	59.23		5/5
3	7	Deborah LOWE	#1	Barton (Kan.) CQ:Q	1:01.99		5/5
4	15	Sicely JACKSON	#2	Cloud County (Kl:Q)	1:04.51		4/23
5	18	Machala HENGEN	#12	Dodge City (Kan.):Q	1:05.14		4/23
6	20	Diondra WILBORN	#9	Garden City (Kai:Q)	1:05.59c		3/19
7	22	Vanessa MERCERA	#2	Cloud County (Kl:Q)	1:05.95		5/5
8	24	Patience HEATH	#4	Fort Scott (Kan.):Q	1:06.21		3/25
9	25	Achai AROP	#11	Coffeyville (Kan.):Q	1:06.30		5/5
10	26	Maddox GOMERZ	#10	Allen (Kan.) CC I:Q	1:06.41		4/23

Women's 800 Meters

1	6	Pamela MILANO	#2	Cloud County (Kl:Q)	2:13.73		3/24
2	8	Kayan GREEN	#1	Barton (Kan.) CQ:Q	2:15.04		5/5
3	19	Passion CREWS	#2	Cloud County (Kl:Q)	2:19.04		3/24
4	22	Vimbayi MAISOVOREWA	#2	Cloud County (Kl:Q)	2:19.87		3/19
5	24	Abigail FISHER	#2	Cloud County (K DI)	2:20.93		4/1
6	29	Abigail PINNOCK	#3	Cowley (Kan.) DI	2:22.64		1/30
6	29	Alisha DORIS	#4	Fort Scott (Kan.) DI	2:22.64		4/28
8	35	Sicely JACKSON	#2	Cloud County (K DI)	2:23.84		2/10
9	36	Lashanna GRAHAM	#1	Barton (Kan.) CC DI	2:23.88		1/21
9	36	Louise COCKING	#6	Hutchinson (Kar DI)	2:23.88		4/1

Women's 1500 Meters

1	12	Emily DIERCKS	#5	Colby (Kan.) CC I:Q	4:51.00		4/6
2	13	Louise COCKING	#6	Hutchinson (Kar):Q	4:51.28		3/26
3	20	Melody OCHANA	#2	Cloud County (Kl:Q)	4:53.77		2/19
4	22	Kayan GREEN	#1	Barton (Kan.) CQ:Q	4:55.76c		4/1
5	23	Ludjenie MONDESIR	#2	Cloud County (Kl:Q)	4:55.95		4/6
6	24	Shareen CHERUIYOT	#9	Garden City (Kai:Q)	4:56.37		3/4
7	29	Regan HODSDEN	#5	Colby (Kan.) CC I:Q	4:57.95		1/14
8	38	Noel HIDALGO	#6	Hutchinson (Kar DI)	5:02.22		1/30
9	39	Lucy NDUNGU	#2	Cloud County (K DI)	5:02.90		4/15
10	41	Karissa GLOVER	#3	Cowley (Kan.) DI	5:03.89		4/30

Women's Steeplechase

1	2	Shareen CHERUIYOT	#9	Garden City (Kai:Q)	11:32.20		5/5
2	5	Ludjenie MONDESIR	#2	Cloud County (Kl:Q)	11:43.00		3/24
3	7	Melody OCHANA	#2	Cloud County (Kl:Q)	11:46.64		3/24
4	15	Noel HIDALGO	#6	Hutchinson (Kar):Q	12:11.58		3/26
5	22	Cierra NORD	#5	Colby (Kan.) CC DI	12:56.62		4/6
6	23	Laura JUAREZ	#13	Neosho County DI	12:57.96		3/19
7	29	McKenna ESFELD	#10	Allen (Kan.) CC DI	13:31.50		3/25
8	30	Cielo GARCIA	#9	Garden City (Kar DI)	13:43.81		4/1
9	31	Sydney GRAUER	#6	Hutchinson (Kar DI)	13:55.74		5/5
10	33	Leyni GOMEZ	#8	Butler (Kan.) CC DI	14:04.93		5/5



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as of 5/9/2022 10:41:52 AM

Central

Women's 5000 Meters

1	4	Louise COCKING	#6 Hutchinson (Kan.)	Q 17:57.27	4/6
2	7	Regan HODSDEN	#5 Colby (Kan.) CC	I:Q 18:07.11	4/6
3	12	Lucy NDUNGU	#2 Cloud County (Kan.)	Q 18:18.18	3/4
4	19	Karissa GLOVER	#3 Cowley (Kan.)	I:Q 18:30.47	4/6
5	21	Valentine LAGAT	#9 Garden City (Kan.)	Q 18:32.20	3/4
6	23	Elka BILLINGS	#10 Allen (Kan.) CC	I:Q 18:48.28	3/25
7	24	Kristen WILSON	#3 Cowley (Kan.)	I:Q 18:48.89	3/4
8	26	Shareen CHERUIYOT	#9 Garden City (Kan.)	Q 18:51.79	4/23
9	27	Emily DIERCKS	#5 Colby (Kan.) CC	I:Q 18:52.45	4/24
10	33	Cynthia DELAPAZ	#12 Dodge City (Kan.)	DI 19:07.59	3/4

Women's 10,000 Meters

1	3	Lucy NDUNGU	#2 Cloud County (Kan.)	Q 37:29.44	4/6
2	6	Valentine LAGAT	#9 Garden City (Kan.)	Q 38:49.77	4/6
3	11	Elka BILLINGS	#10 Allen (Kan.) CC	I:Q 39:14.29	4/13
4	21	Cynthia DELAPAZ	#12 Dodge City (Kan.)	DI 41:37.18	4/23
5	24	Kristen WILSON	#3 Cowley (Kan.)	DI 44:52.84	5/5
6	27	Delicia BOOTHE	#3 Cowley (Kan.)	DI 46:58.47	5/5

Women's 4x100 Relay

1	5	Kiara BROWN, Shawnakay PEART, Ann DANGHA, Kaleb MCDONALD	#8 Butler (Kan.) CC	Q 45.94	5/5
2	6	Yaria AKERS, Ariyonna BASTON, Kailah GILMORE, Charleyanse HOWARD	#4 Fort Scott (Kan.)	Q 45.99	3/18
2	6	Ashantae HARVEY, Naiya MORGAN, Ida SEESAY, Jayda DILLON	#1 Barton (Kan.) CC	Q 45.99	3/18
4	8	Miracle THOMPSON, Leonie BEU, Isila APKUP, Vimbayi MAISVOREWA	#2 Cloud County (Kan.)	Q 46.03	5/5
5	12	Brianisha ROLLING, Machala HENGEN, Krissalyann HENDERSON, On'Hay PHILLIPS	#12 Dodge City (Kan.)	Q 47.74	5/5
6	13	Azriel CHADDERTON, Princess BROWNE, Troynelle MILLER, Kaylin HEWITT	#5 Colby (Kan.) CC	I:Q 48.21	5/5
7	16	Janae THOMAS, Kali FLOWERS, Jodian REID, Felicity WATKINS	#10 Allen (Kan.) CC	DI 48.94	4/16
8	20	Gretchen BABCOCK, Kayly GUTHRIE, Brandi DUNN, Joze BAKER	#7 Highland (Kan.)	DI 50.27	4/1
9	21	Ashliona MARTIN, Keneah ROMNEY, Courtney BAETZ, Kiana BROWN	#6 Hutchinson (Kan.)	DI 50.42	4/15
10	22	Diondra WILBORN, Areli MORENO, McKenna JAGELS, Erica DAVIS	#9 Garden City (Kan.)	DI 50.68	4/1



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Central

Women's 4x400 Relay

1	3	https://www.tfrrs.org/teams/537	#1 Barton (Kan.) CQ:Q 3:42.51	2/11
2	4	https://www.tfrrs.org/teams/545	#2 Cloud County (Kl):Q 3:44.15	3/4
3	5	Kirstin JONES, Ann DANGHA, Shawnakay PEART, Kaleb MCDONALD	#8 Butler (Kan.) CCI:Q 3:45.31	4/22
4	10	https://www.tfrrs.org/teams/8048	#4 Fort Scott (Kan.):Q 3:50.34	3/4
5	15	Maddox GOMERZ, Felicity WATKINS, Asia HICKS, Ashley ROBINSON	#10 Allen (Kan.) CC DI 4:03.46	5/5
6	19	https://www.tfrrs.org/teams/549	#5 Colby (Kan.) CC DI 4:11.40	2/19
7	20	https://www.tfrrs.org/teams/551	#9 Garden City (Kar) DI 4:11.64	3/4
8	21	Brianisha ROLLING, Machala HENGEN, Krissalynn HENDERSON, On'Hay PHILLIPS	#12 Dodge City (Kan) DI 4:11.77	5/5
9	22	Courtney BAETZ, Kiana BROWN, Noel BUCKHAULTS, Keneah ROMNEY	#6 Hutchinson (Kar) DI 4:13.68	4/1
10	25	https://www.tfrrs.org/teams/4654	#3 Cowley (Kan.) DI 4:20.83	2/19

Women's 4x800 Relay

1	1	https://www.tfrrs.org/teams/545	#2 Cloud County (Kl):Q 9:13.57	4/27
2	8	https://www.tfrrs.org/teams/537	#1 Barton (Kan.) CQ:Q 9:51.39	3/4
3	9	https://www.tfrrs.org/teams/978	#6 Hutchinson (Kar):Q 9:53.47	4/18
4	11	https://www.tfrrs.org/teams/8048	#4 Fort Scott (Kan.):Q 9:56.64	3/4
5	12	Layla INGALLS, Asaris DANDICOURT-GOIR, Karissa GLOVER, Abigail PINNOCK	#3 Cowley (Kan.) Q 9:57.32	5/5
6	15	https://www.tfrrs.org/teams/660	#10 Allen (Kan.) CC DI 10:16.81	3/4
7	18	Miranda HERNANDEZ, Yessenia ORNELAS, Ruby ROJO, Karol PADILLA	#12 Dodge City (Kan) DI 10:37.58	5/5
8	20	https://www.tfrrs.org/teams/992	#13 Neosho County DI 10:44.74	3/4
9	22	Shareen CHERUIYOT, Valentine LAGAT, Cielo GARCIA, Jania DON JUAN	#9 Garden City (Kar) DI 11:08.80	4/1
10	25	https://www.tfrrs.org/teams/547	#11 Coffeyville (Kan) DI 11:45.24	2/19

Women's High Jump

1	2	Nia ROBINSON	#1 Barton (Kan.) CQ:Q 1.80m	5-10¾	5/5
2	5	Calleisha CHANCE	#7 Highland (Kan.) Q 1.70m	5-7	3/4
3	7	Dayjahney HIBBERT	#7 Highland (Kan.) Q 1.68m	5-6	4/23
4	9	Vanessa MERCERA	#2 Cloud County (Kl):Q 1.67m	5-5¾	4/1
5	14	Achai AROP	#11 Coffeyville (Kan):Q 1.62m	5-3¾	5/5
6	20	Victoria AUGUSTIN	#11 Coffeyville (Kan) DI 1.61m	5-3¼	4/9
7	22	LaShae' SMITH	#3 Cowley (Kan.) DI 1.60m	5-3	1/30
8	26	Kiarra HENDERSON	#5 Colby (Kan.) CC DI 1.57m	5-1¾	5/5
8	26	Damazvia DAMES	#4 Fort Scott (Kan.) DI 1.57m	5-1¾	5/5
10	31	Faithlyn IRVING	#2 Cloud County (Kl) DI 1.56m	5-1¼	2/4

Women's Pole Vault

1	2	Arantxa CORTEZ	#3 Cowley (Kan.) Q 3.55m	11-7¾	3/4
2	4	Maggie ARMSTRONG	#2 Cloud County (Kl):Q 3.31m	10-10¼	5/5
3	5	Kiana BROWN	#6 Hutchinson (Kar):Q 3.25m	10-8	3/26
4	7	Mia MANLEY	#2 Cloud County (Kl):Q 3.24m	10-7½	4/23
5	8	Violet MARTINEZ	#6 Hutchinson (Kar):Q 3.20m	10-6	4/30
6	13	Channa HINES	#3 Cowley (Kan.) DI 3.11m	10-2½	3/10
7	14	McKenna JAGELS	#9 Garden City (Kar) DI 2.90m	9-6¼	4/1
8	15	Jacie CARSON	#3 Cowley (Kan.) DI 2.86m	9-4½	5/5



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Central

Women's Long Jump

1	1	Nia ROBINSON	#1 Barton (Kan.) CQ:Q 6.40mw	21-0 (4.4)	5/5
2	8	Damazvia DAMES	#4 Fort Scott (Kan.):Q 6.02m		4/28
3	11	Kailah GILMORE	#4 Fort Scott (Kan.):Q 5.85m	19-2½	3/4
4	16	Patience HEATH	#4 Fort Scott (Kan.):Q 5.72m	18-9¼	1/22
5	19	Ida SEESAY	#1 Barton (Kan.) CQ:Q 5.64m	18-6	2/19
6	21	Calleisha CHANCE	#7 Highland (Kan.) I:Q 5.63m	18-5¾	2/12
7	22	Vanessa MERCERA	#2 Cloud County (Kl:Q 5.62mw	18-5¼ (2.1)	4/23
8	23	Princess BROWNE	#5 Colby (Kan.) CC I:Q 5.60mw	18-4½ (3.9)	5/5
9	24	Brittania INGRAM	#1 Barton (Kan.) CQ:Q 5.59m	18-4¼	3/4
9	24	Tatiana WASHINGTON	#11 Coffeyville (Kan):Q 5.59m	18-4¼ (2.0)	4/1
9	24	Faithlyn IRVING	#2 Cloud County (Kl:Q 5.59m	18-4¼ (1.4)	4/23

Women's Triple Jump

1	1	Nia ROBINSON	#1 Barton (Kan.) CQ:Q 12.87mw	42-2¾ (5.9)	5/5
2	4	Damazvia DAMES	#4 Fort Scott (Kan.):Q 12.34m	40-6	3/4
3	7	Faithlyn IRVING	#2 Cloud County (Kl:Q 12.15mw	39-10½ (5)	5/5
4	12	Princess BROWNE	#5 Colby (Kan.) CC I:Q 11.96mw	39-3 (5.4)	5/5
5	16	Brittania INGRAM	#1 Barton (Kan.) CQ:Q 11.77mw	38-7½ (2.8)	4/22
6	19	Ashley ROBINSON	#10 Allen (Kan.) CC DI 11.38mw	37-4 (6.0)	5/5
7	22	Brandi DUNN	#7 Highland (Kan.) DI 11.11m	36-5½ (1.3)	3/24
8	24	Ida SEESAY	#1 Barton (Kan.) CQ DI 10.99m	36-¾	2/19
9	27	Abby RUESCHHOFF	#3 Cowley (Kan.) DI 10.93mw	35-10½ (4)	5/5
9	27	Jasmine CARSON	#1 Barton (Kan.) CQ DI 10.93m	35-10½	1/30

Women's Shot Put

1	1	Kelsie MURRELL-ROSS	#1 Barton (Kan.) CQ:Q 16.00m	52-6	4/22
2	3	Jazmyn JAMES	#7 Highland (Kan.) I:Q 14.36m	47-1½	4/23
3	4	Santonya RALLIFORD	#7 Highland (Kan.) I:Q 14.27m	46-10	1/22
4	5	Shakera WILLIAMS	#7 Highland (Kan.) I:Q 13.85m	45-5¼	4/23
5	6	Hollie STEWART	#2 Cloud County (Kl:Q 13.77m	45-2¼	3/4
6	8	Efe LATHAM	#1 Barton (Kan.) CQ:Q 13.40m	43-11¾	4/22
7	10	Jada SEWELL	#1 Barton (Kan.) CQ:Q 13.14m	43-1½	1/30
8	11	Kyra CHOICE	#3 Cowley (Kan.) I:Q 12.99m	42-7½	4/16
9	17	Savannah ADAMS	#5 Colby (Kan.) CC DI 12.34m	40-6	2/19
10	18	Shonase COLLINS	#11 Coffeyville (Kan.) DI 12.30m	40-4¼	3/4

Women's Discus

1	2	Santonya RALLIFORD	#7 Highland (Kan.) I:Q 48.42m	158-10	4/9
2	4	Jazmyn JAMES	#7 Highland (Kan.) I:Q 45.85m	150-5	4/23
3	6	Kelsie MURRELL-ROSS	#1 Barton (Kan.) CQ:Q 44.45m	145-10	4/22
4	7	Kayla MCCLELLAN	#3 Cowley (Kan.) I:Q 44.30m	145-4	4/6
5	16	Reahna ROBERTS	#4 Fort Scott (Kan.):Q 41.82m	137-3	5/5
6	18	Dajian SALMON	#3 Cowley (Kan.) I:Q 41.08m	134-10	5/5
7	20	Hannah SCHROCK	#6 Hutchinson (Kan):Q 40.60m	133-3	5/5
8	21	Jada SEWELL	#1 Barton (Kan.) CQ:Q 40.49mA	132-10	4/1
9	22	Angela SANCHEZ	#11 Coffeyville (Kan):Q 40.33m	132-4	4/9
10	23	Bernesha KNOWLES	#3 Cowley (Kan.) DI 39.23m	128-9	4/1

Women's Hammer

1	2	Jada SEWELL	#1 Barton (Kan.) CQ:Q 51.93m	170-5	4/22
2	3	Efe LATHAM	#1 Barton (Kan.) CQ:Q 50.53m	165-10	4/22
3	4	Kayla MCCLELLAN	#3 Cowley (Kan.) I:Q 48.34m	158-7	4/30
4	5	Ariana RODRIGUEZ	#1 Barton (Kan.) CQ:Q 48.33mA	158-7	4/8
5	6	Chloe WILSON	#3 Cowley (Kan.) I:Q 47.82m	156-11	4/30
6	9	Naliyah LANDRUM	#11 Coffeyville (Kan):Q 45.49m	149-3	3/10
7	11	Sarah ROBINSON	#3 Cowley (Kan.) I:Q 45.34m	148-9	5/5
8	13	Bernesha KNOWLES	#3 Cowley (Kan.) I:Q 44.21m	145-1	4/30
9	14	Saqqary BAKER	#5 Colby (Kan.) CC I:Q 43.89m	144-0	4/29
10	17	Hannah SCHROCK	#6 Hutchinson (Kan):Q 43.30m	142-1	4/30

Women's Javelin

1	1	Jessi BRUMMETT	#2 Cloud County (Kl:Q 43.70m	143-5	4/23
2	2	Hollie STEWART	#2 Cloud County (Kl:Q 43.56m	142-11	5/5
3	7	Efe LATHAM	#1 Barton (Kan.) CQ:Q 40.22m	132-0	5/5
4	8	Shade TORRES	#12 Dodge City (Kan):Q 40.11m	131-7	5/5
5	9	Shardenai DAVIS	#3 Cowley (Kan.) I:Q 40.00m	131-3	5/5
6	12	Patrisha DOLL	#6 Hutchinson (Kan):Q 38.20m	125-4	4/30
7	13	Santonya RALLIFORD	#7 Highland (Kan.) I:Q 38.00m	124-8	5/5
8	22	Savannah ADAMS	#5 Colby (Kan.) CC DI 33.58m	110-2	4/6
9	26	Lillian THOMAS	#1 Barton (Kan.) CQ DI 32.09m	105-4	3/26
10	28	Hannah SCHROCK	#6 Hutchinson (Kan):Q DI 31.73m	104-1	4/9

Women's Heptathlon

1	4	Vanessa MERCERA	#2 Cloud County (Kl:Q 4,412		5/5
2	7	Deborah LOWE	#1 Barton (Kan.) CQ:Q 4,309		5/5
3	14	Calleisha CHANCE	#7 Highland (Kan.) I:Q 3,633		3/24
4	18	Ashanti HARVEY	#1 Barton (Kan.) CQ:Q 3,357		5/5
5	21	Reanna GREEN	#2 Cloud County (Kl:Q 3,228		5/5
6	22	LaShae' SMITH	#3 Cowley (Kan.) I:Q 3,182		5/5
7	24	Malama TOURE	#1 Barton (Kan.) CQ:Q 3,120		5/5
8	25	McKenna JAGELS	#9 Garden City (Kan):Q 3,094		5/5
9	26	Gracie SHIRE	#3 Cowley (Kan.) I:Q 2,806		5/5
10	27	Chantal GAYLE	#5 Colby (Kan.) CC I:Q 2,799		5/5



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Midwest

Women's 100 Meters

1	3	Tirecia WALCOTT	#1	Iowa Western C	Q 11.48w	(5.8)	4/6
2	4	Kayla MCCRAY	#3	Indian Hills (Iow)	Q 11.49w	(5.8)	4/6
3	11	Brianna CHARLES	#4	Hinds (Miss.) CCI	Q 11.69	(1.7)	4/28
4	15	Diandrenique GAINES	#4	Hinds (Miss.) CCI	Q 11.71	(-1.3)	4/16
5	18	Kahliyah ANDERSON	#3	Indian Hills (Iow)	Q 11.78w	(6.1)	4/6
6	29	Janyla HOSKINS	#3	Indian Hills (Iow)	Q 11.96w	(2.5)	3/24
7	30	Kiersten CLARK	#4	Hinds (Miss.) CCI	Q 11.97	(0.8)	4/6
8	39	Marquetta BERLIN-BURNS	#1	Iowa Western C	DI 12.08w	(5.3)	4/22
9	40	Victory GEORGE	#1	Iowa Western C	DI 12.09	(0.5)	5/7
10	44	Jenna HUMMELL	#5	Hawkeye (Iowa) DI	12.12w	(5.3)	4/23

Women's 100 Meter Hurdles

1	3	Jerricka AMBUS	#4	Hinds (Miss.) CCI	Q 13.32	(1.2)	4/28
2	6	Dyandra GRAY	#1	Iowa Western C	Q 13.65w	(2.2)	4/22
3	9	Osayi OMORODION	#1	Iowa Western C	Q 13.94w	(2.3)	4/15
4	11	Antonia SEALY	#1	Iowa Western C	Q 14.08	(1.7)	5/7
5	13	Matayah NAYLOR	#3	Indian Hills (Iow)	Q 14.22	(1.1)	4/28
5	13	Adeyah BREWSTER	#2	Iowa Central CCI	Q 14.22	(1.8)	5/7
7	22	Arryona SIMMONS	#12	Meridian (Miss.) DI	14.77	(1.2)	4/28
8	26	Peyton STEVA	#3	Indian Hills (Iow) DI	15.13	(1.9)	4/1
9	30	Jade JACKSON	#2	Iowa Central CC	DI 15.35	(1.8)	5/7
10	31	Kylee NEIGHBORS	#5	Hawkeye (Iowa) DI	15.46w	(3.4)	4/23

Women's 200 Meters

1	7	Tirecia WALCOTT	#1	Iowa Western C	Q 23.75	(1.8)	5/7
2	11	Nickisha PRYCE	#1	Iowa Western C	Q 23.87	(0.7)	4/6
3	13	Kayla MCCRAY	#3	Indian Hills (Iow)	Q 24.00	(1.8)	5/7
4	15	Diandrenique GAINES	#4	Hinds (Miss.) CCI	Q 24.02		3/4
5	18	Kahliyah ANDERSON	#3	Indian Hills (Iow)	Q 24.16	(0.3)	4/1
6	20	Terresha WALCOTT	#1	Iowa Western C	Q 24.23		3/4
7	28	Antiana WALSH	#3	Indian Hills (Iow)	Q 24.54w	(2.9)	3/24
8	31	Brooke GRAY	#4	Hinds (Miss.) CCI	Q 24.57	(1.8)	4/28
9	33	Dyandra GRAY	#1	Iowa Western C	DI 24.64		3/4
10	36	Britney BROWN	#2	Iowa Central CC	DI 24.81	(1.8)	5/7

Women's 400 Meters

1	3	Nickisha PRYCE	#1	Iowa Western C	Q 53.68		3/4
2	5	Britney BROWN	#2	Iowa Central CCI	Q 55.10		5/7
3	11	Daniella DEER	#1	Iowa Western C	Q 55.65		4/22
4	16	Kahliyah ANDERSON	#3	Indian Hills (Iow)	Q 55.94		1/22
5	20	Aimaya DRUMMOND	#3	Indian Hills (Iow)	Q 56.13		5/7
6	28	JodyAnn DIXON	#4	Hinds (Miss.) CC	DI 57.01		3/4
7	34	Brooke GRAY	#4	Hinds (Miss.) CC	DI 57.35		4/1
8	43	Lazericka LOUIS	#4	Hinds (Miss.) CC	DI 57.65		4/28
9	46	Diandrenique GAINES	#4	Hinds (Miss.) CC	DI 58.23		2/18
10	48	Kaylin ROBINSON	#4	Hinds (Miss.) CC	DI 58.62		4/23

Women's 400 Meter Hurdles

1	5	JodyAnn DIXON	#4	Hinds (Miss.) CCI	Q 1:01.07		4/28
2	8	Dyandra GRAY	#1	Iowa Western C	Q 1:02.80		4/22
3	14	Justyce THOMAS	#4	Hinds (Miss.) CCI	Q 1:04.34		4/16
4	30	Matayah NAYLOR	#3	Indian Hills (Iow) DI	1:07.85		4/28
5	32	Holly HOEPNER	#1	Iowa Western C	DI 1:08.02		4/15
6	33	Monique REMY	#1	Iowa Western C	DI 1:08.13		5/7
7	35	Kiley SANDERS	#6	Sauk Valley (Ill.) DI	1:08.71		5/7
8	37	Katelynn TROBAUGH	#6	Sauk Valley (Ill.) DI	1:09.78		4/9
9	38	Nyadhol THICHOT	#2	Iowa Central CC	DI 1:09.87		5/7
10	43	Taylor MCCREEDY	#2	Iowa Central CC	DI 1:10.39		4/22

Women's 800 Meters

1	2	Aliyah SIMMONS	#3	Indian Hills (Iow)	Q 2:10.55		3/4
2	7	Shariden RICHARDSON	#1	Iowa Western C	Q 2:14.42		5/7
3	9	Britney BROWN	#2	Iowa Central CCI	Q 2:15.38		4/22
4	18	Chloe GARCIA GRAFING	#2	Iowa Central CCI	Q 2:18.65		4/7
5	33	Emma HOINS	#5	Hawkeye (Iowa) DI	2:23.55		2/4
6	34	Taylor MCCREEDY	#2	Iowa Central CC	DI 2:23.64		1/28
7	60	Shaunti LONGFELLOW	#2	Iowa Central CC	DI 2:28.45		2/11
8	68	Bethany STACEY	#1	Iowa Western C	DI 2:29.82		1/22
9	70	Lillian GARAY	#1	Iowa Western C	DI 2:30.03		4/15
10	78	Allie SIMPSON	#10	Southeastern (Ia) DI	2:31.69		2/18

Women's 1500 Meters

1	1	Hilda CHEBET	#1	Iowa Western C	Q 4:30.19		2/11
2	5	Emma HOINS	#5	Hawkeye (Iowa)	Q 4:43.18		4/28
3	9	Chloe GARCIA GRAFING	#2	Iowa Central CCI	Q 4:46.46		3/4
4	10	Mercy BIWOTT	#1	Iowa Western C	Q 4:49.49		3/4
5	16	Taylor MCCREEDY	#2	Iowa Central CCI	Q 4:51.60		4/22
6	21	Aliyah SIMMONS	#3	Indian Hills (Iow)	Q 4:54.85		4/1
7	33	Bethany STACEY	#1	Iowa Western C	DI 5:00.41		1/22
8	34	Britney BROWN	#2	Iowa Central CC	DI 5:00.46		4/28
9	67	Zinash VALEN	#2	Iowa Central CC	DI 5:13.67		4/22
10	72	Katie GEISZ		Heartland (Ill.) C	DI 5:16.66		4/30

Women's Steeplechase

1	1	Emma HOINS	#5	Hawkeye (Iowa)	Q 10:55.67		5/7
2	6	Taylor MCCREEDY	#2	Iowa Central CCI	Q 11:45.05		4/7
3	20	Josie STACKIS	#2	Iowa Central CC	DI 12:42.98		5/7
4	21	Josey FRENCH	#1	Iowa Western C	DI 12:52.11		5/7
5	27	Kate MIRON	#2	Iowa Central CC	DI 13:06.49		5/7
6	28	Mercy JEPNGTICH	#2	Iowa Central CC	DI 13:23.98		3/25
7	32	Madison BLAND	#6	Sauk Valley (Ill.) DI	13:55.99		5/7
8	35	Jorden ROBINSON	#6	Sauk Valley (Ill.) DI	14:28.27		4/22
9	37	Elizabeth HUSSEY	#1	Iowa Western C	DI 14:41.72		5/7
10	38	Mika MARTINEZ	#6	Sauk Valley (Ill.) DI	15:06.43		4/15



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Women's 5000 Meters

1	1	Hilda CHEBET	#1	Iowa Western C0:Q	16:07.40	4/27
2	3	Mercy BIWOTT	#1	Iowa Western C0:Q	17:25.11	4/27
3	5	Emma HOINS	#5	Hawkeye (Iowa):Q	17:59.57	2/4
4	13	Chloe GARCIA GRAFING	#2	Iowa Central CCI:Q	18:18.81	4/15
5	14	Taylor MCCREEDY	#2	Iowa Central CCI:Q	18:21.46	4/1
6	31	Zinash VALEN	#2	Iowa Central CCI:Q	18:59.15	4/15
7	37	Montserrat GUERRERO- CHAPULA	#3	Indian Hills (Iow. DI	19:12.07	3/24
8	48	Grace SPOONHOUR		Heartland (Ill.) C DI	19:59.30	4/15
9	55	Morgan KLAUS	#3	Indian Hills (Iow. DI	20:30.94	3/24
10	56	Mercy JEPNETICH	#2	Iowa Central CC DI	20:32.25	1/21

Women's 10,000 Meters

1	2	Hilda CHEBET	#1	Iowa Western C0:Q	37:16.60	5/7
2	4	Mercy BIWOTT	#1	Iowa Western C0:Q	37:38.38	5/7
3	9	Zinash VALEN	#2	Iowa Central CCI:Q	39:09.26	4/1
4	16	Montserrat GUERRERO- CHAPULA	#3	Indian Hills (Iow):Q	40:33.30	4/6
5	18	Josie STACKIS	#2	Iowa Central CCI:Q	40:54.25	4/1
6	20	Morgan KLAUS	#3	Indian Hills (Iow. DI	41:36.14	4/6
7	28	Mindi SANDE	#5	Hawkeye (Iowa)	51:35.73	5/7
8	29	Kenzie KAPERKA	#2	Iowa Central CC	53:19.96	5/7

Women's 4x100 Relay

1	2	Diandrenique GAINES, Brooke GRAY, Jerricka AMBUS, Brianna CHARLES	#4	Hinds (Miss.) CCI:Q	45.39	4/1
2	3	https://www.tfrrs.org/teams/85621	#3	Indian Hills (Iow):Q	45.69	4/1
3	9	Osayi OMORODION, Victory GEORGE, Dyandra GRAY, Nickisha PRYCE	#1	Iowa Western C0:Q	46.05	4/2
4	15	Alisha THOMAS, Britney BROWN, Adeyah BREWSTER, Elizabeth GIBSON	#2	Iowa Central CC DI	48.36	4/22
5	17	Mattie JANSSEN, Maci FREUND, Kylee NEIGHBORS, Jenna HUMMELL	#5	Hawkeye (Iowa) DI	49.77	5/7
6	24	Zyaire ROBINSON, Daylynn BAKER, Zaya DOVE, Ella GOLDEN	#9	State Fair (Mo.) DI	51.83	4/1
7	25	Katyrra PECK, Calista POLK, Lynn HOEFT, Jordan SWENSON	#7	North Iowa Area DI	53.53	4/1

Women's 4x400 Relay

1	2	Alliyah MCNEIL, Daniella DEER, Dyandra GRAY, Nickisha PRYCE	#1	Iowa Western C0:Q	3:42.46	4/27
2	7	https://www.tfrrs.org/teams/85621	#3	Indian Hills (Iow):Q	3:47.82	3/4
3	9	JodyAnn DIXON, Lazericka LOUIS, Diandrenique GAINES, Brooke GRAY	#4	Hinds (Miss.) CCI:Q	3:48.99	4/1
4	16	Nyadhol THICHIOT, Taylor MCCREEDY, Britney BROWN, Chloe GARCIA GRAFING	#2	Iowa Central CC DI	4:06.68	4/7
5	17	https://www.tfrrs.org/teams/95006	#5	Hawkeye (Iowa) DI	4:08.03	3/4
6	23	Melissa ALLEN, Sadie LENZ, Kiley SANDERS, Katelynn TROBAUGH	#6	Sauk Valley (Ill.) DI	4:16.87	4/9
7	32	https://www.tfrrs.org/teams/104138	#10	Southeastern (Ic DI	4:42.62	2/18
8	33	https://www.tfrrs.org/teams/104607		Heartland (Ill.) C DI	4:45.02	2/12
9	35	https://www.tfrrs.org/teams/28039	#7	North Iowa Area	4:51.05	2/18

Women's 4x800 Relay

1	2	https://www.tfrrs.org/teams/20051	#2	Iowa Central CCI:Q	9:28.99	3/4
2	7	https://www.tfrrs.org/teams/59718	#1	Iowa Western C0:Q	9:49.14	5/2
3	13	https://www.tfrrs.org/teams/85621	#3	Indian Hills (Iow. DI	10:09.85	2/22
4	19	https://www.tfrrs.org/teams/95006	#5	Hawkeye (Iowa) DI	10:39.92	2/18
5	23	https://www.tfrrs.org/teams/104138	#10	Southeastern (Ic DI	11:29.88	2/18

Women's High Jump

1	1	Miracle AILES	#1	Iowa Western C0:Q	1.85m	6-3/4	5/7
2	3	Alliyah MCNEIL	#1	Iowa Western C0:Q	1.78m	5-10	2/4
3	4	Breanna BROWN- MARSHALL	#4	Hinds (Miss.) CCI:Q	1.76m	5-9 1/4	4/28
4	7	Haleigh HADLEY	#3	Indian Hills (Iow):Q	1.68m	5-6	4/22
5	9	Kayla JEMISON	#4	Hinds (Miss.) CCI:Q	1.67m	5-5 3/4	1/22
6	12	Kylee NEIGHBORS	#5	Hawkeye (Iowa):Q	1.65m	5-5	4/23
7	22	Jerricka AMBUS	#4	Hinds (Miss.) CC DI	1.60m	5-3	3/4
8	33	Antonia SEALY	#1	Iowa Western C0 DI	1.55m	5-1	2/18
8	33	Cadence STANLEY	#1	Iowa Western C0 DI	1.55m	5-1	2/18
8	33	Jordan SWENSON	#7	North Iowa Area DI	1.55m	5-1	4/9
8	33	Kiley SANDERS	#6	Sauk Valley (Ill.) DI	1.55m	5-1	2/18
8	33	Mariah MEBRUER	#9	State Fair (Mo.) DI	1.55m	5-1	12/4
8	33	Jade JACKSON	#2	Iowa Central CC DI	1.55m	5-1	2/18



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Midwest

Women's Pole Vault

1 20 Jade DURFEY #2 Iowa Central CC DI 2.15m 7-½ 5/7

Women's Long Jump

1 3 Miracle AILES #1 Iowa Western CQ:Q 6.30m 20-8(1.9) 5/7

2 4 Alliyah MCNEIL #1 Iowa Western CQ:Q 6.25m 20-6¼(1.8) 5/7

3 5 Siby YAO #3 Indian Hills (Iow):Q 6.15mw 20-2¼(2.2) 5/7

4 7 Osayi OMORODION #1 Iowa Western CQ:Q 6.10m 20-¼ 1/28

5 10 Victory GEORGE #1 Iowa Western CQ:Q 5.94m 19-6 3/4

6 12 Nyadhol THICHOT #2 Iowa Central CCI:Q 5.79m 19-0(1.8) 5/7

7 13 Elizabeth GIBSON #2 Iowa Central CCI:Q 5.77mw 18-11¼(3) 5/7

8 14 Antonia SEALY #1 Iowa Western CQ:Q 5.75m 18-10½ 2/18

9 42 Katelynn TROBAUGH #6 Sauk Valley (Ill.) DI 5.24m 17-2¼(1.3) 4/22

10 43 Moselle PUNNI #1 Iowa Western CQ DI 5.22mw 17-1½(3.7) 5/7

Women's Triple Jump

1 2 Victory GEORGE #1 Iowa Western CQ:Q 12.86m 42-2¼ 3/4

2 8 Siby YAO #3 Indian Hills (Iow):Q 12.12m 39-9¼(0.5) 4/28

3 14 Nyadhol THICHOT #2 Iowa Central CCI:Q 11.79m 38-8¼(1.4) 5/7

3 14 Kayla JEMISON #4 Hinds (Miss.) CCI:Q 11.79m 38-8¼(0.0) 4/28

5 17 Elizabeth GIBSON #2 Iowa Central CC DI 11.42m 37-5¾(-0) 4/2

6 18 Osayi OMORODION #1 Iowa Western CQ DI 11.41m 37-5¼ 3/4

7 26 Moselle PUNNI #1 Iowa Western CQ DI 10.97m 36-0(1.0) 4/2

8 30 Florence OMODAYO #8 Southwestern (I) DI 10.71m 35-1¾ 2/18

9 32 Adeyah BREWSTER #2 Iowa Central CC DI 10.54m 34-7 2/18

10 35 Sadie LENZ #6 Sauk Valley (Ill.) DI 10.50m 34-5½(2.0) 5/7

Women's Shot Put

1 12 Antonia SEALY #1 Iowa Western CQ DI 12.62m 41-5 3/4

2 13 Allison FLANSCHA #5 Hawkeye (Iowa) DI 12.50m 41-¼ 4/23

3 14 Emma SEIDL #2 Iowa Central CC DI 12.49m 40-11¾ 3/4

4 16 Molly VENTEICHER #8 Southwestern (I) DI 12.36m 40-6¾ 5/7

5 22 Victoria ADU #2 Iowa Central CC DI 11.98m 39-3¾ 2/18

6 26 Lauren UPMEYER #1 Iowa Western CQ DI 11.76m 38-7 2/18

7 27 Lexi WOOD #2 Iowa Central CC DI 11.75m 38-6¾ 4/7

8 31 Cheyanne FEARON #1 Iowa Western CQ DI 11.55m 37-10¾ 5/7

9 36 Elizabeth SEBERA #1 Iowa Western CQ DI 11.19m 36-8½ 2/18

10 38 Esther MENSAH #2 Iowa Central CC DI 11.15m 36-7 2/11

Women's Discus

1 5 Cheyanne FEARON #1 Iowa Western CQ:Q 45.29m 148-7 4/22

2 8 Elizabeth SEBERA #1 Iowa Western CQ:Q 43.98m 144-4 4/15

3 14 Lauren UPMEYER #1 Iowa Western CQ:Q 42.23m 138-7 4/22

4 26 Khera MORGAN #11 Bryant & Stratton DI 38.52m 126-5 3/17

5 29 Allison FLANSCHA #5 Hawkeye (Iowa) DI 37.95m 124-6 4/23

6 39 Brenna PAULSON #7 North Iowa Area DI 33.95m 111-5 4/9

7 41 Molly VENTEICHER #8 Southwestern (I) DI 33.80m 110-11 4/23

8 47 Halsie KELTNER #7 North Iowa Area DI 32.25m 105-10 4/23

9 49 Emma SEIDL #2 Iowa Central CC DI 32.15m 105-6 3/19

10 50 Lexi WOOD #2 Iowa Central CC DI 31.52m 103-5 3/19

Women's Hammer

1 12 Elizabeth SEBERA #1 Iowa Western CQ:Q 45.18m 148-3 5/7

2 20 Brenna PAULSON #7 North Iowa Area DI 41.43m 135-11 5/7

3 21 Khera MORGAN #11 Bryant & Stratton DI 41.39m 135-10 3/17

4 23 Cheyanne FEARON #1 Iowa Western CQ DI 41.01m 134-7 5/7

5 27 Cinnamon EVANS #7 North Iowa Area DI 39.36m 129-2 5/7

6 28 Esther MENSAH #2 Iowa Central CC DI 39.28m 128-11 4/2

7 37 Allison FLANSCHA #5 Hawkeye (Iowa) DI 37.06m 121-7 4/23

8 38 Halsie KELTNER #7 North Iowa Area DI 36.38m 119-4 5/7

9 40 Molly VENTEICHER #8 Southwestern (I) DI 35.64m 116-11 5/7

10 46 Lexi WOOD #2 Iowa Central CC DI 33.40m 109-7 4/2

Women's Javelin

1 4 Antonia SEALY #1 Iowa Western CQ:Q 42.87m 140-8 5/7

2 10 Halsie KELTNER #7 North Iowa Area:Q 38.75m 127-2 5/7

3 14 Lauren UPMEYER #1 Iowa Western CQ:Q 37.71m 123-9 4/22

4 20 Molly VENTEICHER #8 Southwestern (I) DI 33.93m 111-4 5/7

5 21 Emma DECKER #8 Southwestern (I) DI 33.75m 110-9 5/7

6 23 Allison FLANSCHA #5 Hawkeye (Iowa) DI 33.32m 109-4 5/7

7 24 Cadence STANLEY #1 Iowa Western CQ DI 33.23m 109-0 5/1

8 25 Elizabeth SEBERA #1 Iowa Western CQ DI 33.09m 108-7 3/24

9 27 Kiley SANDERS #6 Sauk Valley (Ill.) DI 31.95m 104-10 4/22

10 29 Brianna OSTERSON #8 Southwestern (I) DI 31.47m 103-3 5/7

Women's Heptathlon

1 2 Antonia SEALY #1 Iowa Western CQ:Q 4,535 5/7

2 11 Kiley SANDERS #6 Sauk Valley (Ill.):Q 3,936 4/22

3 12 Katelynn TROBAUGH #6 Sauk Valley (Ill.):Q 3,900 4/22

4 15 Cadence STANLEY #1 Iowa Western CQ:Q 3,595 5/7

5 19 Carlie HOPPE #5 Hawkeye (Iowa):Q 3,338 4/14

6 20 Brianna OSTERSON #8 Southwestern (I):Q 3,248 5/7

7 28 Lynn HOFETT #7 North Iowa Area:Q 2,751 5/7

8 29 Jordan SWENSON #7 North Iowa Area:Q 2,734 5/7



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West

Women's 100 Meters

1	2	Success UMUKORO	#2	South Plains (Tel:Q 11.45cw	4/22
2	7	Juvonna CORNETTE	#3	Central Arizona I:Q 11.56 (-0.4)	4/22
3	9	Niesha BURGHER	#6	Western Texas I:Q 11.65cw	4/22
4	11	Ese AWUSA	#1	New Mexico JC I:Q 11.69cw	4/8
5	14	Ashantai BOLLERS	#1	New Mexico JC I:Q 11.70cw	4/22
6	22	Tijuanique MORTON	#1	New Mexico JC I:Q 11.82cw	4/1
7	23	Xazari NAYLOR	#2	South Plains (Tel:Q 11.87cw	4/22
8	26	Kishawna WALLACE	#1	New Mexico JC I:Q 11.90cw	4/22
8	26	Shanique ROWE	#1	New Mexico JC I:Q 11.90cw	4/22
10	36	Ciara BARDWELL	#4	Mesa (Ariz.) CC DI 12.07	4/16

Women's 100 Meter Hurdles

1	2	Kimeone MCLEOD	#1	New Mexico JC I:Q 13.29cw	4/22
2	7	Joniar THOMAS	#2	South Plains (Tel:Q 13.77cw	4/22
3	8	Ese AWUSA	#1	New Mexico JC I:Q 13.83cw	4/22
4	10	Richara MCNEIL	#1	New Mexico JC I:Q 13.96c	4/29
5	12	Ashyiria SAVAGE	#2	South Plains (Tel:Q 14.10cw	4/22
6	13	Xazari NAYLOR	#2	South Plains (Tel:Q 14.22cw	4/22
7	20	Amoy EDWARDS	#1	New Mexico JC DI 14.74c	4/8
8	23	Jamelia SIMMONS	#2	South Plains (Te DI 14.90cw	4/22
9	24	Fatmata CONTEH	Pima (Ariz.) CC	DI 15.09	4/25
10	25	Abigail WALLS	Pima (Ariz.) CC	DI 15.12	4/25

Women's 200 Meters

1	4	Deshana SKEETE	#1	New Mexico JC I:Q 23.56cw	4/8
2	9	Ese AWUSA	#1	New Mexico JC I:Q 23.82c	4/1
2	9	Niesha BURGHER	#6	Western Texas I:Q 23.82cw	4/8
4	12	Success UMUKORO	#2	South Plains (Tel:Q 23.88cw	4/22
5	15	Ashantai BOLLERS	#1	New Mexico JC I:Q 24.02cw	4/8
6	17	Joniar THOMAS	#2	South Plains (Tel:Q 24.11 (0.0)	3/31
7	21	Juvonna CORNETTE	#3	Central Arizona I:Q 24.25 (0.8)	4/13
8	25	Zamesha MYLE	#3	Central Arizona I:Q 24.49	4/25
9	26	Shanique ROWE	#1	New Mexico JC I:Q 24.53cw	4/1
9	26	Tijuanique MORTON	#1	New Mexico JC I:Q 24.53c	4/1

Women's 400 Meters

1	4	Deshana SKEETE	#1	New Mexico JC I:Q 54.99c	4/29
2	7	Success UMUKORO	#2	South Plains (Tel:Q 55.12c	4/8
3	10	Dy'Mond WILEY	#6	Western Texas I:Q 55.47c	4/29
4	12	Maria SIMANCA	#1	New Mexico JC I:Q 55.69	3/24
5	14	Shadae FINDLEY	#6	Western Texas I:Q 55.85	3/17
6	15	Cece CHARLES	#3	Central Arizona I:Q 55.92	4/22
7	19	Anna-Kay ALLEN	#2	South Plains (Tel:Q 56.12	3/4
8	22	Camille LEWIS	#2	South Plains (Tel:Q 56.23	3/31
9	23	Amaya PHILLIPS	#2	South Plains (Te DI 56.38c	4/22
10	25	Cemore DONALD	#2	South Plains (Te DI 56.70	2/11

Women's 400 Meter Hurdles

1	2	Calisha TAYLOR	#1	New Mexico JC I:Q 58.91c	4/29
2	4	Shenell TUCKER	#2	South Plains (Tel:Q 1:00.78	3/31
3	6	Amaya PHILLIPS	#2	South Plains (Tel:Q 1:01.57	3/31
4	10	Corlasia SCOTT	#2	South Plains (Tel:Q 1:03.02c	4/29
5	11	Silet GRAY	#3	Central Arizona I:Q 1:03.21	4/22
6	12	Camille LEWIS	#2	South Plains (Tel:Q 1:03.58c	4/8
7	13	Michaliliah VASSELL	#1	New Mexico JC I:Q 1:03.62	3/23
8	16	Jacklyn TRICE	Pima (Ariz.) CC	I:Q 1:04.73	4/25
9	17	Nadine ROSE	#1	New Mexico JC I:Q 1:05.06c	4/29
10	21	Ashanti GORDON	#3	Central Arizona I:Q 1:05.67	4/22

Women's 800 Meters

1	3	Cemore DONALD	#2	South Plains (Tel:Q 2:11.65c	4/8
2	4	Shadae FINDLEY	#6	Western Texas I:Q 2:12.36	3/4
3	10	Letlhogonolo MAGORO	#1	New Mexico JC I:Q 2:15.42c	4/29
4	11	Sancia SMITH	#6	Western Texas I:Q 2:16.29	1/21
5	12	Camille LEWIS	#2	South Plains (Tel:Q 2:16.84	2/18
6	15	Minankolo MAGASSA	#1	New Mexico JC I:Q 2:17.86c	4/29
7	17	Latifah PINNOCK	#6	Western Texas I:Q 2:18.62	3/31
8	20	Audrey CAMP	#5	Southern Idaho I:Q 2:19.06c	4/9
9	21	Brooke STRADLING	#4	Mesa (Ariz.) CC I:Q 2:19.32	3/18
10	23	Kate BROCKMAN	#4	Mesa (Ariz.) CC I:Q 2:20.06	3/24

Women's 1500 Meters

1	2	Audrey CAMP	#5	Southern Idaho I:Q 4:39.01c	4/8
2	6	Sharon JESANG	#7	Trinidad State (I:Q 4:44.98c	5/6
3	7	Damaris CHEWON	#1	New Mexico JC I:Q 4:45.37c	4/1
4	8	Natalya BABCOCK	#5	Southern Idaho I:Q 4:46.00	3/4
5	11	Beatrice KEDITUKEI	#3	Central Arizona I:Q 4:50.36	4/8
6	13	Joan KIMALEL	#1	New Mexico JC I:Q 4:51.28c	4/1
7	15	Kate BROCKMAN	#4	Mesa (Ariz.) CC I:Q 4:51.33	4/7
8	17	Jaida LYLES	#1	New Mexico JC I:Q 4:51.85c	4/1
9	18	Danielle BROW	#5	Southern Idaho I:Q 4:53.07c	4/8
10	19	Letlhogonolo MAGORO	#1	New Mexico JC I:Q 4:53.46c	4/22

Women's Steeplechase

1	4	Kate BROCKMAN	#4	Mesa (Ariz.) CC I:Q 11:42.94	4/25
2	8	Rushell JOHNSON	#6	Western Texas I:Q 11:48.46c	4/29
3	9	Anette CARRASCO CATA	#3	Central Arizona I:Q 11:57.77	4/8
4	10	Jaida LYLES	#1	New Mexico JC I:Q 11:57.82c	4/29
5	11	Ashley LAGAT	#7	Trinidad State (I:Q 11:58.37c	4/21
6	12	Lisbet PORRAS	#3	Central Arizona I:Q 11:59.91	4/25
7	13	Anna HARMON	#4	Mesa (Ariz.) CC I:Q 12:01.91	4/22
8	14	Jeniell JONES	#2	South Plains (Tel:Q 12:09.97c	4/8
9	16	Ashlyn WILLIS	#5	Southern Idaho I:Q 12:18.23	3/25
10	17	Purity KATTAM	#1	New Mexico JC I:Q 12:22.58c	4/22



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West

Women's 5000 Meters

1	2	Damaris CHEWON	#1	New Mexico JC	I:Q 17:19.11	1/29
2	6	Audrey CAMP	#5	Southern Idaho	I:Q 18:00.32	5/7
3	8	Beatrice KEDITUKEI	#3	Central Arizona	I:Q 18:09.62	4/15
4	10	Sharon JESANG	#7	Trinidad State	(I:Q 18:14.07c	4/1
5	11	Danielle BROW	#5	Southern Idaho	I:Q 18:15.11	5/7
6	15	Sarah BERTRY	#1	New Mexico JC	I:Q 18:21.62	3/4
7	16	Joan KIMALEL	#1	New Mexico JC	I:Q 18:25.08	3/4
8	17	Taya BREWER	#5	Southern Idaho	I:Q 18:26.54	5/7
9	18	Brooke REED	#5	Southern Idaho	I:Q 18:27.66c	4/29
10	20	Natalya BABCOCK	#5	Southern Idaho	I:Q 18:30.49	3/25

Women's 10,000 Meters

1	1	Damaris CHEWON	#1	New Mexico JC	I:Q 36:33.60c	4/22
2	5	Taya BREWER	#5	Southern Idaho	I:Q 38:45.38c	4/20
3	7	Lacey FRON	#8	Paradise Valley	I:Q 38:51.97	4/13
4	8	Lydia FELIX	#5	Southern Idaho	I:Q 39:04.70c	4/20
5	10	Beatrice KEDITUKEI	#3	Central Arizona	I:Q 39:12.32	3/24
6	12	Sarah BERTRY	#1	New Mexico JC	I:Q 39:14.59c	4/22
7	13	Ashley LAGAT	#7	Trinidad State	(I:Q 39:44.23c	4/1
8	14	Bella GALLO	#3	Central Arizona	I:Q 40:08.70	3/24
9	17	Lisbet PORRAS	#3	Central Arizona	I:Q 40:34.21	3/24
10	22	Vanessa DOMINGUEZ	#7	Trinidad State	(I:Q 42:16.23c	4/1

Women's 4x100 Relay

1	1	Xazari NAYLOR, Corlasia SCOTT, Joniar THOMAS, Success UMUKORO	#2	South Plains (Te:Q 45.36c	4/29
2	3	Silet GRAY, Juvonna CORNETTE, Cece CHARLES, Zamesha MYLE	#3	Central Arizona I:Q 45.69	4/22
3	10	Ashantai BOLLERS, Shanique ROWE, Kishawna WALLACE, Jada MARTIN	#1	New Mexico JC I:Q 46.14c	4/29
4	11	Ciara BARDWELL, Zana RYAN, Zaria HAMILTON, Kaitlyn DOYLE	#4	Mesa (Ariz.) CC I:Q 47.33	4/25
5	18	Camille GARCIA, Lola POSEY, Kaylynn THORNTON, JaMiyah BURTON	#10	Jacksonville (Te: DI 49.88	4/23
6	19	Dejanae WILMORE, Fatmata CONTEH, Madison WARREN, Elizabeth LITTLEWOOD		Pima (Ariz.) CC DI 50.23	4/25
7	23	Samantha EAGAN, Melvina CHEH, Brandi SPANN, Neveah COLE	#9	Glendale (Ariz.) DI 51.22	3/24

Women's 4x400 Relay

1	1	Success UMUKORO, Cemore DONALD, Anna-Kay ALLEN, Amaya PHILLIPS	#2	South Plains (Te:Q 3:41.67	3/23
2	6	Deshana SKEETE, Ashantai BOLLERS, Calisha TAYLOR, Maria SIMANCA	#1	New Mexico JC I:Q 3:46.30c	4/22
3	8	Silet GRAY, Ashanti GORDON, Cece CHARLES, Zamesha MYLE	#3	Central Arizona I:Q 3:48.40	4/22
4	12	Ciara BARDWELL, Zaria HAMILTON, Brooke STRADLING, Sara JACOBSON	#4	Mesa (Ariz.) CC I:Q 3:53.32	4/25
5	13	https://www.tfrrs.org/teams/60191	#6	Western Texas I:Q 3:57.35	3/4
6	18	Dejanae WILMORE, Jacklyn TRICE, Elizabeth LITTLEWOOD, Marissa LOPEZ		Pima (Ariz.) CC DI 4:10.27	4/25
7	24	Melvina CHEH, Neveah COLE, Catalina SOTO, Sarae MORALES	#9	Glendale (Ariz.) DI 4:17.86	4/2
8	30	Sharon JESANG, Tamsin STEWART, Holly TSOSIE, Kianna QUINTANA	#7	Trinidad State (I:Q 4:28.61c	3/18
9	34	https://www.tfrrs.org/teams/565	#12	Phoenix (Ariz.) DI 4:49.89	2/11

Women's 4x800 Relay

1	3	https://www.tfrrs.org/teams/656	#4	Mesa (Ariz.) CC I:Q 9:29.03	5/5
2	4	https://www.tfrrs.org/teams/730	#2	South Plains (Te:Q 9:29.72	3/4
3	5	https://www.tfrrs.org/teams/7933	#1	New Mexico JC I:Q 9:34.19	3/4
4	14	Jaedyn BROWN, Bella GALLO, Anette CARRASCO COTA, Beatrice KEDITUKEI	#3	Central Arizona DI 10:13.78	4/25
5	16	Arden KESTERSON, Makenzie FOX, Jenna MAKENZIE, Taylor PIZZICA	#11	North Central Te DI 10:21.29	3/25
6	21	Sydney KLUMP, Oksana GIRON, Marissa LOPEZ, Nyah TORRES		Pima (Ariz.) CC DI 10:57.10	4/25
7	24	Sarae MORALES, Catalina SOTO, Alexis INOCENCIO, Kjersti JENKS	#9	Glendale (Ariz.) DI 11:37.32	4/25



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

WOMEN — 2022 Week #7, May 9

as of 5/9/2022 10:41:54 AM

West

Women's High Jump

1	6	Amaya BROWN	#2	South Plains (Tel:Q)	1.69m	5-6½	3/31
2	9	Aaliyah LINDSAY	#1	New Mexico JC	1.67m	5-5¾	1/29
3	12	Jaiyah HODGE	#10	Jacksonville (Tel:Q)	1.65m	5-5	4/8
4	14	Zamesha MYLE	#3	Central Arizona	1.62m	5-3¾	4/8
4	14	Littlewood ELIZABETH		Pima (Ariz.) CC	1.62m	5-3¾	4/25
4	14	Abigail WALLS		Pima (Ariz.) CC	1.62m	5-3¾	4/16
7	22	Amoy EDWARDS	#1	New Mexico JC	1.60m	5-3	3/4
8	25	Jamelia SIMMONS	#2	South Plains (Tel:DI)	1.58m	5-2¼	4/8
9	26	Lexi MYERS	#10	Jacksonville (Tel:DI)	1.57m	5-1¾	3/18
9	26	Sara JACOBSON	#4	Mesa (Ariz.) CC	1.57m	5-1¾	4/25
9	26	Joniar THOMAS	#2	South Plains (Tel:DI)	1.57m	5-1¾	3/17

Women's Pole Vault

1	1	Jaida OLSON		Pima (Ariz.) CC	3.80m	12-5½	4/2
2	3	TaraLee MCKARNS	#2	South Plains (Tel:Q)	3.35m	10-11¾	3/4
3	5	Alexa CONTRERAS	#1	New Mexico JC	3.25m	10-8	4/8
4	8	Darian CALICDAN		Pima (Ariz.) CC	3.20m	10-6	4/16
5	10	Sarahi BAEZA	#2	South Plains (Tel:Q)	3.17m	10-4¾	4/29
6	11	Candice POCASE		Pima (Ariz.) CC	3.16m	10-4¼	4/25
7	15	Aaliyah PRICE	#9	Glendale (Ariz.)	2.86m	9-4½	4/22
8	17	Littlewood ELIZABETH		Pima (Ariz.) CC	2.78m	9-1½	3/18
9	18	Anessa RODRIGUEZ	#4	Mesa (Ariz.) CC	2.60m	8-6¼	1/29
10	19	Iliana VIJARRO		Pima (Ariz.) CC	2.26m	7-5	4/22

Women's Long Jump

1	2	Joniar THOMAS	#2	South Plains (Tel:Q)	6.32m	20-9	3/4
2	6	Richara MCNEIL	#1	New Mexico JC	6.11m	20-1½ (7.5)	4/22
3	9	Aaliyah LINDSAY	#1	New Mexico JC	5.95m	19-6¼	1/21
4	15	Amoy EDWARDS	#1	New Mexico JC	5.74m	18-10	1/29
5	17	abria PAUL	#11	North Central Tel:Q	5.68m		3/12
6	18	Jacklyn TRICE		Pima (Ariz.) CC	5.65m		4/16
7	19	Jamelia SIMMONS	#2	South Plains (Tel:Q)	5.64m	18-6 (7.6)	4/22
8	27	Kaise UGEH	#3	Central Arizona	5.58m	18-3¾ (1.6)	3/18
9	28	Zamesha MYLE	#3	Central Arizona	5.55m		4/25
10	29	Dejah FULLER	#2	South Plains (Tel:DI)	5.54m	18-2¼	1/21

Women's Triple Jump

1	3	Zamesha MYLE	#3	Central Arizona	12.39m	40-7¾ (1.5)	4/13
2	5	Dejah FULLER	#2	South Plains (Tel:Q)	12.22m	40-1¼	3/4
3	6	Aaliyah LINDSAY	#1	New Mexico JC	12.20m	40-½	3/4
4	10	MarieClaire ETON NTONGA	#1	New Mexico JC	12.04m	39-6 (1.8)	4/29
5	11	Ahniesha PRESULUME	#1	New Mexico JC	11.99m	39-4 (1.4)	4/8
6	13	Jayla BROWN	#1	New Mexico JC	11.84m	38-10¼ (2)	4/8
7	20	abria PAUL	#11	North Central Tel:DI	11.28m		3/12
8	29	Saria OLIVER	#3	Central Arizona	10.82m		4/25
9	36	Littlewood ELIZABETH		Pima (Ariz.) CC	10.46m		4/2
10	38	Psalm JOHNSON		Pima (Ariz.) CC	10.37m		4/25

Women's Shot Put

1	2	Princess KARA	#3	Central Arizona	15.03m	49-3¾	3/24
2	7	Kaise UGEH	#3	Central Arizona	13.56m	44-6	4/8
3	9	Karsten DEAKIN	#4	Mesa (Ariz.) CC	13.28m	43-7	4/2
4	15	Luciana CHAVEZ		Pima (Ariz.) CC	12.40m	40-8¼	4/25
5	19	Julianna PEREZ	#4	Mesa (Ariz.) CC	12.27m	40-3¼	2/5
6	28	Akira JONES		Pima (Ariz.) CC	11.62m	38-1½	4/25
7	33	Ronelle PLAZA	#2	South Plains (Tel:DI)	11.53m	37-10	3/31
8	35	Shakera KIK	#3	Central Arizona	11.39m	37-4½	3/24
9	40	Kimola HINES	#2	South Plains (Tel:DI)	11.13m	36-6¼	1/21
10	44	Amoy EDWARDS	#1	New Mexico JC	11.04m	36-2¾	3/4

Women's Discus

1	1	Princess KARA	#3	Central Arizona	55.57m	182-4	4/13
2	3	Kimola HINES	#2	South Plains (Tel:Q)	46.33m	152-0	3/17
3	9	Kaise UGEH	#3	Central Arizona	43.74m	143-6	4/13
4	10	Victoria MALAKI		Pima (Ariz.) CC	42.86m	140-8	4/22
5	12	Shakera KIK	#3	Central Arizona	42.55m	139-7	3/24
6	13	Karsten DEAKIN	#4	Mesa (Ariz.) CC	42.53m	139-7	4/25
7	15	Akira JONES		Pima (Ariz.) CC	41.91m	137-6	4/16
8	17	Luciana CHAVEZ		Pima (Ariz.) CC	41.36m	135-9	4/8
9	19	Julianna PEREZ	#4	Mesa (Ariz.) CC	40.80m	133-10	4/2
10	32	Audrey ARMSTRONG	#8	Paradise Valley	36.33m	119-3	4/2

Women's Hammer

1	7	Audrey ARMSTRONG	#8	Paradise Valley	47.77m	156-9	4/25
2	8	Julianna PEREZ	#4	Mesa (Ariz.) CC	45.79m	150-3	4/22
3	10	Karsten DEAKIN	#4	Mesa (Ariz.) CC	45.45m	149-2	4/2
4	15	Luciana CHAVEZ		Pima (Ariz.) CC	43.82m	143-9	3/24
5	16	Kaprice FARACI	#4	Mesa (Ariz.) CC	43.73m	143-6	3/24
6	18	Akira JONES		Pima (Ariz.) CC	42.47m	139-4	4/16
7	24	Ronelle PLAZA	#2	South Plains (Tel:DI)	40.76m	133-9	4/8
8	30	Kimola HINES	#2	South Plains (Tel:DI)	38.69m	126-11	4/29
9	35	Alana JONES		Pima (Ariz.) CC	37.69m	123-8	4/22
10	39	Sarah SHEITELMAN	#9	Glendale (Ariz.)	36.13m	118-7	4/16

Women's Javelin

1	3	Kaise UGEH	#3	Central Arizona	42.97m	141-0	4/22
2	6	Sara JACOBSON	#4	Mesa (Ariz.) CC	40.36m	132-5	4/25
3	11	Kaprice FARACI	#4	Mesa (Ariz.) CC	38.64m	126-9	4/2
4	15	Valeria IBARRA		Pima (Ariz.) CC	37.49m	123-0	4/8
5	16	Jessica BRIGHT-SHADE		Pima (Ariz.) CC	37.36m	122-7	4/8
6	17	Ariana LUERA	#8	Paradise Valley	37.24m	122-2	4/25
7	18	Joniar THOMAS	#2	South Plains (Tel:Q)	36.79m	120-9	3/31
8	19	Ayanna VALENZUELA		Pima (Ariz.) CC	36.07m	118-4	4/2
9	30	Shay BERNAL	#4	Mesa (Ariz.) CC	31.29m	102-8	3/18
10	34	Jacklyn TRICE		Pima (Ariz.) CC	30.12m	98-10	4/25



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West

Women's Heptathlon

1	1	Joniar THOMAS	#2	South Plains (Tel:Q 5,256	3/31
2	3	Jamelia SIMMONS	#2	South Plains (Tel:Q 4,450A	4/8
3	5	Littlewood ELIZABETH		Pima (Ariz.) CC :Q 4,387	4/25
4	6	Sara JACOBSON	#4	Mesa (Ariz.) CC l:Q 4,357	3/24
5	8	Amoy EDWARDS	#1	New Mexico JC l:Q 4,273A	4/8
6	9	Jacklyn TRICE		Pima (Ariz.) CC l:Q 4,218	4/25
7	10	Abigail WALLS		Pima (Ariz.) CC l:Q 4,088	4/25
8	16	Shay BERNAL	#4	Mesa (Ariz.) CC l:Q 3,539	4/25
9	17	Emily FELIX		Pima (Ariz.) CC l:Q 3,399	4/25
10	22	Saria OLIVER	#3	Central Arizona l:Q 3,182	4/25