



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:18 AM

East

Women's 100 Meters

1	16	Kianne BENJAMIN	#3	Bowdoin	12.07	(1.9)	4/8
2	60	Alison MCDONOUGH	#8	Bridgewater Sta	12.32	(0.6)	4/14
3	82	Shreya KALYAN	#2	MIT	12.44w	(2.3)	4/8
3	82	Jailene ESCALERA	#8	Bridgewater Sta	12.44	(0.6)	4/14
5	95	Amanda WALDEN	#18	Suffolk	12.47	(1.2)	3/30
6		Janiah YOUNG	#5	Southern Maine	12.48	(1.6)	4/15
6		Amaris GOODWIN	#17	Gordon (Mass.)	12.48	(1.0)	4/14
8		Wendy WOODEN	#9	Wheaton (Mass.)	12.49w	(4.0)	3/16
8		Ashley KELEHER	#19	Colby-Sawyer	12.49	(0.3)	4/8
10		MacKenzie LABRIE	#23	Plymouth State	12.50	(1.6)	4/15

Women's 100 Meter Hurdles

1	14	Alison MCDONOUGH	#8	Bridgewater Sta	14.46	(0.3)	4/8
2	35	Sarah PILLONE	#1	Tufts	14.77	(1.5)	3/25
3	39	Amanda CASTALDI	#9	Wheaton (Mass.)	14.86	(1.6)	4/8
4	48	Bianca DELMAESTRO	#12	Endicott	14.96		4/14
5	52	Erin DAUGHERTY	#6	Colby	14.99	(0.7)	4/14
6	65	Moriah SCHARN	#7	Bates	15.16	(-1.2)	4/15
7	67	Alya CAMPBELL	#10	Brandeis	15.25	(1.6)	4/8
8	73	Jaiden ANDREWS	#15	UMass Dartmouth	15.32	(0.4)	4/15
9	80	Kassie BRINK	#6	Colby	15.37	(-0.1)	3/24
10	85	Serenity SANDS	#8	Bridgewater Sta	15.39	(1.5)	4/8

Women's 200 Meters

1	11	Kianne BENJAMIN	#3	Bowdoin	24.68	(-3.0)	4/14
2	34	Fiona MEJICO	#6	Colby	25.14w	(2.5)	4/14
3	49	Jailene ESCALERA	#8	Bridgewater Sta	25.29	(2.0)	4/8
4	69	Schylar WYSE	#9	Wheaton (Mass.)	25.52	(-0.1)	3/16
5	75	Ashley KELEHER	#19	Colby-Sawyer	25.55	(2.0)	4/8
6		Shreya KALYAN	#2	MIT	25.86	(1.9)	4/8
7		Janiah YOUNG	#5	Southern Maine	26.06	(1.0)	4/15
8		Amanda WALDEN	#18	Suffolk	26.07	(1.3)	3/30
9		Teghan SYDNOR	#1	Tufts	26.10	(1.3)	3/18
10		Alice COCKERHAM	#7	Bates	26.13	(-0.9)	4/15

Women's 400 Meters

1	7	Fiona MEJICO	#6	Colby	56.43		4/14
2	14	Kianne BENJAMIN	#3	Bowdoin	57.10		4/1
3	21	Marina MILLER	#2	MIT	57.45		4/8
4	28	Cianna O'FLAHERTY	#3	Bowdoin	57.73		4/14
5	36	Ashley KELEHER	#19	Colby-Sawyer	58.08		4/14
6	60	Katherine PAGE	#3	Bowdoin	58.75		4/14
7	63	Annika KRAL	#1	Tufts	58.79		3/25
8	71	Kaitlyn BERNIER	#15	UMass Dartmouth	58.96		4/15
9	74	Kiara ABRANTES	#8	Bridgewater Sta	59.02		4/14
10	81	Olivia DIAS	#2	MIT	59.14		4/14

Women's 400 Meter Hurdles

1	10	Fiona MEJICO	#6	Colby	1:02.27		3/24
2	15	Anna RENY	#5	Southern Maine	1:02.97		4/15
3	19	Emma SMITH	#1	Tufts	1:03.44		4/14
4	29	Campbell DEVLIN	#1	Tufts	1:04.64		4/1
5	32	Antonia KNOTH	#1	Tufts	1:04.77		4/14
6	39	Erin DAUGHERTY	#6	Colby	1:05.38		4/14
7	42	Yahni LAPA	#10	Brandeis	1:05.62		4/14
8	71	Angela HAGSTROM	#14	Babson	1:06.82		4/14
9	75	Hannah BOHBOT-DRIDI	#10	Brandeis	1:07.00		4/6
10	86	Emily SVERAK	#1	Tufts	1:07.44		4/8

Women's 800 Meters

1	5	Hannah NEILON	#1	Tufts	2:12.27		3/24
2	6	Sydney PACKARD	#4	WPI	2:12.41		4/8
3	19	Julia HOWARTH	#2	MIT	2:14.65		4/14
4	42	Gillian ROEDER	#2	MIT	2:16.22		4/8
5	70	Julia DOLCE	#1	Tufts	2:17.89		3/25
6	97	Christina CROW	#2	MIT	2:18.83		4/8
7		Lora DUFRESNE	#4	WPI	2:19.02		4/15
8		Leila TRUMMEL	#3	Bowdoin	2:19.19		4/1
9		Chrissy AMAN	#7	Bates	2:19.65		4/8
10		Elise DESHUSSES	#4	WPI	2:19.66		4/8

Women's 1500 Meters

1	3	Grace HADLEY	#4	WPI	4:30.00		4/15
2	8	Sydney PACKARD	#4	WPI	4:32.92		4/15
3	17	Gillian ROEDER	#2	MIT	4:36.01		3/29
4	34	Hannah NEILON	#1	Tufts	4:37.39		3/18
5	37	Chrissy AMAN	#7	Bates	4:38.08		4/14
6	49	Leila TRUMMEL	#3	Bowdoin	4:40.13		4/14
7	52	Lexi FERNANDEZ	#2	MIT	4:40.38		4/8
8	59	Jillian RICHARDSON	#7	Bates	4:41.14		4/15
9	72	Christina CROW	#2	MIT	4:42.86		3/30
10	76	Kirsi RAJAGOPAL	#2	MIT	4:42.94		4/8

Women's Steeplechase

1	10	Einat GAVISH	#2	MIT	10:52.39		4/8
2	32	Ellie MURPHY-WEISE	#11	Wellesley	11:17.54		4/14
3	42	Amelia KOKERNAK	#4	WPI	11:26.23		4/8
4	75	Kelsey CRAWFORD	#3	Bowdoin	11:45.14		4/14
5	76	Alexandra DEAN	#1	Tufts	11:45.56		4/14
6	80	Jaclyn TURNER	#1	Tufts	11:49.72		4/14
7		Emma BARKER	#3	Bowdoin	11:57.83		4/14
8		Kate BIDGOOD	#1	Tufts	12:06.45		4/8
9		Nicole WHIPKEY	#4	WPI	12:06.71		4/8
10		Claire WYMAN	#3	Bowdoin	12:07.75		4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:18 AM

East

Women's 5000 Meters

1	12	Grace HADLEY	#4	WPI	16:53.64	4/8
2	20	Jillian RICHARDSON	#7	Bates	17:07.59	4/14
3	84	Kirsi RAJAGOPAL	#2	MIT	17:46.00	3/23
4	97	Elizabeth HOLCOMBE	#7	Bates	17:51.76	4/1
5		Stephanie CHUN	#3	Bowdoin	17:57.51	4/14
6		Ellie DAVIS	#18	Suffolk	18:00.39	3/30
7		Nina PARZIALE	#13	Univ. of New En	18:04.32	4/1
8		Rachel BRENNAN	#17	Gordon (Mass.)	18:07.07	4/1
9		Phoebe POHL	#7	Bates	18:13.48	4/15
10		Grace OGDEN	#1	Tufts	18:17.19	3/18

Women's 10,000 Meters

1	19	Claire ANDERSON	#11	Wellesley	36:28.96	4/14
2	31	Rachel BRENNAN	#17	Gordon (Mass.)	36:53.40	4/14
3	37	Nina PARZIALE	#13	Univ. of New En	37:05.20	4/14
4	40	Kate SANDERSON	#2	MIT	37:13.31	3/23
5	43	Ruby KRASNOW		Clark (Mass.)	37:33.62	4/14
6	48	Einat GAVISH	#2	MIT	37:48.44	3/23
7	71	Isabel MAY	#7	Bates	39:01.13	4/1
8	72	Kaylee GLADU	#4	WPI	39:02.61	4/14
9	76	Kelsee GLADU	#13	Univ. of New En	39:10.43	4/14
10	84	Alexa VANVOORHIS	#15	UMass Dartmou	39:24.03	4/1

Women's 4x100 Relay

1	13	Emily ZIELINSKI, Schylar WYSE, Amanda CASTALDI, Michaina LORISTON	#9	Wheaton (Mass.)	47.66	4/14
2	25	Maddy HON, Emma MARTIN, Marina MILLER, Shreya KALYAN	#2	MIT	48.31	3/30
3	55	Allison RAPOSO, Kate BROWN, Naomi CASS, Ana IMRIE	#8	Bridgewater Sta	49.24	4/1
4	66	Katherine PAGE, Arly RODRIGUEZ, Catherine UWAKWE, Gabby PHILLIPS	#3	Bowdoin	49.42	4/14
5	72	Devin HILTUNEN, Shaniece NUGENT, Smiley HUYNH, Alya CAMPBELL	#10	Brandeis	49.58	4/14
6	75	Angela HAGSTROM, Robyn WILKES, Ashna KIRSHNAMURTHY, Caroline REILLY	#14	Babson	49.65	3/18
7	79	Lottie FRANCK, Fiona MEJICO, Erin DAUGHERTY, Kristina PIZZI	#6	Colby	49.76	3/24
8	81	Corryn FISHER, Jazmyn EWING, Vivienne EVANS, Isabel HALLAL	#4	WPI	49.78	4/15
9	90	Sarah PILLONE, Annika KRAL, Anne- Sophie JANSSEN, Teghan SYDNOR	#1	Tufts	50.02	3/25
10	94	Anna RENY, Janiah YOUNG, Emma NOONAN, Catriona GOULD	#5	Southern Maine	50.07	4/1



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:18 AM

East

Women's 4x400 Relay

1	2	Maddy HON, Shreya KALYAN, Marina MILLER, Julia HOWARTH	#2 MIT	3:49.17	4/14
2	16	Campbell DEVLIN, Annika KRAL, Antonia KNOTH, Emma SMITH	#1 Tufts	3:59.42	4/14
3	24	Katherine PAGE, Gabby PHILLIPS, Cianna O'FLAHERTY, Kianne BENJAMIN	#3 Bowdoin	4:00.71	4/8
4	29	Olivia TOMLIN, Kristina PIZZI, Anna MACKEY, Olivia DOHERTY	#6 Colby	4:01.65	3/17
5	30	Leithsa DIMANCHE, Lora DUFRESNE, Isabel HALLAL, Sydney PACKARD	#4 WPI	4:01.74	4/15
6	44	Caroline REILLY, Brooke JANKOWSKI, Chloe CLIFFORD, Angela HAGSTROM	#14 Babson	4:05.08	4/1
7	67	Elizabeth KORN, Yahni LAPA, Victoria MORRONGIELLO, Hannah BOHBOT-DRIDI	#10 Brandeis	4:07.73	4/8
8	83	Charlie BARRON, Aoife FITZGERALD, Aleah GHIASUDDIN, Ella WHINNEY	#11 Wellesley	4:09.51	4/14
9		Schylar WYSE, Morgan ZAKRZEWSKI, Kassidy CHIM, Kristen DIBELLA	#9 Wheaton (Mass.)	4:13.77	3/16
10		Heaven CONLEY, Alexis KARANTZA, Emma NOONAN, Riley REITCHEL	#5 Southern Maine	4:14.33	4/15

Women's High Jump

1	1	Jaidyn APPEL	#1 Tufts	1.73m	5-8	4/14
2	2	Abigail PETERSON	#8 Bridgewater Sta	1.70m	5-7	3/25
3	14	Serenity SANDS	#8 Bridgewater Sta	1.65m	5-5	3/25
4	37	Isabel LLACH	#6 Colby	1.60m	5-3	4/14
4	37	Makany CAMARA	#20 Fitchburg State	1.60m	5-3	4/8
4	37	Olivia JALBERT	#5 Southern Maine	1.60m	5-3	4/15
7	61	Harper MEEK	#1 Tufts	1.58m	5-2 1/4	4/8
7	61	Katherine KEMPF	#2 MIT	1.58m	5-2 1/4	4/8
9	70	Desiree ROBINSON	Emmanuel (Mas)	1.57m	5-1 3/4	4/1
9	70	Anna EVANS	#13 Univ. of New En	1.57m	5-1 3/4	4/1
9	70	Autumn GERRY	#5 Southern Maine	1.57m	5-1 3/4	4/1

Women's Pole Vault

1	4	Kelsie HAO	#1 Tufts	3.85m	12-7 1/2	4/1
2	25	Hailey SURACE	#2 MIT	3.57m	11-8 1/2	4/14
3	27	Charlotte HODGE	#3 Bowdoin	3.55m	11-7 3/4	4/1
3	27	Sophia SLOVENSKI	#5 Southern Maine	3.55m	11-7 3/4	4/8
5	55	Lia ROTTI	#1 Tufts	3.40m	11-1 3/4	4/14
5	55	Sarah FIRTH	#1 Tufts	3.40m	11-1 3/4	4/14
7	85	Nyla THOMPSON	#1 Tufts	3.30m	10-9 3/4	4/8
8	99	Smiley HUYNH	#10 Brandeis	3.25m	10-8	4/14
8	99	Sophie MAGUIRE	#3 Bowdoin	3.25m	10-8	4/8
8	99	Mary CALVERT	#6 Colby	3.25m	10-8	4/14

Women's Long Jump

1	28	Lia ROTTI	#1 Tufts	5.52m	18-1 1/2 (0.0)	4/14
2	49	Jordan ANDREW	#1 Tufts	5.43mw	17-9 3/4 (2.1)	4/8
3	59	Jenna ALBANESE	#3 Bowdoin	5.39m	17-8 1/4 (0.0)	4/14
4	71	Emma MARTIN	#2 MIT	5.30m	17-4 3/4 (1.1)	4/14
5	79	Jen ROTTI	#1 Tufts	5.27m	17-3 1/2 (0.8)	4/8
6	100	Smiley HUYNH	#10 Brandeis	5.23m	17-2 (1.0)	4/6
7		Megan LACEY	#7 Bates	5.18m	17-0 (2.0)	4/8
7		Sara Maeve KLINGENSMITH	#11 Wellesley	5.18m	17-0 (0.0)	3/24
7		Alison MCDONOUGH	#8 Bridgewater Sta	5.18m	17-0 (0.0)	4/14
10		Laena TIENG	#2 MIT	5.15m	16-10 3/4 (1.1)	4/8

Women's Triple Jump

1	4	Lia ROTTI	#1 Tufts	12.09m	39-8 (1.2)	4/8
2	31	Laena TIENG	#2 MIT	11.37mw	37-3 3/4 (2.9)	4/14
3	33	Jaidyn APPEL	#1 Tufts	11.35m	37-3 (1.0)	4/14
4	52	Nony OTU UGWU	#2 MIT	11.13m	36-6 1/4 (1.5)	4/8
5	55	Sarah PILLONE	#1 Tufts	11.11m	36-5 1/2 (0.4)	4/1
5	55	Jen ROTTI	#1 Tufts	11.11m	36-5 1/2 (0.0)	4/1
7	67	Enisa SHOSHI	#7 Bates	10.99m	36- 3/4 (-2.0)	4/15
8	70	Jordan ANDREW	#1 Tufts	10.96m	35-11 1/2 (-1)	4/8
9	73	Kassie BRINK	#6 Colby	10.95m	35-11 1/2 (0)	3/24
10	79	Ashna KIRSHNAMURTHY	#14 Babson	10.93m	35-10 1/2 (-0)	3/18
10	79	Shaniece NUGENT	#10 Brandeis	10.93m	35-10 1/2 (-1)	3/24

Women's Shot Put

1	3	Alexis BOYKIN	#2 MIT	14.62m	47-11 3/4	3/30
2	30	Zoe BARNES	#5 Southern Maine	13.02m	42-8 3/4	4/15
3	42	Shannon PARKS	#16 Keene State	12.75m	41-10	4/15
4	68	Nicole DANVELO	#12 Endicott	12.34m	40-6	4/14
5		Emma HARGREAVES	#3 Bowdoin	12.01m	39-5	4/14
6		Mary DISANTO	#22 Thomas (Maine)	11.93m	39-1 3/4	4/14
7		Emily BALL	#2 MIT	11.87m	38-11 1/2	3/30
8		Cheyenne CAHILL	#13 Univ. of New En	11.83m	38-9 3/4	4/14
9		Ephemian BAILEY	#20 Fitchburg State	11.51m	37-9 1/4	4/14
10		Tiana FOX	#17 Gordon (Mass.)	11.35m	37-3	4/1



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:18 AM

East

Women's Discus

1	2	Alexis BOYKIN	#2	MIT	48.78m	160-1	4/8
2	20	Emily BALL	#2	MIT	42.24m	138-7	4/14
3	53	Zoe BARNES	#5	Southern Maine	39.84m	130-9	4/15
4	82	Ephemian BAILEY	#20	Fitchburg State	38.59m	126-7	4/14
5	95	Morgan COLLINS	#4	WPI	38.24m	125-6	4/15
6		Neisha BOITEUX	#15	UMass Dartmouth	36.61m	120-2	4/14
7		Gates MACPHERSON	#12	Endicott	36.36m	119-4	4/1
8		Alyssa CAPUTO		Framingham State	36.32m	119-2	4/6
9		Naomi BISIMWA	#5	Southern Maine	35.97m	118-0	4/8
10		Mary DISANTO	#22	Thomas (Maine)	35.88m	117-9	3/10

Women's Hammer

1	18	Alexis BOYKIN	#2	MIT	50.58m	166-0	4/8
2	25	Emma HARGREAVES	#3	Bowdoin	49.39m	162-1	4/8
3	40	Emily BALL	#2	MIT	48.49m	159-1	4/14
4	41	Shannon PARKS	#16	Keene State	48.40m	158-10	4/15
5	69	Alma MACKIC	#7	Bates	46.55m	152-9	4/15
6	95	Hannah CORBETT	#5	Southern Maine	45.37m	148-10	4/15
7		Lily MCDOWELL	#9	Wheaton (Mass.)	42.98m	141-0	4/8
8		Amelia SOBIESKI	#9	Wheaton (Mass.)	42.91m	140-10	3/16
9		Morgan COLLINS	#4	WPI	42.84m	140-7	4/15
10		Elizabeth GRAHAM	#1	Tufts	42.62m	139-10	4/14

Women's Javelin

1	8	Riley REITCHEL	#5	Southern Maine	42.11m	138-2	4/8
2	9	Riley SANDERSON	#21	Worcester State	41.84m	137-3	3/25
3	20	Elaine WANG	#2	MIT	39.59m	129-11	3/30
4	22	Abigail CALISTRA	#4	WPI	39.53m	129-8	3/31
5	31	Bethanie JEAN-PHILIPPE	#15	UMass Dartmouth	38.02m	124-9	4/15
6	37	Elizabeth MATTICOLI	#4	WPI	37.69m	123-8	3/31
7	50	Olivia JALBERT	#5	Southern Maine	37.00m	121-5	4/15
8	53	Sarah LAVITA	#13	Univ. of New England	36.95m	121-3	4/14
9	59	Emily BALL	#2	MIT	36.80m	120-9	3/30
10	62	Jasmine DEPINA		Lasell	36.74m	120-7	4/14

Women's Heptathlon

1	22	Madelyn SILVEIRA	#1	Tufts	4,086		4/14
2	28	Abbey OTTERBEIN	#7	Bates	3,978		4/14
3	40	Nicole DANGELO	#12	Endicott	3,601		4/14
4	43	Brooklyn GOFF		Saint Joseph's (Pa.)	3,526		4/14
5	45	Laci SANTOS	#25	Wentworth (Mass.)	3,449		4/14
6	46	Livia KOZICK	#7	Bates	3,442		4/14
7	50	Inga DOVRE	#3	Bowdoin	3,358		4/14
8	51	Kassie BRINK	#6	Colby	3,352		4/14
9	53	Lydia BEERS	#4	WPI	3,343		4/12
10	56	Anna YANG	#3	Bowdoin	3,316		4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:18 AM

Great Lakes

Women's 100 Meters

1	11	Kenadee WAYT	#1	Mount Union	12.02	(0.6)	3/24
2	34	Sara SCHERMERHORN	#4	Hope	12.17	(1.4)	3/17
3	35	Anaya JOLIVETTE	#11	Denison	12.19w	(3.6)	4/15
4	39	Kendra KRICHBAUM	#3	Ohio Northern	12.22w	(3.6)	4/15
5	51	Avery CAMPBELL	#8	Albion	12.27	(1.3)	4/13
6	60	Madjo DOUMBIA	#6	Centre	12.32	(0.0)	4/1
6	60	Sarah O'DAY		Franklin	12.32w	(2.8)	4/15
8	72	Lauren RONCONE	#1	Mount Union	12.39w	(2.5)	4/6
9	76	Zaleeya MARTIN	#18	Hanover	12.40w	(2.8)	4/15
10	78	Lisa-Maria MARKAU		Defiance	12.42w	(3.6)	4/15

Women's 100 Meter Hurdles

1	30	Narindwa SEMAKULA	#17	Rose-Hulman	14.67	(2.0)	4/8
2	39	Chilly WALLACE	#16	Oberlin	14.86w	(3.2)	4/15
3	58	Coral PIERSON	#9	Ohio Wesleyan	15.12w	(3.2)	4/15
4	60	Nayaisha EDMOND	#8	Albion	15.13	(1.2)	4/13
5	76	Grace MISIUNAS	#5	Case Western Re	15.35w	(3.2)	4/15
6	94	Caliyah BENNETT	#11	Denison	15.51	(1.5)	4/1
7		Alison MUCK		Franklin	15.58	(1.9)	4/15
8		Clare MACKIN	#10	Wooster	15.65w	(3.2)	4/15
9		Lexi WACHTMAN		Heidelberg	15.68	(-0.5)	4/14
10		Clara SYMINGTON	#23	Franciscan	15.71	(0.5)	4/15

Women's 200 Meters

1	14	Kenadee WAYT	#1	Mount Union	24.77	(1.6)	4/6
2	15	Sara SCHERMERHORN	#4	Hope	24.81	(0.2)	4/7
3	29	Avery CAMPBELL	#8	Albion	25.11w	(3.2)	4/13
4	31	Madison MILES	#1	Mount Union	25.12	(1.6)	4/6
5	34	Mihaela TOADER	#14	Allegheny (Pa.)	25.14	(0.6)	4/14
6	42	Kymiah BLAIR	#25	Berea (Ky.)	25.20w	(2.6)	3/4
7	44	Anaya JOLIVETTE	#11	Denison	25.24w	(2.6)	4/15
7	44	Meghan FRAZIER	#7	Wittenberg	25.24w	(2.1)	4/14
9	46	Abby COLLIER	#13	Baldwin Wallace	25.25	(-0.1)	4/15
10	62	Kylee SCHAFER		Wilmington (Ohi)	25.46w	(2.6)	4/15

Women's 400 Meters

1	5	Kenadee WAYT	#1	Mount Union	56.14		4/6
2	8	Madison MILES	#1	Mount Union	56.58		4/6
3	11	Mihaela TOADER	#14	Allegheny (Pa.)	56.85		4/14
4	16	Madjo DOUMBIA	#6	Centre	57.24		4/7
5	20	Erica BIGHAM	#24	Alma	57.37		4/14
6	22	Kymiah BLAIR	#25	Berea (Ky.)	57.49		4/8
7	38	Grace BEHRENS	#4	Hope	58.20		4/14
8	40	Abby COLLIER	#13	Baldwin Wallace	58.24		4/14
9	46	Avery CAMPBELL	#8	Albion	58.37		4/7
10	51	Jada STANSBERRY		Anderson (Ind.)	58.46		4/15

Women's 400 Meter Hurdles

1	46	Rosie MURRAY	#2	John Carroll	1:05.70		4/6
2	50	Clara SYMINGTON	#23	Franciscan	1:05.80		4/15
3	52	Aliisa JAMES	#9	Ohio Wesleyan	1:05.91		4/8
4	65	Brooke BOUWENS	#22	Manchester	1:06.57		4/15
5	68	Brynn MERICLE	#15	Trine	1:06.76		4/7
6	70	Kennady GIBBINS	#1	Mount Union	1:06.78		4/15
7	73	Olyvia ASHBROOK	#3	Ohio Northern	1:06.94		4/15
8	80	Adrienne JACKSON	#15	Trine	1:07.21		4/7
9	81	Andrea TAGHON	#24	Alma	1:07.30		4/7
10	83	JJ HERRON	#3	Ohio Northern	1:07.35		4/8

Women's 800 Meters

1	11	Kenadee WAYT	#1	Mount Union	2:13.33		4/15
2	20	Hope MURPHY	#13	Baldwin Wallace	2:14.71		4/14
3	24	Mary MASON	#1	Mount Union	2:15.12		4/14
4	29	Melissa PHUNG	#5	Case Western Re	2:15.30		4/14
5	45	Brittany MCCAULEY	#1	Mount Union	2:16.36		4/14
6	46	Ellie KITS MILLER	#2	John Carroll	2:16.48		4/14
7	48	Jessica KWASNY	#5	Case Western Re	2:16.72		4/14
8	66	Celia COCCA	#14	Allegheny (Pa.)	2:17.85		4/14
9	76	Erin ANDERSON	#11	Denison	2:18.01		3/24
10	79	Megan WERTZ	#1	Mount Union	2:18.21		4/6

Women's 1500 Meters

1	7	Brittany MCCAULEY	#1	Mount Union	4:32.87		4/14
2	54	Hope MURPHY	#13	Baldwin Wallace	4:40.64		4/8
3	57	Megan WERTZ	#1	Mount Union	4:40.98		4/14
4	66	Claire WALTERS	#23	Franciscan	4:41.96		4/14
5	71	Grace JACKSON	#5	Case Western Re	4:42.78		4/8
6	94	Ellie JANKOWSKI	#4	Hope	4:44.77		3/24
7	95	Gianini VENUTO	#1	Mount Union	4:44.78		4/14
8		Lydia RANDOLPH	#15	Trine	4:45.05		4/7
9		Jenna ALLMAN	#12	Calvin	4:46.47		4/14
10		Sage REDDISH	#16	Oberlin	4:46.73		4/15

Women's Steeplechase

1	14	Sydney KHOSLA	#7	Wittenberg	10:56.99		4/1
2	24	Athena THARENOS	#10	Wooster	11:08.22		4/15
3	25	Jenna ALLMAN	#12	Calvin	11:08.32		4/1
4	28	Elizabeth LOHMAN	#22	Manchester	11:12.67		4/1
5	37	Jennifer MASSUCCI	#2	John Carroll	11:21.87		4/14
6	51	Samantha BIETH	#8	Albion	11:31.59		4/14
7	63	Taylor ELLERBROCK	#3	Ohio Northern	11:38.84		4/1
8	71	Eliza MEDEARIS	#16	Oberlin	11:42.78		3/31
9	73	Brynne WINIARSKI	#12	Calvin	11:43.10		4/1
10	89	Maddy STRUCK	#4	Hope	11:54.52		3/17



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:19 AM

Great Lakes

Women's 5000 Meters

1	16	Megan MCCULLOCH	#8 Albion	17:01.89	4/1
2	38	Sydney KHOSLA	#7 Wittenberg	17:25.29	4/14
3	46	Tessa PITCOVICH	#3 Ohio Northern	17:30.27	4/14
4	64	Abby SCHROFF	#2 John Carroll	17:38.98	4/14
5	66	Amanda KEIM	#2 John Carroll	17:40.37	4/14
6	70	Isabel CHASNEY	Heidelberg	17:41.61	4/14
7	74	Megan AARON	#14 Allegheny (Pa.)	17:42.70	3/24
8	75	Morgan EDWARDS	#2 John Carroll	17:42.84	4/14
9	77	Meghan OWENS	#6 Centre	17:43.41	4/1
10	83	Anna MASON	#4 Hope	17:45.77	4/14

Women's 10,000 Meters

1	3	Anastasia TUCKER	#4 Hope	34:24.97	3/23
2	9	Meghan OWENS	#6 Centre	35:35.32	4/7
3	13	Macy MCADAMS	Muskingum	36:04.45	4/14
4	14	Erica ESPER	#2 John Carroll	36:05.02	4/14
5	15	Tessa PITCOVICH	#3 Ohio Northern	36:07.00	4/1
6	16	Megan MCCULLOCH	#8 Albion	36:11.27	4/14
7	17	Sienna RUITER-DIAZ	#12 Calvin	36:20.49	4/1
8	26	Megan AARON	#14 Allegheny (Pa.)	36:41.69	4/14
9	34	Ashley HOCKSTOK	#3 Ohio Northern	37:00.60	4/1
10	44	Kennedy RADER	#3 Ohio Northern	37:37.58	4/1

Women's 4x100 Relay

1	7	Lauren RONCONE, Madison MILES, Hannah NEIGER, Kenadee WAYT	#1 Mount Union	47.31	4/15
2	15	Ava SCHMIDT, Grace BEHRENS, Helen DODGE, Sara SCHERMERHORN	#4 Hope	47.82	4/14
3	23	Zora SHAKHAN, Lindsey MAGOTEAUX, Haleigh WILLISON, Meghan FRAZIER	#7 Wittenberg	48.06	4/14
4	30	Taylor ANTHONY, Genevieve ARNOLD, Mia SCOTT, Rosie MURRAY	#2 John Carroll	48.45	4/14
5	45	Caroline DAVIS, Jasmine CLAUNCH, Shelby SMITH, Madjo DOUMBIA	#6 Centre	49.00	4/1
6	69	Nayaisha EDMOND, Lauren MCDOWELL, Colette ASKINS, Avery CAMPBELL	#8 Albion	49.51	4/7
7	73	Coral PIERSON, Addystin LYKINS, Aliisa JAMES, Liberty BROCK	#9 Ohio Wesleyan	49.61	4/15
8	77	Hanna BAUER, Cece SAMUELS, Erniesha GUERRIER, Larissa AGBOR-NKONGHO	Capital	49.70	3/31
9	83	Alexis STARNER, Kendra KRICHBAUM, Haley CANNON, Chloe GIBSON	#3 Ohio Northern	49.87	4/15
10	89	Mackenzie MILLER, Emma FORKER, Kaleigh MACHINO, Malena RICKS	#15 Trine	49.98	4/7



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:19 AM

Great Lakes

Women's 4x400 Relay

1	9	Julie TIMPERMAN, Sara SCHERMERHORN, Erin MORAN, Grace BEHRENS	#4 Hope	3:56.93	4/14
2	19	Abigail DANNE, Meghan FRAZIER, Haleigh WILLISON, Tymeerah DE'ARMOND	#7 Wittenberg	4:00.30	4/14
3	32	Melanie TAYLOR, Jessica KWASNY, Danielle SARNO, Melissa PHUNG	#5 Case Western Re	4:02.53	4/8
4	41	Abby COLLIER, Katie PLECKO, Hope MURPHY, Morgan ALOI	#13 Baldwin Wallace	4:04.38	4/8
5	64	Sophia ELLERKMANN, Emily BRENNAN, Anaya JOLIVETTE, Erin MAYLE	#11 Denison	4:07.28	4/15
6	71	Liberty BROCK, Addystin LYKINS, Katelyn STAPLETON, Siarra HOOVER	#9 Ohio Wesleyan	4:07.91	4/15
7	77	Taylor ANTHONY, Rosie MURRAY, Mia SCOTT, Kaleigh MCNAMARA	#2 John Carroll	4:08.88	4/6
8	88	Ericka BIGHAM, Andrea TAGHON, Victoria GOTAAS, Cornelia GOTAAS	#24 Alma	4:10.38	4/14
9	89	Haley BLOOM, Isabella COZZIE, Athena THARENOS, Ignacia MENDEZ	#10 Wooster	4:10.79	4/15
10	95	Kristin FISCHLI, Jerneisha LEWIS, Kymiah BLAIR, Madison STONESTREET	#25 Berea (Ky.)	4:11.72	3/4

Women's High Jump

1	21	Emma KLOSTERMAN	#19 Otterbein	1.63m	5-4¼	4/15
1	21	Drew PATTERSON	#10 Wooster	1.63m	5-4¼	4/15
3	29	Cailey BEAUDOIN	Adrian	1.62m	5-3¾	4/14
4	37	Taylor ROARK	Transylvania	1.60m	5-3	4/14
4	37	Julissa WILLIAMS	#7 Wittenberg	1.60m	5-3	4/8
4	37	Allison SCHRAM	#4 Hope	1.60m	5-3	4/14
4	37	Helena SNYDER	#24 Alma	1.60m	5-3	3/31
4	37	Peyton HOWELL	#9 Ohio Wesleyan	1.60m	5-3	4/8
9	57	Michaela BRYAN	#2 John Carroll	1.59m	5-2½	4/14
9	57	Claudia PARTRIDGE	#10 Wooster	1.59m	5-2½	4/8

Women's Pole Vault

1	1	Peyton PROFFITT	#19 Otterbein	4.06m	13-3¾	4/6
2	14	Emily THOMPSON	#20 Marietta	3.70m	12-1½	4/1
3	15	Bri AVENI	#1 Mount Union	3.68m	12-¾	4/6
4	19	Claire SCHWELLER	#3 Ohio Northern	3.65m	11-11¾	4/14
5	24	Caroline BEERY	#2 John Carroll	3.59m	11-9¼	4/15
6	33	Anna SCHATZLE	#3 Ohio Northern	3.50m	11-5¾	4/14
7	50	Cate GAGNIER	#11 Denison	3.43m	11-3	4/15
7	50	Alison LOASE	#20 Marietta	3.43m	11-3	4/15
7	50	Olivia OGG	#3 Ohio Northern	3.43m	11-3	4/15
7	50	Morgan KROMER	#10 Wooster	3.43m	11-3	4/15

Women's Long Jump

1	18	Jasmine CLAUNCH	#6 Centre	5.59mw	18-4¼ (2.1)	4/14
2	53	Chloe GIBSON	#3 Ohio Northern	5.41m	17-9 (1.5)	4/8
2	53	Genevieve ARNOLD	#2 John Carroll	5.41mw	17-9 (2.8)	3/31
4	59	Lauren MCDOWELL	#8 Albion	5.39m	17-8¼ (0.5)	3/3
5	63	Emma FORKER	#15 Trine	5.38m	17-8 (0.0)	4/7
5	63	Lauren RONCONE	#1 Mount Union	5.38m	17-8 (0.8)	4/15
7	71	Julissa WILLIAMS	#7 Wittenberg	5.30m	17-4¾ (0.0)	4/14
8	79	Madison DIETZ	Wilmington (Ohi	5.27mw	17-3½ (3.4)	4/1
9	87	Madison HUELSKAMP	Earlham	5.25m	17-2¾ (0.0)	4/1
9	87	Olivia BEAN	Heidelberg	5.25m	17-2¾ (1.7)	3/16

Women's Triple Jump

1	8	Jasmine CLAUNCH	#6 Centre	11.94m	39-2¼ (-1)	4/7
2	28	Emily HOPKINS	#5 Case Western Re	11.39m	37-4½ (-0)	4/15
3	36	Kyra HICKS	#17 Rose-Hulman	11.31mw	37-1¼ (2.4)	4/15
4	46	Chilly WALLACE	#16 Oberlin	11.19mw	36-8½ (4.0)	3/31
5	54	Emma FEHRMAN	#20 Marietta	11.12m	36-5¾ (1.1)	4/15
6	81	Sarah OZEKI	#5 Case Western Re	10.91mw	35-9½ (3.0)	3/17
7	83	Genevieve ARNOLD	#2 John Carroll	10.89m	35-8¾ (0.0)	4/14
8		Drew PATTERSON	#10 Wooster	10.73m	35-2½ (1.5)	3/31
9		Madison HUELSKAMP	Earlham	10.72m	35-2 (0.0)	4/8
10		Tori MILLER	#2 John Carroll	10.71m	35-1¾ (-0)	4/14

Women's Shot Put

1	11	Ryann ROHRER	#12 Calvin	13.71m	44-11¾	4/14
2	13	Ari MCPHETERS	#9 Ohio Wesleyan	13.60m	44-7½	4/15
3	24	Jessica BECKMAN	#18 Hanover	13.34m	43-9¼	4/15
4	25	Jessie STENGER	#18 Hanover	13.29m	43-7¼	4/15
5	26	Mikaila CARPENTER	#11 Denison	13.19m	43-3¼	4/15
6	31	Carley CAMP	#22 Manchester	13.01m	42-8¼	4/8
7	38	Tess ANTHONY	#8 Albion	12.84m	42-1½	4/13
8	39	Lauren FOUTCH	#6 Centre	12.80m	42-0	4/7
9	45	Brooke BUCKHANNON	#13 Baldwin Wallace	12.71m	41-8½	4/8
10	49	Evelyn UTLEY	#17 Rose-Hulman	12.62m	41-5	4/8



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:19 AM

Great Lakes

Women's Discus

1	12	Sidney RAMBO	#1	Mount Union	44.11m	144-9	4/6
2	16	Kelsey DUNN	#2	John Carroll	43.07m	141-4	3/31
3	19	Jessica BECKMAN	#18	Hanover	42.30m	138-10	4/8
4	25	Hannah FRIEND	#3	Ohio Northern	41.90m	137-6	4/14
5	28	Lauren FOUTCH	#6	Centre	41.54m	136-4	4/14
6	29	Brooke HUFFMAN	#20	Marietta	41.34m	135-8	4/6
7	33	Jessie STENGER	#18	Hanover	41.10m	134-10	4/8
8	37	Brigid MACK	#23	Franciscan	40.68m	133-6	3/31
9	42	Sadie KNOSTMAN	#7	Wittenberg	40.40m	132-7	3/25
10	45	Evangeline SANFORD	#10	Wooster	40.28m	132-2	3/31

Women's Hammer

1	5	Brooke BUCKHANNON	#13	Baldwin Wallace	54.58m	179-1	3/31
2	13	Khloe DUBENION	#9	Ohio Wesleyan	52.64m	172-9	4/15
3	22	Brooke HUFFMAN	#20	Marietta	49.84m	163-6	4/15
4	27	Kylee SILVERMAN	#11	Denison	48.89m	160-5	4/12
5	32	Amy POLLACK	#11	Denison	48.75m	159-11	4/12
6	33	Ainsley WIESNER	#10	Wooster	48.73m	159-11	4/12
7	37	Iyanna LEWIS	#16	Oberlin	48.56m	159-4	4/15
8	53	Izzy BURMAN	#3	Ohio Northern	47.29m	155-2	4/8
9	55	Alexa POLING		Capital	47.24m	155-0	4/14
10	59	Abby CANNON	#16	Oberlin	46.92m	153-11	4/15

Women's Javelin

1	13	Adrienne WACHTMAN	#5	Case Western Re	40.58m	133-2	4/8
2	17	Audrey SALENIEN		Adrian	39.99m	131-3	4/7
3	40	Lauren ROSKUSZKA	#5	Case Western Re	37.64m	123-6	3/17
4	42	Aaliyah BRIGGS	#17	Rose-Hulman	37.57m	123-3	3/25
5	53	Hope GOMEZ	#14	Allegheny (Pa.)	36.95m	121-3	4/15
6	55	Ainsley WIESNER	#10	Wooster	36.92m	121-2	4/12
7	60	Kylie RATHBUN	#17	Rose-Hulman	36.77m	120-8	4/8
8	61	Taylor TATLOCK		Franklin	36.76m	120-7	4/15
9	73	Aarika EDIGER	#4	Hope	36.40m	119-5	3/24
10	75	Meghan OWENS	#6	Centre	36.33m	119-3	3/25

Women's Heptathlon

1	67	Amanda RADKE	#19	Otterbein	3,106		4/6
---	-----------	--------------	-----	-----------	--------------	--	-----



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:19 AM

Metro

Women's 100 Meters

1	13	Gbarper DWAH	#11	Ramapo	12.03	(0.1)	3/31
2	29	Laura MATHEWS	#6	Stevens	12.13	(0.6)	4/7
3	33	Jayla GORE	#8	Widener	12.16	(0.0)	4/8
4	43	Valandra RIGGINS	#1	TCNJ	12.24	(2.0)	4/8
5	46	Maria MUZZARELLI	#8	Widener	12.25	(0.0)	4/8
6	82	Krystle BOADI	#4	Swarthmore	12.44	(1.7)	4/8
6	82	Helen DAVIS	#5	Moravian	12.44	(1.8)	4/7
8		Ashlyn MACLURE	#1	TCNJ	12.65w	(3.1)	3/29
9		Jahsaiah MOSES	#9	Haverford	12.68	(0.0)	4/8
10		Breyanna ROPER	#10	DeSales	12.69w	(3.9)	4/1

Women's 100 Meter Hurdles

1	4	Laura MATHEWS	#6	Stevens	14.03	(1.0)	4/14
2	12	Victoria PURRITANO	#1	TCNJ	14.36	(0.9)	4/14
3	18	Eliza BRUNCAJ	#1	TCNJ	14.53	(1.2)	4/13
4	56	Nicole NOTARANNI	#3	Rowan	15.10w	(3.5)	3/17
5		Gloria HUGHES	#3	Rowan	15.80	(-2.5)	4/15
6		Kristen WILLIAMS	#6	Stevens	16.05	(0.1)	3/30
7		Brya BYRD	#12	Rutgers-Newark	16.12	(1.5)	3/16
8		Hannah SWALE	#4	Swarthmore	16.21	(-1.9)	4/14
9		Liana MEYER	#6	Stevens	16.22	(1.2)	4/13
10		Carmelle ALEXIS	#12	Rutgers-Newark	16.24	(2.0)	4/8

Women's 200 Meters

1	11	Laura MATHEWS	#6	Stevens	24.68	(-1.1)	3/30
2	16	Jasmine BROADWAY	#3	Rowan	24.85	(-1.1)	3/30
3	36	Gbarper DWAH	#11	Ramapo	25.16	(-1.6)	4/8
4	53	Eliza BRUNCAJ	#1	TCNJ	25.33	(0.6)	4/13
5	56	Crystal ROBINSON	#5	Moravian	25.38	(1.1)	4/1
6	85	Abby GIAMONI	#5	Moravian	25.65	(1.1)	4/1
7	99	Krystle BOADI	#4	Swarthmore	25.77	(-1.1)	3/30
8		Helen DAVIS	#5	Moravian	25.85	(0.5)	4/7
9		Maria MUZZARELLI	#8	Widener	25.86	(0.0)	4/8
10		Chidimma IGWE	#12	Rutgers-Newark	25.90	(0.6)	4/8

Women's 400 Meters

1	12	Nevaeh LORJUSTE	#3	Rowan	56.90		4/14
2	41	Rose TESZLER	#4	Swarthmore	58.26		3/30
3	42	Crystal ROBINSON	#5	Moravian	58.30		4/7
4	44	Chidimma IGWE	#12	Rutgers-Newark	58.33		4/15
5	54	Amanthy SOSA CACERES	#3	Rowan	58.59		3/30
6	56	Kathleen PEDERSEN	#3	Rowan	58.65		4/8
7	67	Olivia D'AULERIO	#9	Haverford	58.90		3/30
8	83	Rebecca KNEPPEL	#11	Ramapo	59.20		3/31
9	88	Abby GIAMONI	#5	Moravian	59.23		4/15
10		Rachel BYRNE	#5	Moravian	59.78		4/1

Women's 400 Meter Hurdles

1	4	Eliza BRUNCAJ	#1	TCNJ	1:01.74		3/29
2	22	Molly LODGE	#3	Rowan	1:04.13		4/8
3	24	Victoria PURRITANO	#1	TCNJ	1:04.50		4/8
4	52	Emma PETROLIA	#2	Stockton	1:05.91		3/31
5	66	Mahon MCCLENAHAN	#3	Rowan	1:06.69		3/30
6	96	Brya BYRD	#12	Rutgers-Newark	1:07.74		3/16
7		Alivia STOCKLIN	#3	Rowan	1:08.60		3/17
8		Sameerah KHAN	#1	TCNJ	1:08.63		4/8
9		Elise DANIEL	#8	Widener	1:08.72		3/30
10		Jahsaiah MOSES	#9	Haverford	1:09.17		4/8

Women's 800 Meters

1	9	Rose TESZLER	#4	Swarthmore	2:12.80		4/14
2	60	Rachel CONHOFF	#7	Ursinus	2:17.31		4/8
3	69	Anna SASSE	#3	Rowan	2:17.86		3/30
4	73	Allison UHL	#1	TCNJ	2:17.92		4/8
5	87	Nina BURDEN	#6	Stevens	2:18.36		3/30
6	94	Eliza BRUNCAJ	#1	TCNJ	2:18.56		4/13
7	95	Olivia D'AULERIO	#9	Haverford	2:18.58		4/8
8		Erin HANLON	#1	TCNJ	2:19.45		4/8
9		Kayla KASS	#2	Stockton	2:19.58		4/7
10		Isabel THORNBERRY	#9	Haverford	2:19.75		4/8

Women's 1500 Meters

1	20	Rachel CONHOFF	#7	Ursinus	4:36.16		4/14
2	87	Anna SASSE	#3	Rowan	4:44.09		4/8
3		Gabriella NYE	#8	Widener	4:45.15		4/14
4		Amelia SMITH	#10	DeSales	4:45.45		4/13
5		Rose TESZLER	#4	Swarthmore	4:46.91		4/8
6		Suzanne ZAUGG	#11	Ramapo	4:49.27		4/8
7		Holly CHAMBERS	#7	Ursinus	4:50.36		4/14
8		Quinn BASEWITZ	#4	Swarthmore	4:51.26		4/8
9		Katelyn BERNOTAS	#8	Widener	4:51.33		4/14
10		Emily HOEGLER	#1	TCNJ	4:52.33		3/31

Women's Steeplechase

1	39	Emily COONEY	#8	Widener	11:22.40		4/14
2	55	Amber PONIKTERA	#5	Moravian	11:34.47		4/14
3	70	Rachael GOODMAN	#5	Moravian	11:42.76		4/14
4		Haley ESTUS	#10	DeSales	12:01.49		3/24
5		Liz EGAN	#8	Widener	12:05.30		4/14
6		Jenna LOZZI	#7	Ursinus	12:19.25		4/1
7		Olivia HARRIS	#2	Stockton	12:19.28		3/31
8		Natasha FURYK	#13	Muhlenberg	12:25.02		4/1
9		Alyssa BLACKMON	#21	Delaware Valley	12:28.13		4/7
10		Grace TIRABASSI	#5	Moravian	12:35.49		4/7



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:19 AM

Metro

Women's 5000 Meters

1	Rachel CONHOFF	#7	Ursinus	17:58.31	3/25
2	Amelia SMITH	#10	DeSales	18:07.11	3/24
3	Holly CHAMBERS	#7	Ursinus	18:13.28	3/25
4	Olivia MONTINI	#4	Swarthmore	18:18.16	3/30
5	Samantha GRUBB	#7	Ursinus	18:44.66	3/25
6	Haley ESTUS	#10	DeSales	18:46.36	4/1
7	Amber PONIKTERA	#5	Moravian	18:47.45	4/7
8	Emily HOEGLER	#1	TCNJ	18:47.98	4/14
9	Cameron WRIGHT	#3	Rowan	18:59.90	3/17
10	Tara SMURLA	#5	Moravian	19:01.25	4/14

Women's 10,000 Meters

1	22 Katherine HIRSCHKE	#9	Haverford	36:33.24	3/30
2	Kiersten CLEM	#2	Stockton	39:54.66	3/31
3	Guinevere KENNEDY	#2	Stockton	40:28.08	3/31
4	Gabriella NYE	#8	Widener	40:44.99	3/30
5	Fionna FEERICK	#6	Stevens	41:02.55	3/30
6	Liz EGAN	#8	Widener	41:09.30	3/30
7	Emily COONEY	#8	Widener	41:36.64	3/30
8	Carly GABLE	#8	Widener	41:42.77	3/30
9	Cat TRAN	#8	Widener	41:47.11	3/30
10	Nina VIGLIANTI	#10	DeSales	42:08.06	3/30

Women's 4x100 Relay

1	9	Nevaeh LORJUSTE, Jasmine BROADWAY, Promise FADAHUNSI, Nicole NOTARIANNI	#3	Rowan	47.42	4/14
2	30	Ashlyn MACLURE, Eliza BRUNCAJ, Victoria PURRITANO, Valandra RIGGINS	#1	TCNJ	48.45	3/29
3	37	Helen DAVIS, Crystal ROBINSON, Abby GIAMONI, Rachel BYRNE	#5	Moravian	48.63	4/1
4	61	Jahsaiah MOSES, Olivia D'AULERIO, Ally LANDAU, Kayla ROBINSON	#9	Haverford	49.33	4/15
5		Emma CONROY, Ashanae MORRISON, Kaylee APPLE, Khristina WASHINGTON	#2	Stockton	50.31	4/7
6		Syncere LAMBERT, Selene GUNER, Sanaa BRODIE, Zahkyrah CATER	#12	Rutgers-Newark	50.47	4/8
7		Lamya YOUNG, Ayriana YOUNG, Nyla BOYD, Tiffany ORTIZ	#22	New Jersey City	51.15	4/14
8		Maria MUZZARELLI, Jayla GORE, Olivia GIANNELLA, Kelly BARR	#8	Widener	51.42	4/15
9		Niki MATTHEWS, Devon EASTLACK, Shanice WILLIAMS, Shira GAMSON	#13	Muhlenberg	52.36	4/1
10		Roxy ILIESCU, Emma Mae JONES, Paige MASONHEIMER, Gianna MALLEE	#15	Arcadia	53.38	4/13



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:19 AM

Metro

Women's 4x400 Relay

1	10	Valandra RIGGINS, Eliza BRUNCAJ, Allison UHL, Megan GASNICK	#1 TCNJ	3:57.05	3/29
2	27	Krystle BOADI, Hannah GARROU, Gabby JOHNSON, Rose TESZLER	#4 Swarthmore	4:01.57	3/30
3	39	Ally LANDAU, Isabel THORNBERRY, Dominique MONROY, Olivia D'AULERIO	#9 Haverford	4:03.93	4/8
4	48	Emma CONROY, Lauren MALDONADO, Emma PETROLIA, Kayla KASS	#2 Stockton	4:05.43	3/31
5	51	Rebecca KNEPPEL, Barbara EXILUS, Kacy EWING, Gbarper DWAH	#11 Ramapo	4:05.68	3/31
6	73	Rylie MURPHY, Rachel BYRNE, Racquel RAMEY, Crystal ROBINSON	#5 Moravian	4:08.39	4/7
7	86	Liana MEYER, Allie CANCIANI, Stephanie RYAZANOVA, Laura MATHEWS	#6 Stevens	4:010.00	4/7
8		Anna SASSE, Gabriella PAGANO, Sha'Lynn CLARKE, Robin COLLURA	#3 Rowan	4:12.61	4/8
9		Meghan CARROLL, Tashyah SAMPLE, Holly CHAMBERS, Rachel CONHOFF	#7 Ursinus	4:13.07	4/8
10		Ashley ADAMES, Nyla BOYD, Ayriana YOUNG, Tiffany ORTIZ	#22 New Jersey City	4:15.55	4/14

Women's High Jump

1	2	Kira PORZIO	#20 Merchant Marine	1.70m	5-7	4/2
2	61	Lexi GROFF	#5 Moravian	1.58m	5-2¼	4/7
3	70	Sarah SCEPKOWSKI	#1 TCNJ	1.57m	5-1¾	4/8
3	70	Margaret HARDIGG	#18 Bryn Mawr	1.57m	5-1¾	4/7
3	70	Susann FOLEY	#2 Stockton	1.57m	5-1¾	4/7
6	89	Kaitlyn VERVIER	#2 Stockton	1.56m	5-1¼	4/14
7	93	Emily RUSSELL	#17 Farmingdale Sta	1.55m	5-1	4/1
8		Emily TRELSTAD	#4 Swarthmore	1.53m	5-¼	3/10
9		Avery MCNULTY	#13 Muhlenberg	1.52m	4-11¾	4/1
9		Kayley HARNETT	#1 TCNJ	1.52m	4-11¾	4/8
9		Jessica JOHNSON	#18 Bryn Mawr	1.52m	4-11¾	4/7
9		Abigail PFAFF	#1 TCNJ	1.52m	4-11¾	4/8

Women's Pole Vault

1	92	Emma MELE	#10 DeSales	3.27m	10-8¾	4/13
2	99	Savannah STEGER	#8 Widener	3.25m	10-8	3/30
3		Aliza WHITE-VEGA	#16 Eastern (Pa.)	3.20m	10-6	4/8
4		Madison FEY	#2 Stockton	3.10m	10-2	3/31
4		Julia DAKWAR	#1 TCNJ	3.10m	10-2	4/8
6		Paige CARPENTER	#16 Eastern (Pa.)	3.05m	10-0	3/25
6		Sophie SPRINGER	#4 Swarthmore	3.05m	10-0	4/8
8		Juniper BAUROTH-SHERMAN	#7 Ursinus	2.90m	9-6¼	4/8
9		Alicia KLOTZ	#2 Stockton	2.80m	9-2¼	3/31
9		Alice CREED	#9 Haverford	2.80m	9-2¼	3/30

Women's Long Jump

1	77	Sophia GRESHAM	#3 Rowan	5.28m	17-4 (1.3)	4/8
2	92	Liana MEYER	#6 Stevens	5.24m	17-2¼ (-0.)	4/13
3		Rainah DUNHAM	#7 Ursinus	5.21m	17-1¼ (-1.)	4/1
4		Kayla ROBINSON	#9 Haverford	5.20m	17-¾ (-0.5)	4/8
4		Ashanae MORRISON	#2 Stockton	5.20m	17-¾ (0.2)	3/31
6		Eliza BRUNCAJ	#1 TCNJ	5.19m	17-½ (0.0)	4/13
7		Sidney WHETSTONE	#19 Montclair State	5.12m	16-9¾ (1.7)	4/7
8		Eden MERRITT	#7 Ursinus	5.05m	16-7 (-2.4)	4/1
9		Gianna MALLEE	#15 Arcadia	5.03m	16-6 (-1.4)	4/13
10		Mikailia DONMOYER	#10 DeSales	4.97m	16-3¾ (-0.)	4/1

Women's Triple Jump

1	73	Kayla ROBINSON	#9 Haverford	10.95m	35-11¼ (0.)	4/15
2	83	Kristen WILLIAMS	#6 Stevens	10.89m	35-8¾ (0.4)	3/30
3	88	Ashanae MORRISON	#2 Stockton	10.87m	35-8 (1.5)	4/7
4		Khristina WASHINGTON	#2 Stockton	10.79m	35-4¾ (1.5)	3/31
5		Shira GAMSON	#13 Muhlenberg	10.77m	35-4 (-0.8)	4/1
6		Alexandra HAEFELE	#5 Moravian	10.75m	35-3¼ (0.6)	4/7
7		Hannah SWALE	#4 Swarthmore	10.66m	34-11¾ (-0)	3/30
8		Emma PETROLIA	#2 Stockton	10.62m	34-10¼ (1.)	4/7
9		Zoe IOVINO	#1 TCNJ	10.60m	34-9½ (1.5)	4/8
10		Rainah DUNHAM	#7 Ursinus	10.53m	34-6¾ (-1.)	4/13

Women's Shot Put

1	6	Adria RETTER	#4 Swarthmore	14.14m	46-4¾	3/30
2	14	Shahyan ABRAHAM	#2 Stockton	13.57m	44-6¼	4/7
3	40	Isabelle DEAL	#7 Ursinus	12.78m	41-11¼	4/13
4	64	Kerri MCCARTHY	#1 TCNJ	12.38m	40-7½	4/8
5		Jessica REILLY	#1 TCNJ	11.71m	38-5	4/8
6		AnaMaria LACCETTI	#6 Stevens	11.57m	37-11½	4/7
7		Kayla ROBINSON	#9 Haverford	11.32m	37-1¾	3/30
8		Alexia BEY	#3 Rowan	11.24m	36-10½	4/8
9		Tate GARCIA	#4 Swarthmore	11.10m	36-5	3/10
10		Alexis MARINI	#14 Rutgers-Camden	11.09m	36-4¾	3/30



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:20 AM

Metro

Women's Discus

1	1	Adria RETTER	#4	Swarthmore	49.87m	163-8	4/8
2	5	Isabelle MECKES	#10	DeSales	44.81m	147-0	3/24
3	21	Michaela POMATTO	#2	Stockton	42.19m	138-5	4/14
4	84	Ashley MULIAWAN	#6	Stevens	38.54m	126-6	4/15
5		Tate GARCIA	#4	Swarthmore	37.86m	124-3	4/15
6		AnaMaria LACCETTI	#6	Stevens	37.57m	123-3	4/15
7		Madeline WICKEL	#5	Moravian	36.29m	119-1	4/7
8		Jessica REILLY	#1	TCNJ	35.91m	117-10	4/8
9		Alexis MARINI	#14	Rutgers-Camder	35.42m	116-3	3/30
10		Sarah WILCHER	#9	Haverford	35.16m	115-4	4/15

Women's Hammer

1	3	Emily GALVIN	#3	Rowan	56.17m	184-4	4/14
2	6	Emily HILT	#14	Rutgers-Camder	54.33m	178-3	4/7
3	24	Adria RETTER	#4	Swarthmore	49.49m	162-5	4/8
4	44	Alexis MARINI	#14	Rutgers-Camder	48.00m	157-6	3/30
5	54	Shahyan ABRAHAM	#2	Stockton	47.28m	155-2	4/7
6	64	AnaMaria LACCETTI	#6	Stevens	46.73m	153-4	4/7
7	72	Isabel RODRIGUEZ	#8	Widener	46.43m	152-4	4/15
8	90	Jessica REILLY	#1	TCNJ	45.53m	149-5	4/15
9		Faith FEZENKO	#13	Muhlenberg	43.85m	143-11	4/13
10		Caillie FISH	#5	Moravian	42.00m	137-10	4/7

Women's Javelin

1	3	Isabelle DEAL	#7	Ursinus	45.26m	148-6	4/14
2	23	Megan CAMPANILE	#2	Stockton	39.52m	129-8	4/14
3		Lily LORIO	#1	TCNJ	34.75m	114-0	4/14
4		Avery MCNULTY	#13	Muhlenberg	34.46m	113-1	4/7
5		Delaney WISEMAN	#5	Moravian	34.41m	112-11	4/7
6		Jill PROVAZNIK	#4	Swarthmore	33.92m	111-4	3/30
7		Katya GALKOWSKI	#7	Ursinus	33.84m	111-0	4/1
8		Jenna KULINSKI	#3	Rowan	33.21m	109-0	4/8
9		Annalise STEPHENS	#1	TCNJ	32.95m	108-1	4/8
10		Sadie TRUBILLA	#24	Cedar Crest	32.69m	107-3	4/15

Women's Heptathlon

1	8	Eliza BRUNCAJ	#1	TCNJ	4,533		4/13
2	19	Liana MEYER	#6	Stevens	4,177		4/13
3	32	Hannah SWALE	#4	Swarthmore	3,871		4/14
4	85	Morgan GLISTA	#15	Arcadia	2,677		4/7
5	92	Amira KEMP	#17	Farmingdale Sta	2,433		4/7
6	96	Sabrina BAER	#14	Rutgers-Camder	2,310		4/7
7	99	Christania FEDE	#17	Farmingdale Sta	1,208		4/7



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:20 AM

Mid-Atlantic

Women's 100 Meters

1	30	Lauren PHILLIPS	#1	Johns Hopkins	12.14	(0.1)	3/31
2	52	Leah GRAY		Penn State Harri	12.28w	(3.4)	3/31
3	56	Sara PENUELA	#5	Dickinson	12.31w	(3.9)	4/1
4	68	Erin OLSAVSKY	#5	Dickinson	12.35w	(3.9)	4/1
5	72	Emma RUDOLPH	#6	Westminster (Pa	12.39w	(2.9)	3/16
6	78	Samantha GIORDANI	#2	Carnegie Mellon	12.42	(-1.4)	4/13
7		Jessica FATIGAI	#6	Westminster (Pa	12.48w	(2.6)	3/25
8		Chloe YODER	#3	Susquehanna	12.56	(-0.1)	4/8
9		Emma VEZZOSI	#7	Grove City	12.61w	(2.8)	3/31
10		Victoria KADIRI	#1	Johns Hopkins	12.65	(0.4)	4/14

Women's 100 Meter Hurdles

1	6	Chloe YODER	#3	Susquehanna	14.05w	(3.6)	4/8
2	16	Elizabeth BARRE	#2	Carnegie Mellon	14.51	(0.2)	4/13
3	23	Julia PENA	#17	York (Pa.)	14.59	(0.1)	3/30
4	37	Leah BERGEY	#23	Lancaster Bible	14.81w	(2.3)	3/31
5	43	Hannah ALDERFER	#3	Susquehanna	14.91w	(3.6)	4/8
5	43	Carlee DOMKE	#9	Chatham	14.91	(0.2)	4/13
7	69	Victoria KADIRI	#1	Johns Hopkins	15.28	(-2.2)	4/14
8	75	Emma VEZZOSI	#7	Grove City	15.34	(-0.4)	4/14
9	88	Lillian MORRELL	#14	Gettysburg	15.46w	(2.4)	4/13
10		Breannnda DAVIS	#6	Westminster (Pa	15.59	(-0.7)	4/5

Women's 200 Meters

1	17	Samantha GIORDANI	#2	Carnegie Mellon	24.88	(-1.7)	4/13
2	24	Lauren PHILLIPS	#1	Johns Hopkins	25.00	(1.3)	4/14
3	63	Elizabeth BARRE	#2	Carnegie Mellon	25.47	(1.1)	4/8
4	99	Alayna KREMPA	#3	Susquehanna	25.77	(1.2)	4/8
5		Erin OLSAVSKY	#5	Dickinson	25.79	(1.1)	4/1
6		Noelle GONZALEZ	#13	Scranton	25.83	(1.1)	4/1
7		Chloe YODER	#3	Susquehanna	25.89	(1.1)	4/8
8		Emerlee SIMONS	#5	Dickinson	25.93	(2.0)	4/13
9		Halle JENNETT	#10	Messiah	25.95w	(2.2)	4/13
10		Victoria KADIRI	#1	Johns Hopkins	26.05	(-0.4)	4/14

Women's 400 Meters

1	4	Lauren PHILLIPS	#1	Johns Hopkins	55.46		4/14
2	27	Elizabeth BARRE	#2	Carnegie Mellon	57.63		3/24
3	49	Noelle GONZALEZ	#13	Scranton	58.43		4/14
4	57	Isabella RHEE	#2	Carnegie Mellon	58.68		4/13
5	62	Katie MORGAN	#21	McDaniel	58.78		3/30
6	93	Lillian BOUDREAU	#14	Gettysburg	59.29		4/13
7		Sonialys BADILLO	#4	Misericordia	59.65		3/30
8		Tanise THORNTON-FILLYAW	#20	Goucher	59.96		3/31
9		Jasmine WILSON	#16	Stevenson	1:00.03		3/30
10		Darrian BERKHEIMER	#8	Lebanon Valley	1:00.06		4/5

Women's 400 Meter Hurdles

1	10	Carlee DOMKE	#9	Chatham	1:02.27		4/15
2	13	Darya MIKUSOVA	#5	Dickinson	1:02.63		4/1
3	20	Lillian MORRELL	#14	Gettysburg	1:03.63		4/13
4	31	Sonialys BADILLO	#4	Misericordia	1:04.75		4/13
5	68	Chloe YODER	#3	Susquehanna	1:06.76		3/30
6	85	Lorna ARCESE	#1	Johns Hopkins	1:07.38		4/7
7	90	Breannnda DAVIS	#6	Westminster (Pa	1:07.48		4/8
8	91	Payton MANN	#17	York (Pa.)	1:07.49		4/14
9		Laura CARDONA	#11	Elizabethtown	1:07.94		4/13
10		Jadyn HARTNER	#15	Washington & J	1:08.13		4/15

Women's 800 Meters

1	50	Harrinee SENTHILKUMAR	#1	Johns Hopkins	2:16.78		4/14
2	57	Kavya TUMMALAPALLI	#2	Carnegie Mellon	2:17.13		4/14
3	58	Mackenzie SETTON	#1	Johns Hopkins	2:17.19		4/14
4	63	Claire ANDERSON	#15	Washington & J	2:17.78		4/14
5	65	Tanise THORNTON-FILLYAW	#20	Goucher	2:17.84		4/7
6	66	Jacqueline LIU	#2	Carnegie Mellon	2:17.85		4/13
7	85	Lauren BUNKE	#8	Lebanon Valley	2:18.34		4/5
8	89	Lorna ARCESE	#1	Johns Hopkins	2:18.49		4/14
9		Mona YUAN	#2	Carnegie Mellon	2:19.70		4/8
10		Kristin GALLAGHER	#4	Misericordia	2:20.27		4/13

Women's 1500 Meters

1	26	Claire ANDERSON	#15	Washington & J	4:36.87		4/14
2	35	Harrinee SENTHILKUMAR	#1	Johns Hopkins	4:37.67		4/14
3	43	Kristen SEBALLOS	#2	Carnegie Mellon	4:38.97		4/14
4	60	Mackenzie SETTON	#1	Johns Hopkins	4:41.32		4/14
5	78	Lauren BUNKE	#8	Lebanon Valley	4:43.04		4/14
6	79	Grace SMITH	#7	Grove City	4:43.06		4/15
7	91	Adriana CATALANO	#1	Johns Hopkins	4:44.59		3/30
8	96	Kallan CARTER	#3	Susquehanna	4:44.93		3/30
9		Cassie CARR	#15	Washington & J	4:45.30		4/14
10		Amiyah PRIEBE	#5	Dickinson	4:46.11		4/14

Women's Steeplechase

1	2	Sara STEPHENSON	#1	Johns Hopkins	10:37.99		3/30
2	36	Milana STRAUB	#18	Marywood	11:20.45		4/14
3	46	Amiyah PRIEBE	#5	Dickinson	11:30.93		4/1
4	62	Ella LYLE	#7	Grove City	11:38.18		4/15
5	91	Cassie CARR	#15	Washington & J	11:55.01		4/5
6		Cooper BROTHERTON	#1	Johns Hopkins	11:57.61		3/31
7		Bailey MULLEN	#21	McDaniel	12:01.19		4/8
8		Amanda ADDESSO	#14	Gettysburg	12:05.72		3/25
9		Carys COOK	#14	Gettysburg	12:09.38		3/25
10		Melissa FITZGIBBON	#11	Elizabethtown	12:13.38		4/14



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:20 AM

Mid-Atlantic

Women's 5000 Meters

1	14	Sara STEPHENSON	#1	Johns Hopkins	16:57.33	4/14
2	27	Jessica HOFFMANN	#13	Scranton	17:15.02	4/14
3	31	Isabelle PARDEW	#16	Stevenson	17:15.59	4/14
4	53	Triya ROY	#1	Johns Hopkins	17:33.26	4/14
5	58	Sarah DEVRIES	#4	Misericordia	17:35.88	4/14
6	60	Carmen MEDVIT	#19	Geneva	17:36.90	3/10
7	76	Clare ERWIN	#9	Chatham	17:43.05	3/24
8		Cooper BROTHERTON	#1	Johns Hopkins	17:54.09	4/14
9		Kate DICKOW	#10	Messiah	17:57.65	3/25
10		Lauren BUNKE	#8	Lebanon Valley	17:57.73	3/30

Women's 10,000 Meters

1	30	Clare ERWIN	#9	Chatham	36:52.53	4/8
2	36	Milana STRAUB	#18	Marywood	37:04.99	3/30
3	41	Carmen MEDVIT	#19	Geneva	37:14.71	4/14
4	53	Abigail JAMES	#4	Misericordia	38:16.50	3/30
5	62	Isabelle PARDEW	#16	Stevenson	38:32.78	3/24
6	79	Claire ANDERSON	#15	Washington & Jefferson	39:14.92	4/1
7	89	Katherine JONES	#4	Misericordia	39:26.36	3/30
8	95	Amanda ADESSO	#14	Gettysburg	39:35.44	3/31
9		Kristen PRINCE		Saint Vincent	40:19.36	3/25
10		Julia BAUER	#7	Grove City	40:47.02	3/31

Women's 4x100 Relay

1	27	Hannah ALDERFER, Alexa RINE, Alayna KREMPA, Chloe YODER	#3	Susquehanna	48.34	3/30
2	44	Grace MASSILLON, Lauren PHILLIPS, Marissa HSU, Victoria KADIRI	#1	Johns Hopkins	48.94	4/7
3	46	Darya MIKUSOVA, Sara PENUELA, Mariana PENUELA, Erin OLSAVSKY	#5	Dickinson	49.04	4/13
4	60	Kathryn WIEDERRECHT, Abby MCMINN, Ellie LONGSHAW, Taylor WIEDERRECHT	#10	Messiah	49.32	4/13
5	67	Madison CONLEY, Emma RUDOLPH, Breannnda DAVIS, Jessica FATIGATI	#6	Westminster (Pa)	49.44	4/8
6		Fiona BURKE, Molly FERULLO, Noelle GONZALEZ, Samantha SHARROW	#13	Scranton	50.16	4/4
7		Carolyn COLTERYAHN, Britta LAGERQUIST, Hailey WEINERT, Emma VEZZOSI	#7	Grove City	50.24	4/5
8		Aurielle BRUNNER, Carlee DOMKE, Molly STANDING, Kendall SIRIGNANO	#9	Chatham	50.37	4/15
9		Emily ORIEL, Darrian BERKHEIMER, Alyssa PEIFFER, Tori HUNYARA	#8	Lebanon Valley	50.56	3/31
10		Sarah ROSS, Savannah LYNCH, Emily HARRINGTON, Ellen KUZMA	#12	King's College (F)	50.86	4/13



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:20 AM

Mid-Atlantic

Women's 4x400 Relay

1	40	Anna ZAESKE, Lorna ARCESE, Ashley TANG, Monal DATERAO	#1	Johns Hopkins	4:04.30	3/31
2	43	Abbe KITCHIN, Darya MIKUSOVA, Sara PENUELA, Emerlee SIMONS	#5	Dickinson	4:04.91	4/1
3	53	Isabella RHEE, Emily LANNEN, Mona YUAN, Kavya TUMMALAPALLI	#2	Carnegie Mellon	4:05.81	4/8
4	75	Jessica FATIGATI, Caitlyn GOODRICH, Abigail PAINTER, Breannnda DAVIS	#6	Westminster (Pa.)	4:08.65	4/8
5	96	Carolyn COLTERYAHN, Abby BIDDLE, Annie VANNOY, Britta LAGERQUIST	#7	Grove City	4:11.73	4/5
6	97	Mia HILL, Marlyse HAACK, Destinee EKANEM, Karia FORVIL	#24	Salisbury	4:11.81	3/31
7	98	Rebecca CROSLEY, Emma JOHNSEN, Brienna HESS, Ellissa SLADER	#10	Messiah	4:11.96	4/13
8		Sonialys BADILLO, Casey ALLEN, Amber HACKENBERG, Kristin GALLAGHER	#4	Misericordia	4:12.26	4/4
9		Ashleigh DENAULT, O'Livia MCINTOSH, Marissa LAPINSKY, Emma AGER	#11	Elizabethtown	4:15.62	4/13
10		Jasmine WILSON, Hannah KEPLER, Skyliya DAY, Mia MARTINEZ	#16	Stevenson	4:15.93	4/5

Women's High Jump

1	2	Elizabeth BARRE	#2	Carnegie Mellon	1.70m	5-7	4/8
2	7	Casey ALLEN	#4	Misericordia	1.68m	5-6	4/4
3	13	Aurielle BRUNNER	#9	Chatham	1.66m	5-5½	3/24
4	21	Taryn SILVERNALE	#1	Johns Hopkins	1.63m	5-4¼	4/14
5	29	Breannnda DAVIS	#6	Westminster (Pa.)	1.62m	5-3¾	4/5
6	37	Jocelynn ITTERLY	#11	Elizabethtown	1.60m	5-3	4/5
6	37	Leah BERGEY	#23	Lancaster Bible	1.60m	5-3	3/31
6	37	Melena KOUTCH	#8	Lebanon Valley	1.60m	5-3	4/5
9	70	Katie BALLER	#7	Grove City	1.57m	5-1¾	4/5
9	70	Kaylee SUAREZ		Thiel	1.57m	5-1¾	4/15

Women's Pole Vault

1	2	Emma RUDOLPH	#6	Westminster (Pa.)	3.90m	12-9½	3/31
2	8	Julia PENA	#17	York (Pa.)	3.80m	12-5½	4/14
3	27	Taryn SILVERNALE	#1	Johns Hopkins	3.55m	11-7¾	3/31
3	27	Madison CONLEY	#6	Westminster (Pa.)	3.55m	11-7¾	3/31
5	54	Emily ORIEL	#8	Lebanon Valley	3.42m	11-2½	4/13
6	55	Sarah-Caulley SOTO	#1	Johns Hopkins	3.40m	11-1¾	3/31
7	92	Rachel SNAVELY	#8	Lebanon Valley	3.27m	10-8¾	4/13
8	95	Maddy TREHARN	#6	Westminster (Pa.)	3.26m	10-8¼	4/15
8	95	Sydney STAINBROOK	#7	Grove City	3.26m	10-8¼	4/15
10	99	Cassidy BROWN	#1	Johns Hopkins	3.25m	10-8	3/31
10	99	Miayunique SOUTH	#1	Johns Hopkins	3.25m	10-8	3/31
10	99	Jo-Michelle HUCZKO	#2	Carnegie Mellon	3.25m	10-8	4/13
10	99	Sarah BOWER	#3	Susquehanna	3.25m	10-8	3/24

Women's Long Jump

1	2	Victoria KADIRI	#1	Johns Hopkins	5.91m	19-4¾ (0.8)	4/14
2	4	Aurielle BRUNNER	#9	Chatham	5.80m	19-½ (1.3)	4/5
3	7	Shinelle FELIX	#25	Alvernia	5.71m	18-8¾ (0.0)	4/15
4	11	Julia PENA	#17	York (Pa.)	5.65m	18-6½ (-0.0)	3/30
5	21	Annie VANNOY	#7	Grove City	5.55m	18-2½ (1.9)	4/5
5	21	Emma VEZZOSI	#7	Grove City	5.55mw	18-2½ (3.4)	3/31
7	25	Elizabeth BARRE	#2	Carnegie Mellon	5.53m	18-1¾ (-0.0)	4/8
8	34	Remi ACORD	#3	Susquehanna	5.50m	18-½ (0.0)	4/15
9	39	Katherine HENDERSON		Waynesburg	5.48mw	17-11¾ (3.0)	3/31
10	49	Hannah ALDERFER	#3	Susquehanna	5.43m	17-9¾ (0.0)	4/15

Women's Triple Jump

1	1	Victoria KADIRI	#1	Johns Hopkins	12.82m	42-¾ (0.0)	4/14
2	2	Aurielle BRUNNER	#9	Chatham	12.31m	40-4¾ (0.2)	4/13
3	13	Remi ACORD	#3	Susquehanna	11.83m	38-9¾ (0.1)	4/8
4	28	Carter HINTON-AYODELE	#20	Goucher	11.39mw	37-4½ (2.5)	4/5
5	36	Gabriella CONFORTI	#12	King's College (F)	11.31m	37-1¼ (1.9)	4/15
6	49	Emma PARNELL	#19	Geneva	11.16m	36-7½ (-0.0)	4/8
7	76	Julia ACEVEDO	#3	Susquehanna	10.94m	35-10¾ (-0.0)	4/15
8	88	Sara BARTLETT	#1	Johns Hopkins	10.87m	35-8 (0.9)	4/7
9	96	Alexa LOWE	#2	Carnegie Mellon	10.82m	35-6 (1.0)	3/17
10		Elena VARGAS	#10	Messiah	10.74mw	35-3 (2.2)	3/10

Women's Shot Put

1	29	Lexi SHIDERLY	#6	Westminster (Pa.)	13.13m	43-1	4/15
2	44	Brenna KARNISH	#4	Misericordia	12.72m	41-8¾	3/30
3	51	Maggie BOYER	#3	Susquehanna	12.59m	41-3¾	3/24
4	58	Rosalyn PAGE	#18	Marywood	12.45m	40-10¼	4/4
5	59	Kathleen MONAHAN	#2	Carnegie Mellon	12.44m	40-9¾	3/17
6		Brandy VARNER	#12	King's College (F)	11.97m	39-3¾	4/4
7		Kyrarh AGBEMBLE	#16	Stevenson	11.94m	39-2¼	3/24
8		Kelsey NEFF	#1	Johns Hopkins	11.75m	38-6¾	3/31
9		Makenna PHILSON		Bethany (W.Va.)	11.48m	37-8	3/10
10		Mylea NEIDIG	#11	Elizabethtown	11.28m	37-¼	3/31



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:20 AM

Mid-Atlantic

Women's Discus

1	41	Sarayne FORBES	#5	Dickinson	40.48m	132-10	4/1
2	51	Shelby RAMBO	#6	Westminster (Pa)	39.92m	131-0	4/5
3	60	Trinity SOTO	#11	Elizabethtown	39.60m	129-11	4/5
4	76	Makenze SPENCE	#8	Lebanon Valley	38.84m	127-5	4/5
5	92	Brenna KARNISH	#4	Misericordia	38.33m	125-9	3/30
6	98	DaniRae RENNO	#11	Elizabethtown	38.21m	125-5	4/14
7		Brandy VARNER	#12	King's College (F)	38.01m	124-9	4/15
8		Rosalyn PAGE	#18	Marywood	36.98m	121-4	4/4
9		Abby EVERETT	#5	Dickinson	36.38m	119-4	4/1
10		Alyssa BETZ	#8	Lebanon Valley	36.36m	119-4	4/5

Women's Hammer

1	8	Brenna KARNISH	#4	Misericordia	54.07m	177-5	3/30
2	46	Ola OWODUNNI	#2	Carnegie Mellon	47.97m	157-5	4/13
3	81	Maggie BOYER	#3	Susquehanna	46.06m	151-2	4/8
4	84	Ashley BARTELS	#8	Lebanon Valley	45.89m	150-7	3/25
5		Jillian BARGER	#22	Franklin & Marshall	44.41m	145-9	3/31
6		Anna BELLUCCI	#12	King's College (F)	43.75m	143-7	4/15
7		Katelyn SHOEMAKER	#12	King's College (F)	43.62m	143-2	4/15
8		Kayla ROUNTREE	#2	Carnegie Mellon	42.83m	140-6	3/24
9		Kathleen MONAHAN	#2	Carnegie Mellon	42.52m	139-6	3/24
10		Caroline GENSINGER	#14	Gettysburg	41.62m	136-7	4/13

Women's Javelin

1	7	Alexandra SNYDER	#4	Misericordia	42.35m	139-0	4/4
2	10	Erin MILLER	#11	Elizabethtown	41.79m	137-1	4/14
3	11	Grace TICE		Bethany (W.Va.)	40.99m	134-6	4/8
4	24	Valerie BADGER	#4	Misericordia	39.26m	128-10	4/4
5	27	Holly FERRARA	#14	Gettysburg	38.95m	127-10	3/31
6	33	Erynn DAUBENMIRE	#6	Westminster (Pa)	37.88m	124-4	4/5
7	46	Leah ZAMBETTI	#18	Marywood	37.31m	122-5	3/18
8	56	Katelyn SHOEMAKER	#12	King's College (F)	36.87m	121-0	3/24
9	83	Ainslee BINKLEY	#3	Susquehanna	35.85m	117-8	3/24
10	90	Megan BARRY		Waynesburg	35.51m	116-6	4/8

Women's Heptathlon

1	2	Elizabeth BARRE	#2	Carnegie Mellon	5,017		4/8
2	6	Victoria KADIRI	#1	Johns Hopkins	4,635		4/14
3	11	Hannah ALDERFER	#3	Susquehanna	4,368		4/8
4	16	Chloe YODER	#3	Susquehanna	4,260		4/8
5	18	Emma VEZZOSI	#7	Grove City	4,205		4/14
6	33	Jaclyn DONOHO	#1	Johns Hopkins	3,851		4/14
7	49	Nathalie HAMLEN	#10	Messiah	3,381		4/13
8	57	Renee DUPRE	#21	McDaniel	3,287		4/13
9	65	Julia ACEVEDO	#3	Susquehanna	3,134		4/8
10	73	Emma ROHN	#23	Lancaster Bible	2,975		4/13



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:21 AM

Mideast

Women's 100 Meters

1	2	Michelle KWAFO	#4	Coast Guard	11.75w	(3.8)	4/8
2	13	Kiara TAN	#2	Williams	12.03w	(2.3)	3/25
3	23	Malissa LINDSEY	#6	Connecticut Coll	12.10w	(3.8)	4/8
4	36	Grace DEVANNY	#7	Wesleyan (Conn	12.20	(0.4)	4/8
5	56	Gabby HARRIS	#7	Wesleyan (Conn	12.31	(0.6)	4/14
6	60	Melissa WHITE	#1	Middlebury	12.32w	(3.4)	3/25
7	90	Traci FRANCIS	#9	Vassar	12.45w	(3.8)	3/16
8	95	Gwendolyn ANDERSEN	#5	Springfield (Mas	12.47	(0.6)	4/14
9		Cady BARNES	#1	Middlebury	12.51	(1.0)	3/18
10		Christine MALLETTE	#8	RPI	12.53w	(2.2)	4/8

Women's 100 Meter Hurdles

1	9	Michelle KWAFO	#4	Coast Guard	14.19	(1.3)	4/8
2	16	Eliza CARDWELL	#3	Amherst	14.51	(1.6)	4/8
3	32	Emma MCGUINN	#8	RPI	14.72w	(2.4)	4/14
4	34	Arisa Grace MCGOWAN	#3	Amherst	14.76	(1.6)	4/8
5	46	Emily RUBIO	#1	Middlebury	14.93	(1.5)	4/14
6	58	Jahmilia DENNIS	#9	Vassar	15.12	(0.7)	4/7
7	67	Anastasia IOPPOLO	#3	Amherst	15.25	(1.4)	4/8
8	99	Alyssa SIRIANNI	#12	Eastern Connect	15.56	(1.0)	4/14
9		Emma WHEELER	#6	Connecticut Coll	15.60w	(2.2)	3/26
10		Livi MAZEROLLE	#2	Williams	15.76	(1.5)	4/14

Women's 200 Meters

1	19	Grace DEVANNY	#7	Wesleyan (Conn	24.93	(0.7)	4/14
2	24	Kiara TAN	#2	Williams	25.00	(0.9)	3/25
3	51	Malissa LINDSEY	#6	Connecticut Coll	25.31	(0.9)	4/8
4	69	Melissa WHITE	#1	Middlebury	25.52	(0.4)	3/18
5	75	Sydney FACKRELL	#5	Springfield (Mas	25.55	(-0.1)	4/1
6	83	Michelle LOUIE	#1	Middlebury	25.63	(1.7)	3/18
7	92	Scarlet RUSCH	#2	Williams	25.71	(-3.0)	4/14
8		Eva KAIDEN	#1	Middlebury	25.79	(0.4)	3/18
8		Christine MALLETTE	#8	RPI	25.79	(1.1)	4/1
10		Gabby HARRIS	#7	Wesleyan (Conn	25.93	(1.2)	4/14

Women's 400 Meters

1	30	Scarlet RUSCH	#2	Williams	57.81		4/14
2	35	Camryn TAYLOR	#2	Williams	58.06		4/8
3	52	Michelle LOUIE	#1	Middlebury	58.55		3/25
4	58	Casie EIFRIG	#3	Amherst	58.70		4/14
5	69	Kennedy MULLEN	#10	Trinity (Conn.)	58.94		4/14
6		Kenzie KELLY	#7	Wesleyan (Conn	59.62		4/8
7		Anna KROUSE	#1	Middlebury	59.65		3/25
8		Elle THOMPSON	#1	Middlebury	59.83		3/18
9		Annabel CLONEY	#1	Middlebury	59.95		4/14
10		Mads RABB	#3	Amherst	59.97		4/14

Women's 400 Meter Hurdles

1	3	Eliza CARDWELL	#3	Amherst	1:01.68		4/14
2	7	Camryn TAYLOR	#2	Williams	1:02.04		4/14
3	8	Janyll BARBER	#15	SUNY Plattsburg	1:02.07		4/8
4	14	Ciara DALE	#1	Middlebury	1:02.84		4/14
5	36	Erica MACSWEENEY	#6	Connecticut Coll	1:05.12		4/14
6	56	Trintje NYDAM	#3	Amherst	1:06.01		4/14
6	56	Myeh MEDINA	#3	Amherst	1:06.01		3/31
8		Kate HAUSLADEN	#7	Wesleyan (Conn	1:08.02		4/14
9		Cate KREUTZEN	#1	Middlebury	1:08.12		3/25
10		Allison RITCHIE	#5	Springfield (Mas	1:08.17		4/8

Women's 800 Meters

1	23	Margo PEDERSEN	#3	Amherst	2:14.91		4/14
2	25	Elle THOMPSON	#1	Middlebury	2:15.13		3/25
3	31	Grace DEVANNY	#7	Wesleyan (Conn	2:15.65		4/8
4	47	Jane HOLLANDER	#7	Wesleyan (Conn	2:16.54		4/8
5	56	Lucy GAGNON	#2	Williams	2:17.11		4/8
6	74	Alexa ESTES	#6	Connecticut Coll	2:17.99		4/14
7	75	Bella LOZIER	#3	Amherst	2:18.00		4/14
8	84	Piper LENTZ	#3	Amherst	2:18.33		4/14
9		Kennedy MULLEN	#10	Trinity (Conn.)	2:19.03		4/14
10		Sylvan WOLD	#3	Amherst	2:19.07		3/31

Women's 1500 Meters

1	10	Allison SIBOLD	#11	St. Lawrence	4:34.26		4/14
2	28	Ella BALL	#2	Williams	4:36.94		3/24
3	30	Kate KENNY	#1	Middlebury	4:37.10		3/18
4	38	Abby SCOTT	#2	Williams	4:38.11		3/25
5	46	Blakeley BUCKINGHAM	#2	Williams	4:39.33		4/14
6	50	Julia SCHOR	#3	Amherst	4:40.18		4/14
7	51	Sylvan WOLD	#3	Amherst	4:40.31		4/8
8	55	Lilly WELLS	#2	Williams	4:40.70		4/14
9	56	Lucy GAGNON	#2	Williams	4:40.77		3/24
10	67	Maddy LAWLER	#2	Williams	4:42.22		4/8

Women's Steeplechase

1	5	Molly FITZGIBBONS	#2	Williams	10:44.23		3/24
2	8	Mary Kate MCGRANAHAN	#3	Amherst	10:49.85		4/8
3	15	Kate KENNY	#1	Middlebury	10:58.59		3/24
4	18	Audrey GRIMES	#1	Middlebury	11:00.69		3/24
5	21	Haylei COOLICAN	#11	St. Lawrence	11:02.82		4/14
6	29	Emma PALUMBO	#11	St. Lawrence	11:13.66		4/14
7	44	Ona ORTIZ-GUDEMAM	#3	Amherst	11:30.04		3/31
8	47	Tatum PESKIN	#1	Middlebury	11:31.06		4/14
9	56	Claire CALLON	#3	Amherst	11:34.86		4/8
10	58	Stephanie AGER	#7	Wesleyan (Conn	11:35.98		4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:21 AM

Mideast

Women's 5000 Meters

1	29	Ella BALL	#2 Williams	17:15.36	4/14
2	45	Molly FITZGIBBONS	#2 Williams	17:29.51	4/14
3	47	Mary Kate MCGRANAHAN	#3 Amherst	17:31.42	4/14
4	52	Julia CURRAN	#6 Connecticut Coll	17:33.08	4/14
5	55	Olivia PISACANO	#8 RPI	17:33.64	4/14
6	62	Allison LOUNSBURY	#3 Amherst	17:38.44	4/8
7	69	Augusta STOCKMAN	#9 Vassar	17:41.30	4/7
8	81	Nia GODDARD	#8 RPI	17:44.88	4/8
9	86	Stephanie AGER	#7 Wesleyan (Conn	17:48.17	4/8
10	94	Fiona PICONE	#2 Williams	17:50.16	3/25

Women's 10,000 Meters

1	12	Nia GODDARD	#8 RPI	35:51.79	4/14
2	28	Fiona PICONE	#2 Williams	36:45.76	4/14
3	38	Miranda GRAVES	#7 Wesleyan (Conn	37:09.89	4/14
4	42	Allison LOUNSBURY	#3 Amherst	37:32.54	4/14
5	56	Haley OLIVER	#14 Rhode Island Co	38:22.39	3/31
6	57	Olivia WATSON	#11 St. Lawrence	38:22.46	4/14
7	58	Alsacia TIMMERMAN	#6 Connecticut Coll	38:25.74	4/14
8	66	Claire CALLON	#3 Amherst	38:49.56	4/14
9	70	Leah GOODLOE	#8 RPI	39:01.01	4/14
10	80	Megan GOULDEN	#4 Coast Guard	39:15.63	3/31

Women's 4x100 Relay

1	14	Melissa WHITE, Michelle LOUIE, Eva KAIDEN, Cady BARNS	#1 Middlebury	47.69	4/14
2	19	Kiara TAN, Rachel ARTHUR, Scarlet RUSCH, Ella SUKUP	#2 Williams	48.01	4/14
2	19	Gabby HARRIS, Kenzie KELLY, Augusta Clai BURHANS, Grace DEVANNY	#7 Wesleyan (Conn	48.01	4/14
4	36	Mia BAWENDI, Arissa Grace MCGOWAN, Anastasia IOPPOLO, Eliza CARDWELL	#3 Amherst	48.62	4/14
5	39	Stephanie BROWN, Sydney FACKRELL, Kaitlyn DOHERTY, Gwendolyn ANDERSEN	#5 Springfield (Mas	48.77	4/8
6	54	Jazmyn GILLESPIE, Mary RUSNOCK, Abby ILUSORIO, Malissa LINDSEY	#6 Connecticut Coll	49.19	4/14
7	58	Michelle KWAFO, Kelly WADE, Heather HUANG, Grace FLYNN	#4 Coast Guard	49.29	4/8
8	82	Jamie EU, Ava NOVAK, Lola PEREZ-FRY, Traci FRANCIS	#9 Vassar	49.84	3/31
9		Glory MONCION-ALLEN, Gabrielle BAKER, Caroline STANTON, Marley FROE	#20 Union (N.Y.)	51.22	4/14
10		Savannah CECE, Sophia JONES, Jillian FISHER, Cate KNEEBONE	#10 Trinity (Conn.)	51.44	4/14



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:21 AM

Mideast

Women's 4x400 Relay

1	8	Michelle LOUIE, Ciara DALE, Anna KROUSE, Elle THOMPSON	#1 Middlebury	3:56.81	4/14
2	15	Mads RABB, Casie EIFRIG, Halle HANNA, Myeh MEDINA	#3 Amherst	3:59.24	4/14
3	20	Sophia JONES, Julianna KENNEDY, Cate KNEEBONE, Kennedy MULLEN	#10 Trinity (Conn.)	4:00.54	4/8
4	22	Jazmyn GILLESPIE, Erica MACSWEENEY, Alexa ESTES, Mary RUSNOCK	#6 Connecticut Coll	4:00.55	4/8
5	28	Sophia MACK, Imagen WALTERS, Kenzie KELLY, Grace DEVANNY	#7 Wesleyan (Conn)	4:01.63	4/1
6	54	Lucy GAGNON, Grace KAERCHER, Lilly WELLS, Nora JOHNSON	#2 Williams	4:06.17	3/25
7	94	Taylor WINTERS, Paige PHILLIPS, Sidney TRIEPKE, Sophia WHITE	#4 Coast Guard	4:11.54	4/8
8	99	Lena BAKER, Ellen SMITH, Shams FERVER, Pria PARKER	#16 Smith	4:12.07	4/14
9		Allison RITCHIE, Emma RACCARO, Maggie DONOHUE, Emma DONOHUE	#5 Springfield (Mas)	4:12.47	4/14
10		Caroline STANTON, Catherine DACEY, Allison MALATESTA, Grace ARDITO	#20 Union (N.Y.)	4:16.99	4/1

Women's High Jump

1	2	Allie WILDSMITH	#4 Coast Guard	1.70m	5-7	4/14
2	14	Gabriella GRATTAN	#10 Trinity (Conn.)	1.65m	5-5	4/14
2	14	Emily RUBIO	#1 Middlebury	1.65m	5-5	4/14
4	29	Livi MAZEROLLE	#2 Williams	1.62m	5-3¾	4/14
5	37	Amelie JAMANKA	#2 Williams	1.60m	5-3	3/25
6	70	Emma WHEELER	#6 Connecticut Coll	1.57m	5-1¾	4/14
7	89	Anaya THOMAS	#3 Amherst	1.56m	5-1¼	4/14
8		Vicky MARIN	#13 Westfield State	1.53m	5-¼	3/26
8		Hayden COLFAX	#2 Williams	1.53m	5-¼	4/8
10		Liz FREEMAN	#6 Connecticut Coll	1.51m	4-11½	4/8

Women's Pole Vault

1	22	Mia BAWENDI	#3 Amherst	3.60m	11-9¾	4/8
2	26	Madison GARRIGUS	#4 Coast Guard	3.56m	11-8	4/14
3	27	Kerry SEEKAMP	#16 Smith	3.55m	11-7¾	4/14
4	48	Ellie FITZGERALD	#2 Williams	3.44m	11-3½	3/25
4	48	Zoe WANG	#1 Middlebury	3.44m	11-3½	3/25
6	55	Poppy MILLER	#2 Williams	3.40m	11-1¾	4/14
7	85	Jae YU	#2 Williams	3.30m	10-9¾	4/8
7	85	Erika KLUGE	#7 Wesleyan (Conn)	3.30m	10-9¾	4/8
9	99	Ella SMITH	#5 Springfield (Mas)	3.25m	10-8	4/8
10		Payton SORENSEN	#3 Amherst	3.15m	10-4	4/8
10		Jordan HECKER	#3 Amherst	3.15m	10-4	4/8

Women's Long Jump

1	16	Matlyn GROSS	#5 Springfield (Mas)	5.61m	18-5 (1.7)	4/14
2	31	Eliza CARDWELL	#3 Amherst	5.51m	18-1 (0.0)	4/14
2	31	Cady BARNES	#1 Middlebury	5.51m	18-1 (0.7)	3/25
4	41	Lola PEREZ-FRY	#9 Vassar	5.47m	17-11½ (1.)	4/7
5	47	Kristen CHOU	#2 Williams	5.44m	17-10¼ (0.)	4/14
6	49	Olive LAWRENCE	#1 Middlebury	5.43m	17-9¾ (-0.)	3/18
7	87	Erica MACSWEENEY	#6 Connecticut Coll	5.25m	17-2¾ (0.3)	4/14
8	92	Anastasia IOPPOLO	#3 Amherst	5.24mw	17-2¼ (2.5)	4/8
9		Ava NOVAK	#9 Vassar	5.18m	17-0 (1.4)	4/7
9		Briana JOHNSON	#1 Middlebury	5.18m	17-0 (0.0)	3/18

Women's Triple Jump

1	18	Cady BARNES	#1 Middlebury	11.68m	38-4 (1.2)	3/25
2	19	Jahmilia DENNIS	#9 Vassar	11.60mw	38-¾ (2.7)	3/24
3	20	Erica MACSWEENEY	#6 Connecticut Coll	11.54m	37-10½ (0.)	4/14
4	38	Samantha PAUL	#5 Springfield (Mas)	11.30m	37-1 (0.1)	4/14
5	41	Matlyn GROSS	#5 Springfield (Mas)	11.22m	36-9¾ (1.2)	4/8
6	60	Anaya THOMAS	#3 Amherst	11.08m	36-4¼ (0.3)	4/8
7	64	Anastasia IOPPOLO	#3 Amherst	11.02m	36-2 (0.6)	4/8
8	92	Heather KWAFO	#9 Vassar	10.84m	35-6¾ (1.6)	3/24
9	96	Zoe WANG	#1 Middlebury	10.82m	35-6 (-1.9)	3/18
10		Eliza LEE	#13 Westfield State	10.74m	35-3 (0.3)	4/15

Women's Shot Put

1	41	Christa CARR	#5 Springfield (Mas)	12.77m	41-10¾	4/8
2	52	Wenesha STEWART	#12 Eastern Connect	12.58m	41-3¼	4/14
3	66	Julia TULIMIERI	#1 Middlebury	12.35m	40-6¼	3/25
4	75	Emma DOYLE	#18 Mount Holyoke	12.29m	40-4	3/26
5	98	Kaitlyn BJELKO	#15 SUNY Plattsburg	12.06m	39-6¾	4/15
6		Sadie OLSON	#4 Coast Guard	12.01m	39-5	3/31
7		Katelynn TAYLOR	#5 Springfield (Mas)	11.48m	37-8	4/8
8		Lillian WURTZ	#1 Middlebury	11.41m	37-5¼	4/8
9		Holly LAUZON	#8 RPI	11.29m	37-½	4/14
9		Mackenzie GINGRAS	#5 Springfield (Mas)	11.29m	37-½	4/8



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:21 AM

Mideast

Women's Discus

1	27	Wenesha STEWART	#12	Eastern Connect	41.65m	136-8	4/14
2	56	Kalea SALANG	#4	Coast Guard	39.75m	130-5	4/14
3	62	Sadie OLSON	#4	Coast Guard	39.56m	129-10	4/14
4		Madeline SAUNDERS	#1	Middlebury	36.82m	120-10	3/25
5		Katie LYNCH	#8	RPI	35.92m	117-10	4/8
6		Grace RICHARD	#8	RPI	35.79m	117-5	4/14
7		Kamila ZYGADLO	#10	Trinity (Conn.)	35.69m	117-1	4/8
8		Jasmine PIPER	#15	SUNY Plattsburg	35.54m	116-7	4/1
9		Emma DOYLE	#18	Mount Holyoke	35.36m	116-0	4/15
10		Mercedes DURDEN	#22	Northern Vermo	34.84m	114-4	4/14

Women's Hammer

1	10	Kamila ZYGADLO	#10	Trinity (Conn.)	53.11m	174-3	4/8
2	21	Melissa MEJIA	#14	Rhode Island Co	50.34m	165-2	4/14
3	63	Sadie OLSON	#4	Coast Guard	46.75m	153-5	4/14
4	68	Sophie WARREN	#5	Springfield (Mas	46.63m	153-0	4/14
5		Samantha SAINRISTILL	#14	Rhode Island Co	43.83m	143-10	4/14
6		Hayley CHARITER	#14	Rhode Island Co	43.39m	142-4	3/31
7		Wenesha STEWART	#12	Eastern Connect	43.03m	141-2	4/14
8		Kalea SALANG	#4	Coast Guard	42.64m	139-11	4/8
9		Jaxon PALMER	#1	Middlebury	42.21m	138-6	4/14
10		Christa CARR	#5	Springfield (Mas	42.18m	138-5	4/14

Women's Javelin

1	47	Jacey TIPPMAN	#4	Coast Guard	37.24m	122-2	3/24
2	49	Carolina ANDRADE	#3	Amherst	37.06m	121-7	3/31
3	58	Morgan ROME	#3	Amherst	36.81m	120-9	3/31
4	64	Jaxon PALMER	#1	Middlebury	36.71m	120-5	4/8
5	89	Eleanor MERCATORIS	#4	Coast Guard	35.57m	116-9	3/24
6	LE+0	Gwyn TATTON	#19	Castleton	35.13m	115-3	4/8
7		Courtney COLLIBEE	#21	Salve Regina	34.74m	114-0	4/1
8		Reilly ISLER	#1	Middlebury	34.50m	113-2	4/8
9		Dahlia GALANTE	#10	Trinity (Conn.)	33.41m	109-8	4/14
10		Luna PERRY-ST. PETER	#19	Castleton	33.25m	109-1	4/8

Women's Heptathlon

1	12	Emily RUBIO	#1	Middlebury	4,344	4/14
2	14	Emma WHEELER	#6	Connecticut Coll	4,329	4/14
3	17	Livi MAZEROLLE	#2	Williams	4,223	4/14
4	48	Anaya THOMAS	#3	Amherst	3,395	4/14
5	61	Lila MILLER	#9	Vassar	3,209	4/14
6	64	Hannah BROWN	#2	Williams	3,156	4/14
7	81	Tabitha KLAUS	#17	Roger Williams	2,750	4/14
8	98	Soleil YUONG	#9	Vassar	2,171	4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:21 AM

Midwest

Women's 100 Meters

1	7	Gabrielle NOLAND	#3	Loras	11.91w	(2.3)	4/14
2	8	Marion EDWARDS	#3	Loras	11.93w	(2.3)	4/14
3	11	Gabri MESCHINO	#2	Chicago	12.02	(0.9)	4/7
4	16	Nicole STEWART	#1	Washington (Mo	12.07w	(3.7)	3/31
5	21	Ava DAVID	#8	Elmhurst	12.08	(0.9)	4/12
5	21	Mercedes JACKSON	#5	North Central (Il	12.08w	(2.8)	4/14
7	26	Huda HUSSAINI	#8	Elmhurst	12.11	(0.9)	4/12
8	30	Harmony CREASY	#3	Loras	12.14	(2.0)	4/14
8	30	Emma SEIPEL	#6	Dubuque	12.14w	(3.4)	4/7
10	38	Jasmine WRIGHT	#1	Washington (Mo	12.21w	(3.7)	3/31

Women's 100 Meter Hurdles

1	8	Julia BABINEC	#5	North Central (Il	14.15	(1.8)	4/7
2	10	Nakala NADEAU	#8	Elmhurst	14.22	(0.6)	4/12
3	11	Denise PARTEE	#5	North Central (Il	14.32	(0.6)	4/12
4	19	Lauren GAY	#1	Washington (Mo	14.54	(1.6)	3/25
5	25	Charis RIEBE	#1	Washington (Mo	14.60	(2.0)	3/31
6	29	Ren BROWN	#2	Chicago	14.66	(1.8)	4/7
7	42	Cayden SHARP	#9	Greenville	14.88w	(2.1)	4/13
8	47	Natalie MCALLISTER	#16	Cornell College	14.94	(0.1)	4/14
9	55	Vanessa JONES		Webster	15.03	(0.9)	4/7
10	62	Audrey ARNOLD	#21	Simpson (Iowa)	15.15	(2.0)	4/14

Women's 200 Meters

1	1	Kayla ARMSTRONG	#11	Concordia Chica	24.24w	(2.6)	4/15
2	3	Gabrielle NOLAND	#3	Loras	24.31	(-0.9)	4/14
3	6	Lauren GAY	#1	Washington (Mo	24.41w	(3.4)	4/15
4	9	Ava DAVID	#8	Elmhurst	24.57w	(3.3)	4/13
5	22	Lindsey NOVAK	#5	North Central (Il	24.99	(0.1)	4/12
6	32	Nicole STEWART	#1	Washington (Mo	25.13	(1.9)	3/25
7	36	Harmony CREASY	#3	Loras	25.16	(-0.9)	4/14
8	48	Cayden SHARP	#9	Greenville	25.28	(0.9)	4/13
9	54	Gabri MESCHINO	#2	Chicago	25.34	(0.1)	4/14
10	57	Maria LAMBERT	#13	Millikin	25.40w	(3.4)	4/15

Women's 400 Meters

1	1	Emma KELLEY	#1	Washington (Mo	55.15		4/7
2	2	Alyssa PFADENHAUER	#3	Loras	55.21		3/30
3	10	Lindsey NOVAK	#5	North Central (Il	56.71		4/14
4	13	Ava DAVID	#8	Elmhurst	57.05		4/13
5	19	Kayla ARMSTRONG	#11	Concordia Chica	57.26		4/15
6	32	Sophie FOX	#1	Washington (Mo	57.91		4/7
7	34	Aaliyah COLLIER	#3	Loras	58.01		4/14
8	37	Stevie LAMBE	#3	Loras	58.09		4/14
9	63	Katara JONDLE	#12	Buena Vista	58.79		4/14
10	75	Abbi ROERDINK	#7	Central (Iowa)	59.04		4/13

Women's 400 Meter Hurdles

1	6	Ren BROWN	#2	Chicago	1:02.01		4/14
2	26	Carson MCSORLEY	#4	Wartburg	1:04.58		4/13
3	38	Simone WILSON	#11	Concordia Chica	1:05.37		4/15
4	48	Ruby KAPLAN	#1	Washington (Mo	1:05.74		4/7
5	72	Merryl GREEN	#3	Loras	1:06.92		4/14
6	77	Aricka LAMBSON	#4	Wartburg	1:07.06		4/1
7	79	Katelyn PFALTZGRAFF	#6	Dubuque	1:07.15		4/7
8	89	Camila GARANTON	#2	Chicago	1:07.47		4/14
9	99	Julia BABINEC	#5	North Central (Il	1:07.83		4/7
10		Eve SHELTON	#11	Concordia Chica	1:08.32		4/15

Women's 800 Meters

1	1	Emma KELLEY	#1	Washington (Mo	2:06.17		4/15
2	2	Aoife DUNNE	#1	Washington (Mo	2:08.67		4/15
3	10	Maddie KELLY	#2	Chicago	2:13.15		4/14
4	12	Elisabeth CAMIC	#2	Chicago	2:13.73		4/14
5	15	Alessia SARUSSI	#1	Washington (Mo	2:14.33		4/1
6	17	Danielle SCHULTZ	#1	Washington (Mo	2:14.34		4/15
7	21	Sophie FOX	#1	Washington (Mo	2:14.80		4/1
8	26	Maya ORDONEZ	#2	Chicago	2:15.23		4/7
9	33	Lindsay OTT	#1	Washington (Mo	2:15.87		3/25
10	35	Alyssa RUIZ	#13	Millikin	2:15.97		4/7

Women's 1500 Meters

1	2	Aoife DUNNE	#1	Washington (Mo	4:29.48		4/1
2	6	Maddie KELLY	#2	Chicago	4:32.61		4/7
3	9	Cat WIMMER	#2	Chicago	4:34.06		4/7
4	13	Lexi BROWN	#4	Wartburg	4:35.04		4/1
5	14	Evelyn BATTLESON-GUNKEL	#2	Chicago	4:35.58		4/7
6	16	Caroline MCMARTIN	#7	Central (Iowa)	4:35.92		4/7
7	18	Nora HOLMES	#2	Chicago	4:36.06		4/1
8	21	Emily KONKUS	#1	Washington (Mo	4:36.18		4/7
9	22	Alyssa RAFUSE	#8	Elmhurst	4:36.20		4/13
10	25	Helena TEIXEIRA-DASILVA	#1	Washington (Mo	4:36.78		4/1

Women's Steeplechase

1	1	Aubrie FISHER	#4	Wartburg	10:35.41		4/1
2	4	Caroline MCMARTIN	#7	Central (Iowa)	10:43.95		4/14
3	7	Ellie MEYER	#4	Wartburg	10:47.15		4/1
4	9	Megan JOHNSON	#7	Central (Iowa)	10:51.29		4/1
5	20	Julia PATTERSON	#1	Washington (Mo	11:01.47		4/1
6	22	Caitlin JORGENSEN	#2	Chicago	11:07.46		4/1
7	23	Brianna RENNER	#3	Loras	11:07.96		4/14
8	26	Abigail PATTERSON	#1	Washington (Mo	11:08.89		4/1
9	38	Jane PINKOWSKI	#4	Wartburg	11:22.04		4/7
10	50	Bethany SMEAD	#5	North Central (Il	11:31.49		4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:22 AM

Midwest

Women's 5000 Meters

1	4	Anna KENIG-ZIESLER	#2 Chicago	16:37.48	4/14
2	5	Lexi BROWN	#4 Wartburg	16:39.03	4/14
3	6	Maddie KELLY	#2 Chicago	16:44.33	4/1
4	8	Evelyn BATTLES-ON-GUNKEL	#2 Chicago	16:48.15	4/1
5	10	Caroline MCMARTIN	#7 Central (Iowa)	16:50.17	4/1
6	11	Emily KONKUS	#1 Washington (Mo)	16:51.00	4/1
7	13	Aubrie FISHER	#4 Wartburg	16:56.40	4/14
8	15	Cat WIMMER	#2 Chicago	17:00.83	4/1
9	19	Katarina BIRIMAC	#2 Chicago	17:05.38	4/14
10	21	Shaelyn HOSTAGER	#4 Wartburg	17:07.79	4/14

Women's 10,000 Meters

1	1	Kassie PARKER	#3 Loras	32:36.22	3/31
2	4	Katarina BIRIMAC	#2 Chicago	35:08.09	4/1
3	5	Frances SCHAEFFLER	#2 Chicago	35:10.56	4/1
4	6	Anna KENIG-ZIESLER	#2 Chicago	35:11.97	4/1
5	7	Ella BEHRENS	#1 Washington (Mo)	35:13.23	4/1
6	8	Shaelyn HOSTAGER	#4 Wartburg	35:21.23	4/1
7	10	Kiera OLSON	#1 Washington (Mo)	35:40.22	4/1
8	33	Natalie PAULSON	#4 Wartburg	36:59.06	4/1
9	46	Hailey HILL	#7 Central (Iowa)	37:41.30	4/1
10	47	Deyanneira COLON MALDONADO	#15 Aurora	37:45.41	4/1

Women's 4x100 Relay

1	2	Harmony CREASY, Marion EDWARDS, Alyssa PFADENHAUER, Gabrielle NOLAND	#3 Loras	46.70	4/14
2	4	Jasmine WRIGHT, Lauren GAY, Lauren HAMILTON, Nicole STEWART	#1 Washington (Mo)	47.05	4/15
3	6	Mercedes JACKSON, Julia BABINEC, Lindsey NOVAK, Denise PARTEE	#5 North Central (Il)	47.08	4/14
4	7	Lauren MARSHALL, Ava DAVID, Hannah SCHWARZ, Huda HUSSAINI	#8 Elmhurst	47.31	4/7
5	12	Camila GARANTON, Gabri MESCHINO, Izzy LAYNE, Maddie LYONS	#2 Chicago	47.59	4/14
6	35	Cayden SHARP, Laila GRAHAM, Jocelyn FRITZ, Eyonna OWENS	#9 Greenville	48.59	4/15
7	43	Demetria JOHNSON, Emma SEIPEL, Gianna BORZILERI, Keira ALLISS	#6 Dubuque	48.93	4/7
8	50	Makenzie FOELSKE, JoJo TYNNISMAA, Olivia TOLLARI, Mikala SIDNEY	#4 Wartburg	49.11	4/13
9	51	Caitlyne MAR, Madison OSBORN, Sidney BROWN, Natalie MCALLISTER	#16 Cornell College	49.12	4/14
10	53	Avery SMITH, Davion LEMON, Tori BURKE, Jordynn GRIFFIN	#18 Illinois Wesleyan	49.16	4/8



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:22 AM

Midwest

Women's 4x400 Relay

1	1	Marion EDWARDS, Gabrielle NOLAND, Stevie LAMBE, Alyssa PFADENHAUER	#3	Loras	3:41.95	3/29
2	3	Sophie FOX, Aoife DUNNE, Danielle SCHULTZ, Emma KELLEY	#1	Washington (Mo)	3:50.73	4/15
3	20	Izzy LAYNE, Maddie LYONS, Maya ORDONEZ, Camila GARANTON	#2	Chicago	4:00.54	4/14
4	23	Carson MCSORLEY, Lily CAMPBELL, JoJo TYYNISMAA, Aricka LAMBSON	#4	Wartburg	4:00.62	4/7
5	26	Naomi JONES, Ava DAVID, Venezia MUNOZ, Alyssa RAFUSE	#8	Elmhurst	4:01.46	4/7
6	33	Lauren BROWN, Abby GRUVER, Peyton STEFFEN, Abbi ROERDINK	#7	Central (Iowa)	4:02.66	4/7
7	38	Jules GRUNLOH, Isabella GONZALEZ, Davion LEMON, Jordynn GRIFFIN	#18	Illinois Wesleyan	4:03.72	4/14
8	46	Itzel GARCIA, Alyssa RUIZ, Ari LEFAIVRE, Katie RISNER	#13	Millikin	4:05.27	4/7
9	47	Eve SHELTON, Simone WILSON, Kayla ARMSTRONG, Daisia WILSON	#11	Concordia Chica	4:05.32	4/15
10	49	Trisha HAYES, Breanne GEARY, Raegan LEVI, Isabella HILGER	#10	Nebraska Wesle	4:05.46	4/7

Women's High Jump

1	7	Olivia JAMESON	#22	Illinois Tech	1.68m	5-6	4/14
2	10	Breya CHRISTOPHER	#4	Wartburg	1.67m	5-5¾	4/14
2	10	Grace ALLEY	#3	Loras	1.67m	5-5¾	4/14
2	10	Aaliyah COLLIER	#3	Loras	1.67m	5-5¾	4/14
5	14	Hailey CAROLAN	#16	Cornell College	1.65m	5-5	4/14
6	19	Miku OKADA	#1	Washington (Mo)	1.64m	5-4½	4/7
7	29	Sara HOSKINS	#3	Loras	1.62m	5-3¾	4/5
7	29	Gabriela LOIZ	#14	Augustana (Ill.)	1.62m	5-3¾	4/5
9	37	Cayden SHARP	#9	Greenville	1.60m	5-3	3/31
9	37	Samantha NIELSEN	#4	Wartburg	1.60m	5-3	4/1
9	37	Mary YANGA	#12	Buena Vista	1.60m	5-3	4/7
9	37	Anna Beth VANCIL	#9	Greenville	1.60m	5-3	3/25

Women's Pole Vault

1	7	Yasmin RUFF	#1	Washington (Mo)	3.81m	12-6	4/7
2	19	Gwen BERENYI	#5	North Central (Il)	3.65m	11-11¾	4/14
3	33	Celeste TAYLOR	#2	Chicago	3.50m	11-5¾	4/14
4	55	Natalie JOHNSON	#5	North Central (Il)	3.40m	11-1¾	4/2
4	55	Ariana RIVERA	#5	North Central (Il)	3.40m	11-1¾	4/2
6	73	Susannah TRUITT	#2	Chicago	3.35m	10-11¾	4/14
6	73	Emilia CURRENT	#2	Chicago	3.35m	10-11¾	4/14
8	92	Anna CURTIS	#1	Washington (Mo)	3.27m	10-8¾	4/7
9	95	Hannah PECHARICH	#23	Coe	3.26m	10-8¼	4/7
10		Amber VROMAN	#7	Central (Iowa)	3.20m	10-6	4/7
10		Lindsay RECKER	#2	Chicago	3.20m	10-6	4/7

Women's Long Jump

1	1	Emma SEIPEL	#6	Dubuque	6.04mw	19-9¾ (3.4)	4/7
2	3	Harmony CREASY	#3	Loras	5.85mw	19-2½ (3.2)	4/5
3	9	Demetria JOHNSON	#6	Dubuque	5.69m	18-8 (0.7)	4/14
4	10	Olivia TOLLARI	#4	Wartburg	5.67mw	18-7¼ (2.6)	4/7
5	13	Grace ALLEY	#3	Loras	5.64m	18-6 (1.9)	3/30
6	14	Ebunoluwa OPATA	#1	Washington (Mo)	5.63m	18-5¾ (2.0)	4/15
7	28	De'ja AUSTIN- CHERRY	#3	Loras	5.52m	18-1½ (1.2)	4/14
8	31	Laila GRAHAM	#9	Greenville	5.51m	18-1 (2.0)	4/15
9	34	Marina SEMPLÉ	#2	Chicago	5.50m	18-½ (1.1)	4/14
10	43	Shaniah JOHNSON	#4	Wartburg	5.45m	17-10¾ (0.4)	4/14
10	43	Cayden SHARP	#9	Greenville	5.45m	17-10¾ (-3)	4/7

Women's Triple Jump

1	6	Grace ALLEY	#3	Loras	12.04mw	39-6 (2.5)	4/5
2	7	Harmony CREASY	#3	Loras	11.96mw	39-3 (2.8)	4/5
3	12	Breya CHRISTOPHER	#4	Wartburg	11.87mw	38-11½ (2.4)	4/1
4	15	Aaliyah COLLIER	#3	Loras	11.73m	38-6 (1.6)	4/2
5	16	Ebunoluwa OPATA	#1	Washington (Mo)	11.72m	38-5½ (0.8)	3/25
6	21	De'ja AUSTIN- CHERRY	#3	Loras	11.53m	37-10 (1.2)	4/14
6	21	Shaniah JOHNSON	#4	Wartburg	11.53m	37-10 (1.4)	4/7
8	24	Daekota KNOTT	#4	Wartburg	11.48m	37-8 (0.0)	4/14
9	25	Zahra SAMMOUR	#11	Concordia Chica	11.45mw	37-6¾ (2.3)	4/2
10	26	Rebecca STEWART	#2	Chicago	11.43mw	37-6 (2.3)	4/14

Women's Shot Put

1	2	Kash ALLEN	#24	Benedictine (Ill.)	14.67m	48-1¾	4/14
2	4	Kaitlyn WILDER	#6	Dubuque	14.50m	47-7	4/2
3	5	Rebecca SIMPSON	#12	Buena Vista	14.27m	46-10	4/7
4	20	Molly LAUMAKIS	#2	Chicago	13.45m	44-1½	4/14
5	22	Jenae BOTHE	#1	Washington (Mo)	13.38m	43-10¾	4/15
6	23	Kristen REICKS	#4	Wartburg	13.37m	43-10½	4/14
7	28	Ellie AKOUGH	#10	Nebraska Wesle	13.16m	43-2¼	4/7
8	35	Lily MEESTER	#4	Wartburg	12.89m	42-3½	4/1
9	36	Jaydyn PALMER	#23	Coe	12.87m	42-2¾	4/14
10	37	Haley BEMINIO	#4	Wartburg	12.85m	42-2	4/14



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:22 AM

Midwest

Women's Discus

1	4	Ellie AKOUGH	#10	Nebraska Wesleyan	46.73m	153-4	4/14
2	6	Kaitlyn WILDER	#6	Dubuque	44.77m	146-11	4/7
3	7	Charlotte FRERE	#14	Augustana (Ill.)	44.67m	146-7	4/14
4	10	Kylee DOHERTY	#6	Dubuque	44.24m	145-2	4/2
5	13	Maddie BOLEY	#17	Monmouth (Ill.)	43.63m	143-2	4/7
6	17	Taylor FLAIG	#3	Loras	42.82m	140-6	4/2
7	26	Mackenna WITTE	#10	Nebraska Wesleyan	41.88m	137-5	4/14
8	32	Amanda DYBAL	#17	Monmouth (Ill.)	41.12m	134-11	4/7
9	34	Krista SUDAR	#1	Washington (Mo)	40.85m	134-0	3/31
10	35	Amanda MELTON	#5	North Central (Ill.)	40.73m	133-8	4/2

Women's Hammer

1	1	Kaitlyn WILDER	#6	Dubuque	58.98m	193-6	4/2
2	4	Rebecca SIMPSON	#12	Buena Vista	56.12m	184-2	4/14
3	7	Alexandra DRAVES	#5	North Central (Ill.)	54.16m	177-8	4/2
4	9	Ellie AKOUGH	#10	Nebraska Wesleyan	53.14m	174-4	4/1
5	11	Payton MCHONE	#6	Dubuque	52.95m	173-9	4/7
6	12	Emma TRUE	#4	Wartburg	52.93m	173-8	4/7
7	19	Adriyanna PATTERSON	#13	Millikin	50.51m	165-9	4/15
8	20	Caitlyn COX	#3	Loras	50.35m	165-2	4/2
9	33	Taylor FLAIG	#3	Loras	48.73m	159-11	4/2
10	57	Molly LAUMAKIS	#2	Chicago	47.16m	154-9	4/7

Women's Javelin

1	4	Rebecca SIMPSON	#12	Buena Vista	43.96m	144-3	4/7
2	5	Avery DECKER	#10	Nebraska Wesleyan	43.57m	143-0	4/14
3	14	Heather MICHALSKI	#14	Augustana (Ill.)	40.34m	132-4	4/7
4	18	Madeline BOBINSKI	#11	Concordia Chicago	39.98m	131-2	4/2
5	19	Faith LADIN	#5	North Central (Ill.)	39.68m	130-2	4/7
6	25	Addie THOMAS	#10	Nebraska Wesleyan	39.05m	128-2	4/7
7	32	Hannah JONES	#5	North Central (Ill.)	37.93m	124-6	4/7
8	35	Kylee DOHERTY	#6	Dubuque	37.75m	123-10	4/14
9	42	Emma BROWN	#9	Greenville	37.57m	123-3	4/15
10	52	Grace ALLEY	#3	Loras	36.99m	121-4	4/14

Women's Heptathlon

1	1	Grace ALLEY	#3	Loras	5,163	3/30
2	5	Cayden SHARP	#9	Greenville	4,756	4/13
3	29	Skylar GIBBS	#15	Aurora	3,962	4/13
4	31	Esther MILLER	#20	North Park	3,914	4/13
5	69	Alayna KOEHLER	#15	Aurora	3,086	4/13
6	74	Hannah CURE	#15	Aurora	2,959	4/13
7	77	EMBER HUGHES		Hendrix	2,835	3/17



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:22 AM

Niagara

Women's 100 Meters

1	40	Madeline O'CONNELL	#2	Rochester (N.Y.)	12.23w	(2.6)	4/2
2	56	Susan BANSBACH	#2	Rochester (N.Y.)	12.31w	(2.6)	4/2
3	77	Autumn PITTMAN	#5	SUNY Cortland	12.41	(1.5)	4/14
4	82	Gwen SHEPARDSON	#1	SUNY Geneseo	12.44w	(2.6)	4/2
5	90	Isre'al CONERLY	#6	NYU	12.45w	(2.8)	3/24
6		Summer REID	#6	NYU	12.49w	(2.8)	3/24
6		Zhane LETTSOME	#7	St. John Fisher	12.49w	(2.6)	4/2
8		Kate KOUTSOURADES	#1	SUNY Geneseo	12.53w	(2.6)	4/2
8		Ciarra FRANZ	#7	St. John Fisher	12.53	(0.0)	4/7
10		Brenna JOHNSON	#9	Nazareth	12.54	(0.0)	4/8
10		Michaela KURBS	#7	St. John Fisher	12.54w	(2.6)	4/2

Women's 100 Meter Hurdles

1	4	Natalia SAWYER	#12	Buffalo State	14.03	(-1.1)	4/14
2	7	Logan BRUCE	#4	Ithaca	14.14w	(3.0)	4/1
3	23	Gwen SHEPARDSON	#1	SUNY Geneseo	14.59w	(2.1)	4/14
4	31	Ciarra FRANZ	#7	St. John Fisher	14.68	(-0.1)	4/14
5	48	Ashley HEFFERNAN	#2	Rochester (N.Y.)	14.96w	(2.2)	4/14
6	66	Ejim NNATE	#8	SUNY Oneonta	15.24	(-1.1)	4/14
7	80	Allyson SUROWICK	#1	SUNY Geneseo	15.37	(1.4)	4/2
8	99	Allison REGNANTE	#10	RIT	15.56	(-0.6)	4/14
9		Emma TAGGART	#15	Alfred State	15.79w	(3.6)	4/8
10		Rachel LARSON	#4	Ithaca	15.80	(1.1)	4/15

Women's 200 Meters

1	18	Susan BANSBACH	#2	Rochester (N.Y.)	24.90	(1.8)	4/14
2	32	Ashley HEFFERNAN	#2	Rochester (N.Y.)	25.13	(2.0)	4/14
3	40	Kristin HARDY	#2	Rochester (N.Y.)	25.17	(1.8)	4/14
4	46	Natalia SAWYER	#12	Buffalo State	25.25	(0.9)	4/8
5	65	Gwen SHEPARDSON	#1	SUNY Geneseo	25.49	(-0.3)	4/2
6	67	Isre'al CONERLY	#6	NYU	25.50	(-0.1)	3/24
7	78	Kate KOUTSOURADES	#1	SUNY Geneseo	25.57	(1.8)	4/14
8	85	Autumn PITTMAN	#5	SUNY Cortland	25.65	(0.0)	4/14
9	87	Logan BRUCE	#4	Ithaca	25.67	(-0.4)	4/14
10	89	Sam PYNN	#1	SUNY Geneseo	25.68	(1.8)	4/14

Women's 400 Meters

1	3	Susan BANSBACH	#2	Rochester (N.Y.)	55.41		4/14
2	6	Madeline O'CONNELL	#2	Rochester (N.Y.)	56.29		4/14
3	9	Samantha SHEA	#7	St. John Fisher	56.69		4/14
4	17	Kristin HARDY	#2	Rochester (N.Y.)	57.25		4/14
5	29	Brenna JOHNSON	#9	Nazareth	57.78		4/14
6	31	Megan BELL	#2	Rochester (N.Y.)	57.86		4/2
7	33	Kate ISAAC	#2	Rochester (N.Y.)	57.92		4/14
8	77	Clara SENSINI	#3	SUNY Brockport	59.05		4/14
9	84	Grace WRIGHT	#7	St. John Fisher	59.21		4/14
10	97	Julianna KLIMOW	#1	SUNY Geneseo	59.36		4/14

Women's 400 Meter Hurdles

1	1	Natalia SAWYER	#12	Buffalo State	58.61		4/14
2	12	Gwen SHEPARDSON	#1	SUNY Geneseo	1:02.47		4/14
3	21	Samantha BECKER	#5	SUNY Cortland	1:04.09		4/8
4	27	Megan BELL	#2	Rochester (N.Y.)	1:04.61		4/14
5	34	Elizabeth LIRIANO	#5	SUNY Cortland	1:04.88		3/30
6	49	Janelle ECKL	#1	SUNY Geneseo	1:05.78		4/8
7	50	Luca PECORA	#4	Ithaca	1:05.80		4/14
8	58	Samantha CRISCI	#10	RIT	1:06.28		4/14
9	61	Claire LENIHAN	#1	SUNY Geneseo	1:06.31		4/14
10	87	Clara SENSINI	#3	SUNY Brockport	1:07.45		4/8

Women's 800 Meters

1	14	Windsor ARDNER	#1	SUNY Geneseo	2:13.88		4/14
2	18	Paloma DEMONTE	#4	Ithaca	2:14.38		4/14
3	27	Marcie HOGAN	#1	SUNY Geneseo	2:15.26		4/14
4	30	Erin EIVERS	#1	SUNY Geneseo	2:15.46		4/14
5	34	Raechel ZIELINSKI	#1	SUNY Geneseo	2:15.90		4/14
6	44	Jennifer METZ	#3	SUNY Brockport	2:16.25		4/14
7	66	Aminata JOHNSON	#6	NYU	2:17.85		3/30
8	E+0:	Nieve MAHOOD	#1	SUNY Geneseo	2:18.90		4/14
9		Faith COYLE	#19	SUNY Oswego	2:18.92		4/14
10		Sierra DOODY	#1	SUNY Geneseo	2:19.77		4/14

Women's 1500 Meters

1	4	Windsor ARDNER	#1	SUNY Geneseo	4:30.72		4/14
2	12	Marcie HOGAN	#1	SUNY Geneseo	4:34.59		4/14
3	15	Erin EIVERS	#1	SUNY Geneseo	4:35.63		4/14
4	23	Sierra DOODY	#1	SUNY Geneseo	4:36.34		4/14
5	33	Vivian KANE	#6	NYU	4:37.35		4/14
6	70	Amanda BURRICHTER	#17	Houghton	4:42.72		4/14
7	80	Raechel ZIELINSKI	#1	SUNY Geneseo	4:43.14		4/2
8		Rachel HIRSCHKIND	#1	SUNY Geneseo	4:45.62		4/8
9		Paloma DEMONTE	#4	Ithaca	4:48.15		4/1
10		Marie NAUDUS	#1	SUNY Geneseo	4:48.77		4/14

Women's Steeplechase

1	3	Rachel HIRSCHKIND	#1	SUNY Geneseo	10:39.39		4/2
2	27	Kaitlyn GROSSMAN	#1	SUNY Geneseo	11:11.49		4/14
3	49	Ann BRENNAN	#1	SUNY Geneseo	11:31.44		4/14
4	52	Isabel MARZEC	#1	SUNY Geneseo	11:32.37		4/14
5	54	Rachel CASTELLO	#5	SUNY Cortland	11:33.98		4/14
6	67	Katherine BENNINGER	#2	Rochester (N.Y.)	11:42.04		4/8
7	72	Veronica DAILY	#3	SUNY Brockport	11:43.03		4/14
8	81	Emily WEAVER	#9	Nazareth	11:49.97		4/14
9	82	Kyla EISMAN	#4	Ithaca	11:50.78		4/8
10		Sab LIN	#2	Rochester (N.Y.)	12:00.52		4/2



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:22 AM

Niagara

Women's 5000 Meters

1	9	Rachel HIRSCHKIND	#1	SUNY Geneseo	16:48.99	4/14
2	18	Grace RICHARDSON	#6	NYU	17:04.86	4/14
3	22	Vivian KANE	#6	NYU	17:10.28	3/30
4	24	Kathleen MCCAREY	#1	SUNY Geneseo	17:11.17	4/8
5	25	Penelope GREENE	#1	SUNY Geneseo	17:11.61	4/14
6	34	Windsor ARDNER	#1	SUNY Geneseo	17:21.78	4/2
7	36	Erin EIVERS	#1	SUNY Geneseo	17:22.68	4/2
8	39	Marcie HOGAN	#1	SUNY Geneseo	17:25.53	4/2
9	40	Lilly FOWLER- CONNER	#1	SUNY Geneseo	17:27.07	4/14
10	41	Gabriella MCCARTHY	#1	SUNY Geneseo	17:27.17	4/14

Women's 10,000 Meters

1	11	Kathleen MCCAREY	#1	SUNY Geneseo	35:42.53	4/14
2	23	Megan FRANCOEUR	#8	SUNY Oneonta	36:34.16	4/14
3	27	Sennett TURNER	#2	Rochester (N.Y.)	36:45.13	4/14
4	29	Kerry FLOWER	#3	SUNY Brockport	36:48.70	4/14
5	45	Ava FOWLER	#4	Ithaca	37:38.77	4/14
6	51	Katherine VOGEL	#1	SUNY Geneseo	37:58.55	4/14
7	65	Rachel DOMARACKI	#17	Houghton	38:37.48	4/2
8	78	Lauren DEMICHELE	#7	St. John Fisher	39:12.21	4/2
9	82	Alexandra VENTRESCA	#1	SUNY Geneseo	39:20.04	4/2
10	83	Lilianna HANNING	#9	Nazareth	39:23.94	4/2

Women's 4x100 Relay

1	11	Kate ISAAC, Susan BANSBACH, Ashley HEFFERNAN, Madeline O'CONNELL	#2	Rochester (N.Y.)	47.55	4/14
2	19	Michaela KURBS, Samantha SHEA, Zhane LETTSOME, Ciarra FRANZ	#7	St. John Fisher	48.01	4/14
3	32	Kate KOUTSOURADES, Kayla HUBA, Katelyn JACQUES, Gwen SHEPARDSON	#1	SUNY Geneseo	48.49	4/14
4	42	Sabrina RICHARDS, Miranda COLE, Zoe RODI, Kadie-Ann WHYTE	#16	SUNY Delhi	48.90	4/14
5	59	Summer REID, Isre'al CONERLY, Kate WALSH, Lola AKINDELE	#6	NYU	49.30	4/8
6	64	Kendall SOBCZYK, Alyssa LABELLE, Julia ROSS, Autumn PITTMAN	#5	SUNY Cortland	49.38	4/14
7	76	Courtney BOSTIC, Sarah LEVINE, Marissa WISE, Mia MONTGOMERY	#3	SUNY Brockport	49.66	4/14
8	88	Ayenaliz VELASQUEZ, Logan BRUCE, Luca PECORA, Milla GONZALEZ	#4	Ithaca	49.97	4/8
9		Margaret PETTY, Danielle JACKSON, Ejim NNATE, Taylor JOHNSON	#8	SUNY Oneonta	51.22	4/1
10		Alaina MORLEY, Brenna JOHNSON, Alexis LASHER, Hannah RAGULE	#9	Nazareth	51.70	4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:22 AM

Niagara

Women's 4x400 Relay

1	5	Madeline O'CONNELL, Kate ISAAC, Megan BELL, Susan BANSBACH	#2 Rochester (N.Y.)	3:53.88	4/6
2	7	Clara SENSINI, Marissa WISE, Jennifer METZ, Sarah LEVINE	#3 SUNY Brockport	3:56.71	4/14
3	36	Janelle ECKL, Gwen SHEPARDSON, Tori FEARS, Julianna KLIMOW	#1 SUNY Geneseo	4:03.55	4/14
4	60	Yasmine PERALTA, Samantha BECKER, Helena TRACKEY, Elizabeth LIRIANO	#5 SUNY Cortland	4:06.91	3/30
5	62	Paloma DEMONTE, Moriah BYRD, Natalie MACARTHUR, Rachel ROSE	#4 Ithaca	4:07.02	3/25
6	74	Jade DENING, Noella BURLETTE, Kyla REED, Emma ZACHAREWICZ	#11 Utica	4:08.58	4/15
7		Claire TRATNYEK, Eva MCILRAITH, Hannah TURNER, Emily POGOZELSKI	#18 Hamilton	4:18.41	3/24
8		Shiana SUSA, Samantha LUBA, Sydney LASALLE, Isabella HEATH	#9 Nazareth	4:23.24	4/8
9		Ella DEPHILLIPS, Taylor JOHNSON, Olivia O'DONNELL, Eva WOODWORTH	#8 SUNY Oneonta	4:25.43	4/1
10		Ashley O'TOOLE, Nyah SOLLY, Sarah LUTKINS, McKenzie HALL	#13 Alfred	4:32.24	3/24

Women's High Jump

1	7	Danielle FISK	#5 SUNY Cortland	1.68m	5-6	4/8
2	21	Sarah KILLIP	#3 SUNY Brockport	1.63m	5-4¼	4/14
2	21	Michaela LEVESQUE	#3 SUNY Brockport	1.63m	5-4¼	4/8
4	35	Charly SLUSSER	#4 Ithaca	1.61m	5-3¼	4/15
4	35	Mariah SAGGESE	#5 SUNY Cortland	1.61m	5-3¼	4/15
6	37	Logan BRUCE	#4 Ithaca	1.60m	5-3	4/14
7	70	Rhiannon BUTCHKO	#19 SUNY Oswego	1.57m	5-1¾	4/2
7	70	Emma TAGGART	#15 Alfred State	1.57m	5-1¾	4/14
7	70	Janelle ECKL	#1 SUNY Geneseo	1.57m	5-1¾	4/2
7	70	Hayden WILLIAMSON	#17 Houghton	1.57m	5-1¾	4/8

Women's Pole Vault

1	4	Madeline O'CONNELL	#2 Rochester (N.Y.)	3.85m	12-7½	4/2
2	13	Meghan MATHENY	#4 Ithaca	3.72m	12-2½	4/8
3	42	Martha KEMP-NEILSON	#4 Ithaca	3.45m	11-3¾	4/1
4	55	Becca BREADY	#5 SUNY Cortland	3.40m	11-1¾	4/15
4	55	Kennedy HEICHEL	#4 Ithaca	3.40m	11-1¾	4/15
4	55	Tess EICHNER	#3 SUNY Brockport	3.40m	11-1¾	4/8
4	55	Isabel MORSE	#9 Nazareth	3.40m	11-1¾	4/14
4	55	Catherine FOX	#10 RIT	3.40m	11-1¾	4/14
4	55	Cara PELLECHIA	#20 Fredonia	3.40m	11-1¾	4/8
10	99	Erin EASTWOOD	#4 Ithaca	3.25m	10-8	4/15
10	99	Madison KAPPELER	#14 Penn State Behr	3.25m	10-8	4/16

Women's Long Jump

1	5	Logan BRUCE	#4 Ithaca	5.77m	18-11¼ (0.	4/8
2	6	Mia MONTGOMERY	#3 SUNY Brockport	5.72m	18-9¼ (0.5	4/14
3	19	Michaela KURBS	#7 St. John Fisher	5.57m	18-3¼ (1.2	4/14
4	24	Katelyn JACQUES	#1 SUNY Geneseo	5.54m	18-2¼ (0.9	4/14
5	25	Veronica DUELL	#7 St. John Fisher	5.53m	18-1¾ (1.7	4/2
6	36	Khia LASTER	#12 Buffalo State	5.49m	18-¼ (1.4)	3/31
6	36	Brenna JOHNSON	#9 Nazareth	5.49m	18-¼ (1.5)	4/14
8	43	Danielle FISK	#5 SUNY Cortland	5.45m	17-10¾ (1.	4/8
9	47	Anne SPILA	#13 Alfred	5.44m	17-10¼ (1.	4/2
10	59	Ashleigh BARRETT	#2 Rochester (N.Y.)	5.39mw	17-8¼ (2.7	4/2

Women's Triple Jump

1	10	Katelyn JACQUES	#1 SUNY Geneseo	11.90mw	39-½ (2.5)	4/14
2	23	Ally ALVIRA	#1 SUNY Geneseo	11.52mw	37-9½ (2.1	4/14
3	41	Mia MONTGOMERY	#3 SUNY Brockport	11.22m	36-9¾ (0.0	4/14
4	48	Alyssa HOOGS	#2 Rochester (N.Y.)	11.17mw	36-7¾ (3.0	4/14
5	68	Dasha JACKSON	#6 NYU	10.97m	36-0 (0.9)	4/8
5	68	Lena KIEHL	#1 SUNY Geneseo	10.97m	36-0 (2.0)	4/14
7	70	Laura MEADE	#11 Utica	10.96m	35-11½ (0.	4/15
8	90	Caitlin MAHER	#5 SUNY Cortland	10.86mw	35-7¾ (2.9	4/15
9	93	Hannah RAGULE	#9 Nazareth	10.83m	35-6½ (0.2	4/8
10	99	Areyanna MCCARTHY	#6 NYU	10.80m	35-5¼ (-0.	4/8

Women's Shot Put

1	14	Isabella FABRIZIO	#8 SUNY Oneonta	13.57m	44-6¼	4/14
2	17	Sarah CROCKETT	#3 SUNY Brockport	13.52m	44-4¼	4/14
3	33	Jane FAHY	#11 Utica	12.94m	42-5½	4/1
4	43	Emelene BUREK	#8 SUNY Oneonta	12.73m	41-9¼	4/1
5	59	Cora ROSE	#2 Rochester (N.Y.)	12.44m	40-9¾	4/8
6	78	Makenna KING	#7 St. John Fisher	12.25m	40-2¼	4/14
7	88	Trinity DEES	#3 SUNY Brockport	12.16m	39-10¾	4/14
8	95	Zoe CONNER	#1 SUNY Geneseo	12.08m	39-7¾	4/2
9		Emily DIMARCO	#10 RIT	12.01m	39-5	4/2
10		Marinna HEICHBERGER	#10 RIT	11.99m	39-4	4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:23 AM

Niagara

Women's Discus

1	18	Makenna KING	#7	St. John Fisher	42.62m	139-10	4/7
2	43	Cora ROSE	#2	Rochester (N.Y.)	40.38m	132-6	4/8
3	48	Michelle UVIEGHARA	#6	NYU	40.15m	131-9	3/24
4	55	Emily DIMARCO	#10	RIT	39.79m	130-7	4/14
5	64	Gillian REEDER	#2	Rochester (N.Y.)	39.40m	129-3	4/8
6	69	Sarah CROCKETT	#3	SUNY Brockport	39.18m	128-7	4/14
7	90	Skyler KLIMOW	#1	SUNY Geneseo	38.42m	126-1	4/8
8		Emma KINNICUTT	#3	SUNY Brockport	37.50m	123-1	4/2
9		Katrina CHANDLER	#3	SUNY Brockport	36.77m	120-8	4/8
10		Jane FAHY	#11	Utica	36.01m	118-2	4/15

Women's Hammer

1	26	Sarah PARR	#5	SUNY Cortland	49.02m	160-10	4/15
2	42	Zoe CONNER	#1	SUNY Geneseo	48.29m	158-5	4/14
3	56	Lea RICHARD	#9	Nazareth	47.23m	155-0	4/14
4	73	Lainey PORTER	#3	SUNY Brockport	46.39m	152-3	4/8
5	76	Sarah CROCKETT	#3	SUNY Brockport	46.37m	152-2	4/14
6	83	Isabella FABRIZIO	#8	SUNY Oneonta	45.97m	150-10	4/8
7	88	Emma KINNICUTT	#3	SUNY Brockport	45.73m	150-1	4/14
8	96	Lily SEYFERT	#4	Ithaca	45.28m	148-7	4/15
9	98	Hannah JACKSON	#8	SUNY Oneonta	45.23m	148-5	4/8
10		Christina GROLEAU	#8	SUNY Oneonta	44.39m	145-8	4/8

Women's Javelin

1	16	Rebecca HEULER	#3	SUNY Brockport	40.01m	131-3	4/14
2	30	Julia BALASKI	#14	Penn State Behr	38.10m	125-0	3/24
3	44	Ayaka MACHIDA	#1	SUNY Geneseo	37.45m	122-11	4/2
4	73	Lily SEYFERT	#4	Ithaca	36.40m	119-5	4/8
5	85	Skyler KLIMOW	#1	SUNY Geneseo	35.79m	117-5	4/8
6	87	Moriah BYRD	#4	Ithaca	35.74m	117-3	3/25
7		Sonya SHIVOK	#10	RIT	34.12m	112-0	4/8
8		Gillian REEDER	#2	Rochester (N.Y.)	33.71m	110-7	4/2
9		Emily BEATTIE	#3	SUNY Brockport	33.60m	110-3	4/2
10		Kitty MESSINA	#16	SUNY Delhi	32.32m	106-1	4/15

Women's Heptathlon

1	3	Logan BRUCE	#4	Ithaca	4,988	4/14
2	13	Ashley HEFFERNAN	#2	Rochester (N.Y.)	4,334	4/14
3	27	Emma TAGGART	#15	Alfred State	3,985	4/8
4	35	Cecelia LABONTE	#4	Ithaca	3,770	4/14
5	37	Anne SPILA	#13	Alfred	3,766	4/13
6	39	AnJalyna TALMADGE	#5	SUNY Cortland	3,702	4/8
7	41	Bianca DURSO	#13	Alfred	3,591	4/13
8	52	Madison BAKER	#3	SUNY Brockport	3,345	4/14
9	55	Iva SAVIC	#2	Rochester (N.Y.)	3,320	4/14
10	75	Logan FREDRICKSON	#7	St. John Fisher	2,943	4/14



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:23 AM

North

Women's 100 Meters

1	3	Lauren JARRETT	#1	UW-La Crosse	11.76	(1.8)	4/7
2	5	Tina SHELTON	#4	UW-Whitewater	11.80	(1.9)	4/7
3	9	Emma LAWRENCE	#1	UW-La Crosse	11.97w	(2.3)	4/14
4	26	Emily DAWIDOWICH	#1	UW-La Crosse	12.11	(1.8)	4/7
5	47	Birgen NELSON	#12	Gustavus Adolpl	12.26c	(12.19A) (1	4/3
5	47	Molly KALLENBACH	#2	UW-Eau Claire	12.26w	(2.3)	4/14
7	52	Rachel CASTELLI	#6	UW-Oshkosh	12.28w	(2.3)	4/14
8	54	T'Aira BOYANCE	#10	Beloit	12.29w	(2.1)	4/15
9	70	Jordyn MCDONALD	#10	Beloit	12.37w	(2.1)	4/15
10	71	Megan BEST	#2	UW-Eau Claire	12.38	(1.8)	4/7

Women's 100 Meter Hurdles

1	2	Birgen NELSON	#12	Gustavus Adolpl	13.88	(-0.2)	4/6
2	3	Kelsie SEALOCK	#3	Bethel (Minn.)	13.98w	(2.5)	4/7
3	15	Hannah ZASTROW	#2	UW-Eau Claire	14.48w	(3.4)	4/7
4	21	Brooke MCDOWELL	#1	UW-La Crosse	14.56w	(3.4)	4/7
5	36	Emilee BOOKER	#2	UW-Eau Claire	14.80w	(3.4)	4/7
6	39	Jaryn JOHANNSEN	#2	UW-Eau Claire	14.86w	(3.4)	4/7
7	50	Olivia MILLER	#20	Ripon	14.97w	(2.1)	4/15
8	53	Mary QUINN	#17	Carroll (Wis.)	15.00w	(2.2)	4/7
9	62	Sydney SPAETH	#5	St. Norbert	15.15w	(2.1)	4/15
10	80	Amber GROSSE	#1	UW-La Crosse	15.37w	(3.4)	4/7

Women's 200 Meters

1	4	Lauren JARRETT	#1	UW-La Crosse	24.35	(-0.9)	4/14
2	10	Emily DAWIDOWICH	#1	UW-La Crosse	24.65	(-0.9)	4/14
3	13	Tina SHELTON	#4	UW-Whitewater	24.74	(-0.9)	4/14
4	27	Lexi LEFEVER	#9	UW-River Falls	25.04	(0.9)	4/13
5	59	T'Aira BOYANCE	#10	Beloit	25.43	(2.0)	4/2
6	64	Rachel CASTELLI	#6	UW-Oshkosh	25.48	(-0.9)	4/14
7		Lilly HALVORSON	#1	UW-La Crosse	25.92	(-0.9)	4/14
8		Bella SEITZ	#1	UW-La Crosse	25.95	(-0.2)	4/14
9		Melanie KUNZE	#1	UW-La Crosse	25.96w	(2.2)	4/7
10		Jordyn MCDONALD	#10	Beloit	26.08	(-1.8)	4/15

Women's 400 Meters

1	23	T'Aira BOYANCE	#10	Beloit	57.51		4/7
2	24	Sarah STELLMACH	#3	Bethel (Minn.)	57.55		4/15
3	48	Lilly HALVORSON	#1	UW-La Crosse	58.42		4/14
4	49	Morgan JENNINGS	#1	UW-La Crosse	58.43		4/7
5	53	Anna RAASCH		Wisconsin Luthe	58.58		3/25
6	65	Amber JOHNSON	#1	UW-La Crosse	58.83		4/14
7	78	Mara SCHROEDER	#1	UW-La Crosse	59.11		4/7
8	84	Mackenzie JOHNSON	#14	UW-Stevens Poi	59.21		4/7
9	86	Hailey GREGG	#3	Bethel (Minn.)	59.22		4/15
10	99	Izi KNOERNSCHILD	#1	UW-La Crosse	59.37		4/14

Women's 400 Meter Hurdles

1	5	Brooke MCDOWELL	#1	UW-La Crosse	1:01.92		4/14
2	9	Melanie KUNZE	#1	UW-La Crosse	1:02.10		4/14
3	17	Birgen NELSON	#12	Gustavus Adolpl	1:03.21		4/15
4	18	Ashley BARTELT	#14	UW-Stevens Poi	1:03.25		4/14
5	41	Lauren BERG	#8	Saint Benedict	1:05.61		4/7
6	42	Marlee DIETRICH	#9	UW-River Falls	1:05.62		4/15
7	44	Jaryn JOHANNSEN	#2	UW-Eau Claire	1:05.65		4/7
8	59	Rebekah SALFER	#13	St. Olaf	1:06.30		4/7
8	59	Gretchen MCNEAL	#1	UW-La Crosse	1:06.30		4/14
10	62	Hannah WELTE	#10	Beloit	1:06.33		4/15

Women's 800 Meters

1	7	Cyna MADIGAN	#6	UW-Oshkosh	2:12.48		4/1
2	13	Annessa IHDE	#3	Bethel (Minn.)	2:13.78		4/15
3	22	Maddie HANNAN	#1	UW-La Crosse	2:14.89		4/7
4	27	Paige FASSBENDER	#4	UW-Whitewater	2:15.26		4/14
5	32	Greta KOEHLER	#1	UW-La Crosse	2:15.77		4/14
6	36	Libby GEISNESS	#6	UW-Oshkosh	2:16.05		4/14
7	40	Alexandra MADDUX	#24	Hamline	2:16.21		4/7
8	52	Kaitlyn GALGON	#15	UW-Platteville	2:16.85		4/14
9	54	Brooke WELLHAUSEN	#14	UW-Stevens Poi	2:16.89		4/1
10	77	Morgan JENNINGS	#1	UW-La Crosse	2:18.19		4/14

Women's 1500 Meters

1	5	Fiona SMITH	#8	Saint Benedict	4:31.94		4/7
2	11	Maddie HANNAN	#1	UW-La Crosse	4:34.35		4/7
3	24	Amelia LEHMAN	#6	UW-Oshkosh	4:36.46		4/1
4	41	Carolyn SHULT	#2	UW-Eau Claire	4:38.45		4/7
5	53	Christine ALBRECHT	#13	St. Olaf	4:40.46		4/7
6	58	Julia ANDERSON	#1	UW-La Crosse	4:41.13		4/7
7	62	Ari DE LA CERDA	#4	UW-Whitewater	4:41.67		4/7
8	64	Mary BLANCHARD	#11	Carleton	4:41.85		4/7
9	65	Annessa IHDE	#3	Bethel (Minn.)	4:41.93		4/7
10	69	Kimberly CARVIOU	#1	UW-La Crosse	4:42.60		4/7

Women's Steeplechase

1	12	Maddy VANTASSEL	#1	UW-La Crosse	10:53.91		4/7
2	16	Christine ALBRECHT	#13	St. Olaf	11:00.02		4/15
3	19	Emma MALOOLY	#1	UW-La Crosse	11:00.91		4/7
4	33	Sophie MCMANUS	#11	Carleton	11:17.82		4/15
5	34	Katelyn CHADWICK	#1	UW-La Crosse	11:19.14		4/7
6	35	Rachel EHRHART	#21	Edgewood	11:20.10		4/1
7	69	Payton SCOGGIN	#4	UW-Whitewater	11:42.30		4/7
8	77	Meygan BENZING	#6	UW-Oshkosh	11:46.45		4/7
9	84	Keiley MAAHS	#8	Saint Benedict	11:51.76		4/15
10	85	Emily RUGLOSKI	#23	Concordia Moor	11:52.21		4/7



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:23 AM

North

Women's 5000 Meters

1	2	Fiona SMITH	#8 Saint Benedict	16:26.20	4/1
2	3	Clara MAYFIELD	#11 Carleton	16:30.62	3/24
3	7	Maddie HANNAN	#1 UW-La Crosse	16:47.67	4/14
4	17	Sofia CARLSON	#13 St. Olaf	17:04.03	4/14
5	23	Amelia LEHMAN	#6 UW-Oshkosh	17:11.12	4/14
6	28	Ally VERBAUWHEDE	#21 Edgewood	17:15.03	4/14
7	32	Carolyn SHULT	#2 UW-Eau Claire	17:16.41	4/14
8	35	Hannah PREISSER	#11 Carleton	17:21.94	4/15
9	37	Sophie MCMANUS	#11 Carleton	17:22.90	4/7
10	44	Ari DE LA CERDA	#4 UW-Whitewater	17:28.90	4/14

Women's 10,000 Meters

1	2	Fiona SMITH	#8 Saint Benedict	33:23.89	4/12
2	52	Katelyn SMITH	#7 Carthage	38:07.50	4/2
3	97	LaNea BARTEL	#16 Concordia Wisc	39:37.91	4/15
4		Anessa YIM	#16 Concordia Wisc	41:02.43	4/15
5		Molly STEWART	#18 MSOE	41:56.67	4/2
6		Althea FOSTER	#25 Lawrence	42:27.76	4/15
7		Brenna CISLER	#5 St. Norbert	42:55.32	4/2
8		Ainara SAINZ DE ROZAS	#16 Concordia Wisc	43:26.93	4/15
9		Faith MERTZIG	#5 St. Norbert	44:35.32	4/15
10		Abigail POEHLMAN	#16 Concordia Wisc	45:35.74	4/15

Women's 4x100 Relay

1	1	Bella SEITZ, Lauren JARRETT, Emma LAWRENCE, Emily DAWIDOWICH	#1 UW-La Crosse	46.30	4/14
2	18	Jireh BABALOLA, Kelsie SEALOCK, Makenna BROWN, Sarah STELLMACH	#3 Bethel (Minn.)	47.94	4/15
3	22	Danielle MILLER, Birgen NELSON, Megan GERAETS, Kate CARLSON	#12 Gustavus Adolpl	48.02	4/15
4	34	Hannah BILODEAU, Tina SHELTON, Jacqueline KORNOWSKI, Daja PRYOR	#4 UW-Whitewater	48.54	4/14
5	38	Jordyn MCDONALD, Alayna FURCH, Hannah WELTE, T'Aira BOYANCE	#10 Beloit	48.68	4/15
6	49	Sarah HANSEN, Lexi LEFEVER, Annika GUNDERSON, Sarah LANGLOIS	#9 UW-River Falls	49.08	4/7
7	52	Ashleigh ADAMSON, Madison AHRENS, Shannon WULF, Savannah MORGAN	#15 UW-Platteville	49.15	4/14
8	80	Lauren ROTTIER, Nicole MAKOPÉ, Kennedy MARQUARDT, Gracie WOLFE	#5 St. Norbert	49.77	4/15
9	83	Anna KEGEL, Teresa TOPOLSKI, Christina HALL, Sarah KERFIN	#7 Carthage	49.87	4/14
10	97	Hannah EBEL, Jenna ZAHORIK, Sabrina MOORE, Maya HIELSCHER	#16 Concordia Wisc	50.09	4/15



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:23 AM

North

Women's 4x400 Relay

1	6	Brooke MCDOWELL, Melanie KUNZE, Izi KNOERNSCHILD, Amber JOHNSON	#1 UW-La Crosse	3:54.32	4/7
2	12	Kelsie SEALOCK, Hailey GREGG, Annessa IHDE, Makenna BROWN	#3 Bethel (Minn.)	3:58.23	4/15
3	13	Candis DAMSTE, Alayna FURCH, Jordyn MCDONALD, T'Aira BOYANCE	#10 Beloit	3:58.47	4/15
4	17	Mackenzie JOHNSON, Ashley BARTELT, Brooke WELLHAUSEN, Anetha VOGELE	#14 UW-Stevens Poi	3:59.62	4/14
5	31	Sarah HANSEN, Cailyn KUECHLE, Marlee DIETRICH, Sarah LANGLOIS	#9 UW-River Falls	4:02.12	4/15
6	34	Libby GEISNESS, Josephine MAKURAT, Olivia STENZEL, Alaina WAGNER	#6 UW-Oshkosh	4:03.15	4/14
7	35	Margaret RUSCH, Brynlee NELSON, Ashleigh ADAMSON, Kaitlyn GALGON	#15 UW-Platteville	4:03.28	4/7
8	50	Kylee GRABARSKI, Kelsie MINKIE, Addie MANGOLD, Jane KAUTZ	#2 UW-Eau Claire	4:05.61	4/14
9	59	Paige FASSBENDER, Katie ERB, Roxanne TEMPLE, Carleen SNOW	#4 UW-Whitewater	4:06.84	4/14
10	60	Mary BLANCHARD, Jocelyn FERGUSON, Lara ERICKSON, Hadley TWICHELL	#11 Carleton	4:06.91	4/15

Women's High Jump

1	2	Ainsley HANSEN	#1 UW-La Crosse	1.70m	5-7	4/14
2	14	Glasha HOVEY	#3 Bethel (Minn.)	1.65m	5-5	4/15
3	19	Macie TODD	#1 UW-La Crosse	1.64m	5-4½	4/7
4	21	Liz KALK	#10 Beloit	1.63m	5-4¼	4/15
5	37	Justus FLOREN	#8 Saint Benedict	1.60m	5-3	4/1
6	57	Olivia OWENS	#1 UW-La Crosse	1.59m	5-2½	4/7
6	57	Hannah ZASTROW	#2 UW-Eau Claire	1.59m	5-2½	4/7
8	61	Maya HIELSCHER	#16 Concordia Wisc	1.58m	5-2¼	4/15
8	61	Ella MACKIEWICZ	#15 UW-Platteville	1.58m	5-2¼	4/7
10	70	Alia VANDERHOEF	#1 UW-La Crosse	1.57m	5-1¾	4/14
10	70	Grace ELVERT	#15 UW-Platteville	1.57m	5-1¾	4/14

Women's Pole Vault

1	2	Gracie HOLLAND	#4 UW-Whitewater	3.90m	12-9½	4/1
2	10	Araceli DE LEO LOPEZ	#1 UW-La Crosse	3.77m	12-4½	4/1
3	11	Ashley O'CONNELL	#1 UW-La Crosse	3.76m	12-4	4/7
4	12	Grace KOWALKOWSKI	#5 St. Norbert	3.75m	12-3½	4/15
5	16	Annika GUNDERSON	#9 UW-River Falls	3.67m	12-½	4/7
6	33	Abigail CALHOUN	#7 Carthage	3.50m	11-5¾	4/2
6	33	Caroline GEARIN	Saint Mary's (Mi	3.50m	11-5¾	3/31
8	39	Jessica LILLAND	#3 Bethel (Minn.)	3.49m	11-5¼	4/15
9	40	Jessica MUELLER	#17 Carroll (Wis.)	3.47m	11-4½	4/6
10	41	Nina MORRISON	#1 UW-La Crosse	3.46m	11-4¼	4/7

Women's Long Jump

1	7	Sydney SPAETH	#5 St. Norbert	5.71mw	18-8¾ (3.8	3/16
2	15	Grace KORGER- MITCHELL	#21 Edgewood	5.62m	18-5¼ (1.6	4/14
3	21	Olivia MILLER	#20 Ripon	5.55mw	18-2½ (3.0	4/2
4	25	Audrey BRAUN	#1 UW-La Crosse	5.53m	18-1¾ (1.7	4/14
5	39	Christina HALL	#7 Carthage	5.48mw	17-11¾ (3.	4/2
6	52	Ava FOLEY	#1 UW-La Crosse	5.42m	17-9½ (0.3	4/14
7	53	Lexi LEFEVER	#9 UW-River Falls	5.41m	17-9 (2.0)	4/13
8	59	Nicole MAKOPE	#5 St. Norbert	5.39m	17-8¼ (1.8	4/6
9	66	Amber GROSSE	#1 UW-La Crosse	5.34mw	17-6¼ (2.9	4/7
10	68	Abbey FITZGERALD	#2 UW-Eau Claire	5.33m	17-6 (1.4)	4/14
10	68	Anna KEGEL	#7 Carthage	5.33m	17-6 (1.2)	4/7

Women's Triple Jump

1	9	Miah KELLER	#1 UW-La Crosse	11.91m	39-1 (0.0)	4/14
2	11	Sydney SPAETH	#5 St. Norbert	11.88m	38-11¾ (0.	4/15
3	14	Journey AMUNDSON	Macalester	11.79mw	38-8¼ (2.9	4/1
4	17	Stephanie WITBROD	Bethany Lutherz	11.71mw	38-5 (3.1)	4/13
5	27	Samantha BARRETT	#1 UW-La Crosse	11.42m	37-5¾ (2.0	4/14
6	35	Molly KALLENBACH	#2 UW-Eau Claire	11.33m	37-2¼ (2.0	4/14
7	40	Ellie HERNES	#3 Bethel (Minn.)	11.23m	36-10¼ (1.	4/15
8	43	Kylah FREDERIXON	#1 UW-La Crosse	11.21m	36-9½ (0.5	4/1
9	44	Mackenzey KRONBERG	#1 UW-La Crosse	11.20m	36-9 (0.4)	4/14
9	44	Abigail CALHOUN	#7 Carthage	11.20m	36-9 (0.1)	4/14

Women's Shot Put

1	1	Skye DIGMAN	#1 UW-La Crosse	15.29m	50-2	4/14
2	7	Brenna NOON	#15 UW-Platteville	14.07m	46-2	4/14
3	8	Aubrey SCHOENEMAN	#7 Carthage	14.00m	45-11¼	4/14
4	9	Catie FOBBE	#2 UW-Eau Claire	13.94m	45-9	4/14
5	10	Vanessa UITENBROEK	#17 Carroll (Wis.)	13.87m	45-6¼	4/15
6	12	Annika POE	#12 Gustavus Adolpl	13.65m	44-9½	4/15
7	16	Maria FALK	#17 Carroll (Wis.)	13.54m	44-5¼	4/15
8	18	Katrina WAWRZYN	#18 MSOE	13.51m	44-4	4/7
9	21	Lupe CORN	#14 UW-Stevens Poi	13.43m	44-¾	4/1
10	27	Izzy CARROLL	#1 UW-La Crosse	13.18m	43-3	4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:23 AM

North

Women's Discus

1	3	Skye DIGMAN	#1	UW-La Crosse	47.07m	154-5	4/14
2	7	Aubrey SCHOENEMAN	#7	Carthage	44.67m	146-7	4/14
3	9	Vanessa UITENBROEK	#17	Carroll (Wis.)	44.41m	145-9	4/15
4	14	Katrina WAWRZYN	#18	MSOE	43.37m	142-4	4/7
5	15	Micky BARRETTE	#6	UW-Oshkosh	43.27m	142-0	4/14
6	22	Cate GUDAITIS	#17	Carroll (Wis.)	42.18m	138-5	4/7
7	23	Catie FOBBE	#2	UW-Eau Claire	42.04m	137-11	4/7
8	24	Izzy CARROLL	#1	UW-La Crosse	41.94m	137-7	4/14
9	31	Kenni CZARNECKI	#4	UW-Whitewater	41.15m	135-0	4/7
10	46	Teagan JONES	#2	UW-Eau Claire	40.25m	132-1	4/7

Women's Hammer

1	2	Skye DIGMAN	#1	UW-La Crosse	57.21m	187-9	4/7
2	14	Leah SURPRENANT	#1	UW-La Crosse	52.40m	171-11	4/7
3	15	Alexis MATTOX	#7	Carthage	51.72m	169-8	4/14
4	16	Brenna MASLOROFF	#6	UW-Oshkosh	51.39m	168-7	4/7
5	17	Teagan JONES	#2	UW-Eau Claire	50.68m	166-3	4/7
6	27	Holly WARDYNSKI	#1	UW-La Crosse	48.89m	160-5	4/14
7	30	Vanessa UITENBROEK	#17	Carroll (Wis.)	48.86m	160-4	4/15
8	35	Kenni CZARNECKI	#4	UW-Whitewater	48.62m	159-6	4/7
9	36	Elizabeth MIKKELSON	#18	MSOE	48.60m	159-6	4/7
10	39	Lily BENEKE		St. Scholastica	48.53m	159-3	4/15

Women's Javelin

1	12	Bryana LEVERENTZ	#22	St. Catherine (M	40.81m	133-11	3/18
2	15	Peyton PANKA	#5	St. Norbert	40.09m	131-7	4/6
3	21	Gabby JOHNSON	#1	UW-La Crosse	39.55m	129-9	4/1
4	36	Grace BLANCHETTE	#11	Carleton	37.71m	123-9	3/23
5	50	Lauren ROTTIER	#5	St. Norbert	37.00m	121-5	4/7
6	64	Justus FLOREN	#8	Saint Benedict	36.71m	120-5	4/15
7	78	Raegan SORENSEN	#19	UW-Stout	36.25m	118-11	4/7
8	79	Kelsie SEALOCK	#3	Bethel (Minn.)	36.23m	118-11	4/15
9	82	Skylar WHITE	#1	UW-La Crosse	35.89m	117-9	4/14
10	84	Maya HIELSCHER	#16	Concordia Wisc	35.83m	117-7	4/15

Women's Heptathlon

1	8	Lexi LEFEVER	#9	UW-River Falls	4,533	4/13
2	10	Lauren ROTTIER	#5	St. Norbert	4,492	4/7
3	20	Rebekah SALFER	#13	St. Olaf	4,145	4/13
4	23	Grace BLANCHETTE	#11	Carleton	4,069	3/23



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:24 AM

South

Women's 100 Meters

1	1	Adalia COLEMAN	#8	Bridgewater (Va	11.63w	(4.0)	3/31
2	4	Ahnia CHERRY	#12	North Carolina V	11.78	(1.8)	4/7
3	10	Mariah BROOKS	#12	North Carolina V	12.00	(1.8)	4/7
4	15	Mariah BROOKS	#12	North Carolina V	12.06	(1.6)	3/24
5	16	Sydney TRUSSELL	#5	Christopher Nev	12.07	(0.8)	4/14
5	16	Audrey JOHNSON	#1	Emory	12.07	(1.4)	3/17
7	23	Katelyn GAMBLE	#3	Washington and	12.10	(0.1)	4/14
8	28	Dashiel Tao HARRIS	#1	Emory	12.12	(1.4)	3/17
9	36	Olivia FREEMAN	#7	Rhodes	12.20	(1.4)	3/25
10	55	Kacee HOOKER	#8	Bridgewater (Va	12.30	(1.6)	3/25

Women's 100 Meter Hurdles

1	1	Aniya SEWARD	#2	Lynchburg	13.76	(0.0)	4/14
2	22	Hannah BODUS	#1	Emory	14.58	(1.8)	4/7
3	26	Alyssa ROACH	#5	Christopher Nev	14.62w	(3.3)	4/7
4	27	Betsy MOHNKERN	#2	Lynchburg	14.64	(0.0)	4/14
5	38	Jailah LOVING	#25	Birmingham-Soi	14.83	(-1.1)	4/7
6	56	Emily THOMPSON	#4	Berry	15.10	(1.2)	3/4
7	62	Hannah SNODGRASS	#6	Roanoke	15.15	(0.0)	4/14
8	76	Haileigh BYRD	#21	Mary Washingto	15.35w	(3.5)	3/17
9	87	Aanykka JACKSON	#13	Virginia Wesleya	15.44	(1.5)	3/30
10	90	Amaya MARTIN	#1	Emory	15.49	(1.4)	4/7

Women's 200 Meters

1	2	Adalia COLEMAN	#8	Bridgewater (Va	24.28	(2.0)	3/25
2	5	Mariah BROOKS	#12	North Carolina V	24.40	(1.3)	4/7
3	8	Ahnia CHERRY	#12	North Carolina V	24.50	(1.3)	4/7
4	21	Sydney TRUSSELL	#5	Christopher Nev	24.96w	(2.1)	4/14
5	26	Audrey JOHNSON	#1	Emory	25.03w	(2.4)	3/24
6	28	Kacee HOOKER	#8	Bridgewater (Va	25.08	(2.0)	3/25
7	36	Dashiel Tao HARRIS	#1	Emory	25.16w	(2.4)	3/24
8	41	Katelyn GAMBLE	#3	Washington and	25.18	(2.0)	3/25
9	51	Olivia FREEMAN	#7	Rhodes	25.31	(1.1)	3/25
10	55	Haylee GAMBLE	#6	Roanoke	25.37w	(2.1)	4/14

Women's 400 Meters

1	15	Mikayla HEFFERON	#6	Roanoke	57.23		4/14
2	24	Ashaunti BARNES	#14	Belhaven (Miss.)	57.55		3/25
3	26	Libby RANOCHA	#1	Emory	57.58		3/17
4	43	Amia BARNES	#13	Virginia Wesleya	58.32		4/15
5	45	Kimona HAYNES	#14	Belhaven (Miss.)	58.35		3/31
6	59	Dashiel Tao HARRIS	#1	Emory	58.74		4/7
7	66	Adrianna DESANTIS	#5	Christopher Nev	58.89		4/14
8	67	Vuronika BARNES	#2	Lynchburg	58.90		4/14
9	70	Haylee GAMBLE	#6	Roanoke	58.95		4/14
10	80	Kayla MITCHELL	#17	Methodist	59.13		4/14

Women's 400 Meter Hurdles

1	23	Allison BOBST	#2	Lynchburg	1:04.29		4/14
2	24	Betsy MOHNKERN	#2	Lynchburg	1:04.50		4/14
3	28	Macy MURDOCK	#4	Berry	1:04.62		4/14
4	35	Clare MARSH	#11	Catholic (D.C.)	1:04.96		4/14
5	47	Emily THOMPSON	#4	Berry	1:05.73		3/4
6	54	Amanda ROMANO	#3	Washington and	1:05.94		4/14
7	55	Hannah BODUS	#1	Emory	1:05.95		4/14
8	63	Kaitlyn MCREE	#22	Mississippi Univ	1:06.40		3/25
9	64	Paige TULENKO	#3	Washington and	1:06.45		3/25
10	74	Josie LOGGINS	#4	Berry	1:06.97		4/14

Women's 800 Meters

1	3	Annika URBAN	#1	Emory	2:10.15		3/24
2	8	Libby RANOCHA	#1	Emory	2:12.57		4/7
3	15	Hailey SMITH	#2	Lynchburg	2:14.33		4/14
4	37	Jenna DALY	#1	Emory	2:16.11		3/24
5	38	Emily MOEHRINGER	#11	Catholic (D.C.)	2:16.20		4/14
6	61	Madison TIAFFAY	#1	Emory	2:17.33		4/14
7	86	Carly O'TOOLE	#16	Meredith	2:18.35		4/14
8		Kyandra CHANDLER	#15	Southern Virgini	2:19.29		4/14
9		Kate SCIBELLI	#3	Washington and	2:19.55		3/17
10		Michelle MITTAZ	#1	Emory	2:19.74		4/14

Women's 1500 Meters

1	1	Annika URBAN	#1	Emory	4:26.17		4/7
2	61	Jenna DALY	#1	Emory	4:41.49		4/7
3	84	Kate INGLIS	#11	Catholic (D.C.)	4:43.62		3/31
4	93	Emily MOEHRINGER	#11	Catholic (D.C.)	4:44.68		4/14
5		Hailey SMITH	#2	Lynchburg	4:45.21		4/14
6		Kelsey LAGUNAS	#2	Lynchburg	4:45.71		4/14
7		Molly SILVA	#2	Lynchburg	4:46.46		3/24
8		Lauren MASSEY	#2	Lynchburg	4:46.91		3/24
9		Madison LOWERY	#24	Pfeiffer	4:46.94		3/31
10		Jaycie PONCE	#19	Piedmont	4:47.30		4/14

Women's Steeplechase

1	6	Corrine WEAVER	#16	Meredith	10:45.58		4/14
2	17	Kelsey LAGUNAS	#2	Lynchburg	11:00.49		4/14
3	30	Emily SMEDS	#8	Bridgewater (Va	11:15.58		3/31
4	40	Mackenzie YOUNG	#8	Bridgewater (Va	11:22.55		4/14
5	53	Molly SILVA	#2	Lynchburg	11:33.93		4/14
6	57	Erin ATKINSON	#9	Shenandoah	11:35.54		3/30
7	65	Savy HAUSHALTER	#1	Emory	11:41.09		4/7
8	94	Eliza DANA	#5	Christopher Nev	11:55.27		3/30
9		Brianna BREYVAULT	#3	Washington and	11:57.79		4/8
10		Britany ZIEMER	#7	Rhodes	11:58.36		3/17



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:24 AM

South

Women's 5000 Meters

1	1	Annika URBAN	#1	Emory	16:06.95	4/13
2	30	Carolyn TODD	#3	Washington and	17:15.47	3/30
3	42	Allison DELL	#2	Lynchburg	17:28.36	4/14
4	43	Corrine WEAVER	#16	Meredith	17:28.39	3/31
5	56	Liesl SCHERRER	#1	Emory	17:34.12	4/7
6	59	Isabel ZIMMERMANN	#16	Meredith	17:36.33	4/14
7	61	Kate INGLIS	#11	Catholic (D.C.)	17:37.32	4/14
8	68	Kelsey LAGUNAS	#2	Lynchburg	17:40.83	3/30
9	88	Madison LOWERY	#24	Pfeiffer	17:48.99	4/14
10	89	Sarah JAMES	#2	Lynchburg	17:49.46	4/14

Women's 10,000 Meters

1	20	Carolyn TODD	#3	Washington and	36:29.03	4/14
2	25	Sarah JAMES	#2	Lynchburg	36:37.38	3/30
3	75	Sasha WILLIE	#15	Southern Virgini	39:10.22	3/30
4	77	Emily SMEDS	#8	Bridgewater (Va	39:10.75	4/14
5	85	Maddy RAWLINGS	#5	Christopher Nev	39:24.10	3/30
6	93	Madeline LOTTIS	#9	Shenandoah	39:32.89	3/16
7		Courtney DRUMM	#17	Methodist	39:47.91	4/14
8		Jenna WEAVER	#10	Eastern Mennon	40:02.94	3/17
9		Hastings GRAY	#4	Berry	41:06.76	3/17
10		Claire GARSTER	#5	Christopher Nev	41:16.52	3/30

Women's 4x100 Relay

1	17	Kaya BINETTI, Dashiel Tao HARRIS, Hannah BODUS, Audrey JOHNSON	#1	Emory	47.91	4/1
2	24	Jade BUCKLES, Adalia COLEMAN, Haleigh HAMLIN, Kacee HOOKER	#8	Bridgewater (Va	48.10	4/14
3	26	Lindsey HOBIN, Taylor POOLE, Hannah SNODGRASS, Mikayla HEFFERON	#6	Roanoke	48.33	4/14
4	29	Mariah BROOKS, Teanna BELLAMY, Snejana SPINCAHE, Ahnia CHERRY	#12	North Carolina V	48.43	4/14
5	41	Rylee TURNER, Jessica CAMMARATA, Vuronika BARNES, Aniya SEWARD	#2	Lynchburg	48.89	3/24
6	46	Megan WEILMUNSTER, Ava DUNN, Grace SCOWDEN, Olivia FREEMAN	#7	Rhodes	49.04	4/15
7	63	Brandi GARDNER, Treazure ROSARIO- WATSON, Erykalyn NEAL, Kayla MITCHELL	#17	Methodist	49.35	3/24
8	68	Susannah BIRLE, Ashley D'AMBROSIA, Jordynn PALETHORPE, Katelyn GAMBLE	#3	Washington and	49.46	4/14
9	70	Alexis HUBBARD, Janelle ANDERSON, Sarah SIDORO, Kaitlin MEASELL	#9	Shenandoah	49.52	4/8
10	71	Leighan WILLIAMS, Macy MURDOCK, Clark KELLY, Emily THOMPSON	#4	Berry	49.57	4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:24 AM

South

Women's 4x400 Relay

1	11	Vuronika BARNES, Allison BOBST, Madelyn BOYCE, Jessica CAMMARATA	#2	Lynchburg	3:57.73	4/14
2	14	Audrey JOHNSON, Paige MURDOCK, Kaya BINETTI, Libby RANOCHA	#1	Emory	3:58.79	4/7
3	42	Lauren HENSON, Maryrose MOLINA- SHUMAN, Haylee GAMBLE, Mikayla HEFFERON	#6	Roanoke	4:04.68	3/31
4	52	Paige TULENKO, Jordynn PALETHORPE, Amanda ROMANO, Kate SCIBELLI	#3	Washington and	4:05.78	3/25
5	57	Emily MOEHRINGER, Clare MARSH, Apolline GASPERS, Ellie BIXENMAN	#11	Catholic (D.C.)	4:06.44	4/14
6	58	Savanna CHAPIN, Liz MORGAN, Kyandra CHANDLER, Addie PARKER	#15	Southern Virgini	4:06.57	4/14
7	69	Ashaunti BARNES, Kimona HAYNES, Maurissa WINFORD, Myisha TURNER	#14	Belhaven (Miss.)	4:07.78	3/4
8	78	Jade BUCKLES, Kacee HOOKER, Cassidy OLIVER, Adalia COLEMAN	#8	Bridgewater (Va	4:08.92	3/31
9	79	Ainsley MILLER, Casey YENYO, Sydney TRUSSELL, Adrianna DESANTIS	#5	Christopher Nev	4:09.24	3/17
10	82	Marianna MOELL, Macy MURDOCK, Sarah NELSON, Emily THOMPSON	#4	Berry	4:09.45	3/4

Women's High Jump

1	29	Rachel SULLIVAN	#7	Rhodes	1.62m	5-3¾	4/15
2	37	Anna SCOBlick	#11	Catholic (D.C.)	1.60m	5-3	3/31
2	37	Norah CIANO	#13	Virginia Wesleya	1.60m	5-3	4/15
4	61	Katya HOOVER	#9	Shenandoah	1.58m	5-2¼	4/8
5	70	Ray Ray TAYLOR	#10	Eastern Mennon	1.57m	5-1¾	4/14
5	70	Kim RODEN	#6	Roanoke	1.57m	5-1¾	3/31
7	93	Alyssa ROACH	#5	Christopher Nev	1.55m	5-1	4/14
7	93	Natalie MOORE		Guilford	1.55m	5-1	4/14
7	93	Eleanor SCOTT	#23	Millsaps	1.55m	5-1	3/4
7	93	Kaitlyn NGUYEN	#6	Roanoke	1.55m	5-1	4/14

Women's Pole Vault

1	16	Ace COLE	#7	Rhodes	3.67m	12-½	3/25
2	33	Lauren ANDERSON	#2	Lynchburg	3.50m	11-5¾	4/14
3	42	Ashley D'AMBROSIA	#3	Washington and	3.45m	11-3¾	4/8
4	69	Chloe VAN DUYN	#6	Roanoke	3.38m	11-1	3/17
5	95	Claire COLEMAN	#3	Washington and	3.26m	10-8¼	3/25
6		Madeline HUBBERT	#4	Berry	3.20m	10-6	3/4
6		Allison BOBST	#2	Lynchburg	3.20m	10-6	4/14
8		Ticia KING	#1	Emory	3.15m	10-4	3/24
9		Ainsley MILLER	#5	Christopher Nev	3.05m	10-0	3/25
9		Sierra SCHMIDT	#23	Millsaps	3.05m	10-0	3/4
9		Maya IHLING	#7	Rhodes	3.05m	10-0	3/31
9		Clare KINNEY	#6	Roanoke	3.05m	10-0	4/14
9		Alex FEURER	#1	Emory	3.05m	10-0	4/1

Women's Long Jump

1	17	Brandi GARDNER	#17	Methodist	5.60m	18-4½ (-2)	3/24
2	20	Kaitlin MEASELL	#9	Shenandoah	5.56m	18-3 (0.0)	4/14
3	41	Alyssa ROACH	#5	Christopher Nev	5.47m	17-11½ (0)	4/14
4	53	Ray Ray TAYLOR	#10	Eastern Mennon	5.41m	17-9 (0.7)	3/25
5	58	Emily THOMPSON	#4	Berry	5.40mw	17-8¾ (2.4)	3/24
6	65	Haileigh BYRD	#21	Mary Washingto	5.36m	17-7 (0.0)	4/14
7	66	Alexis HUBBARD	#9	Shenandoah	5.34m	17-6¼ (0.0)	4/14
8		Kiara SMITH	#2	Lynchburg	5.19mw	17-½ (3.2)	3/16
9		Deziree CONKLIN	#18	Marymount (Va.	5.18m	17-0 (-0.6)	3/24
10		Natalie BURKE	#23	Millsaps	5.17m	16-11½ (0)	4/15

Women's Triple Jump

1	3	Aniya SEWARD	#2	Lynchburg	12.10m	39-8½ (0.5)	4/14
2	4	Kacey KELLY	#2	Lynchburg	12.09m	39-8 (0.0)	4/14
3	49	Hannah WETZEL	#20	Gallaudet	11.16m	36-7½ (-3)	3/25
4	52	Ray Ray TAYLOR	#10	Eastern Mennon	11.13m	36-6¼ (1.5)	4/1
5	55	Erin JONES	#22	Mississippi Univ	11.11m	36-5½ (-0)	4/15
6	76	Alexandra GUZMAN	#5	Christopher Nev	10.94m	35-10¾ (-0)	4/14
7	93	Clark KELLY	#4	Berry	10.83mw	35-6½ (2.9)	4/1
8	98	Kiara SMITH	#2	Lynchburg	10.81m	35-5¾ (0.6)	4/14
9	99	Brandi GARDNER	#17	Methodist	10.80m	35-5¼ (-1)	3/24
9	99	Caroline HANSEN	#1	Emory	10.80m	35-5¼ (-2)	4/7

Women's Shot Put

1	71	Midajah DAVIS	#20	Gallaudet	12.32m	40-5	4/8
2	89	Malysa WINSTON	#4	Berry	12.15m	39-10½	3/24
3	90	Hope JACKSON	#1	Emory	12.13m	39-9¾	3/24
4	1E+0	Samantha HEALY	#18	Marymount (Va.	12.05m	39-6½	4/14
5		Avery JONES	#4	Berry	11.99m	39-4	3/24
6		Ray Ray TAYLOR	#10	Eastern Mennon	11.93m	39-1¾	4/14
7		Sarah FINEMAN	#1	Emory	11.91m	39-1	3/17
8		Katherine STEVENS	#5	Christopher Nev	11.84m	38-10¼	4/14
9		Logan BABBS	#2	Lynchburg	11.80m	38-8¾	3/30
10		Grace FOWLER	#6	Roanoke	11.77m	38-7½	4/14



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:24 AM

South

Women's Discus

1	36	Jelesia BROWN	#14	Belhaven (Miss.)	40.72m	133-7	3/25
2	44	Katherine STEVENS	#5	Christopher Nev	40.32m	132-4	4/14
3	66	Allie FELTUS	#19	Piedmont	39.29m	128-11	4/14
4	67	Quinlin ZUNK	#3	Washington and	39.26m	128-10	3/25
5	75	Hope JACKSON	#1	Emory	38.85m	127-6	3/24
6	77	Natalie MCCAFFERY	#3	Washington and	38.78m	127-3	3/17
7	91	Kym YOUNG	#7	Rhodes	38.39m	126-0	4/15
8		Halie MURPHY	#11	Catholic (D.C.)	37.31m	122-5	3/25
9		Kiara FELSTON	#9	Shenandoah	37.19m	122-0	3/16
10		Jillian GRAY	#7	Rhodes	37.14m	121-10	4/15

Women's Hammer

1	23	Samantha HEALY	#18	Marymount (Va.)	49.54m	162-7	4/14
2	38	Kiara FELSTON	#9	Shenandoah	48.55m	159-4	3/16
3	61	Nyjah WILLIS	#1	Emory	46.86m	153-9	3/24
4		Logan BABBS	#2	Lynchburg	44.29m	145-4	3/24
5		Quinlin ZUNK	#3	Washington and	43.97m	144-3	4/14
6		Abbey GAJKOWSKI	#6	Roanoke	43.92m	144-1	4/14
7		Bailey HEDGEMON	#3	Washington and	43.62m	143-2	3/17
8		Katherine STEVENS	#5	Christopher Nev	42.95m	140-11	4/7
9		Kym YOUNG	#7	Rhodes	42.93m	140-10	3/31
10		Jessica RENDFREY	#9	Shenandoah	42.55m	139-7	4/1

Women's Javelin

1	29	Cailin DELEO	#4	Berry	38.37m	125-11	4/14
2	39	Dana CATALANO	#1	Emory	37.65m	123-6	3/24
3	41	Katya HOOVER	#9	Shenandoah	37.60m	123-5	4/14
4	44	Cortney BROWN	#19	Piedmont	37.45m	122-11	4/14
5	77	Ray Ray TAYLOR	#10	Eastern Mennon	36.26m	119-0	3/24
6	93	Jilane PEDERSEN	#15	Southern Virgini	35.45m	116-4	3/30
7		Evan DUET	#7	Rhodes	34.97m	114-9	4/15
8		Zoe CURTIS	#7	Rhodes	34.45m	113-0	4/15
9		Sadie PHILLIPS	#4	Berry	34.28m	112-6	4/14
10		Mallie TAYLOR	#25	Birmingham-Sou	33.31m	109-4	4/13

Women's Heptathlon

1	4	Ray Ray TAYLOR	#10	Eastern Mennon	4,824		4/14
2	15	Alyssa ROACH	#5	Christopher Nev	4,268		4/7
3	26	Emily THOMPSON	#4	Berry	3,991		3/17
4	47	Norah CIANO	#13	Virginia Wesleya	3,421		4/7
5	54	Macy MURDOCK	#4	Berry	3,327		3/17
6	59	Natalie MOORE		Guilford	3,228		3/17
7	68	Kaitlyn MCREE	#22	Mississippi Univ	3,093		3/17



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:24 AM

West

Women's 100 Meters

1	6	Jasmyn CRAWFORD	#8 Whittier	11.85w	(2.4)	4/13
2	16	Sydney HARNESS	#2 Redlands (Calif.)	12.07	(1.1)	4/1
3	23	Rhe Nae LEACH	#8 Whittier	12.10w	(2.3)	3/25
4	40	Alexandra ACKERMAN	#2 Redlands (Calif.)	12.23	(1.1)	4/1
5	43	McKenzie FEINGLAS	#18 Linfield	12.24	(-0.5)	4/14
6	72	Makenna LIZARDE	#7 Chapman	12.39	(1.8)	4/1
7	78	Trinity MURDOCK	#17 Texas Lutheran	12.42	(1.7)	3/25
7	78	Jada MORRIS	#5 McMurry	12.42w	(2.9)	4/14
9	82	Brynn YANEZ	#5 McMurry	12.44w	(2.9)	4/14
9	82	Kyrstin WILSON	#22 Puget Sound	12.44	(1.9)	3/24

Women's 100 Meter Hurdles

1	13	Amelia HEWSON	#4 Whitworth	14.39	(1.2)	4/13
2	20	Naj CAMPBELL	#5 McMurry	14.55w	(3.0)	4/14
3	27	Caroline DELVECCHIO	#3 Claremont-Mud	14.64	(0.9)	4/15
4	33	Eleanor BACHMEIER	#2 Redlands (Calif.)	14.75	(1.3)	4/1
5	45	Ebonee NATION	#21 St. Thomas (Tex	14.92	(1.2)	3/30
6	51	Mira JUNCAJ	#24 La Verne	14.98	(2.0)	4/7
7	54	Chloe SOLUMUA	#11 UC Santa Cruz	15.01	(1.2)	4/14
8	60	Brecken VANDENHOEK	#1 George Fox	15.13w	(3.9)	3/23
9	71	Katherine THORNTON	#12 Willamette	15.29	(0.3)	4/1
10	76	Davina TORRES	#8 Whittier	15.35	(2.0)	4/7

Women's 200 Meters

1	7	Jasmyn CRAWFORD	#8 Whittier	24.48w	(3.4)	4/13
2	19	Rhe Nae LEACH	#8 Whittier	24.93w	(2.2)	4/1
3	22	Sydney HARNESS	#2 Redlands (Calif.)	24.99w	(2.2)	4/1
4	29	McKenzie FEINGLAS	#18 Linfield	25.11	(0.9)	4/14
5	36	Alison BALL	#4 Whitworth	25.16	(0.9)	4/7
6	43	Mackenzie REED	#8 Whittier	25.22w	(2.4)	4/13
7	50	Allison KREMER	#7 Chapman	25.30	(1.9)	4/7
8	65	Jackilyn LEWIS	#22 Puget Sound	25.49	(0.9)	4/14
9	84	Makenna LIZARDE	#7 Chapman	25.64	(1.9)	4/1
10	89	Alexandra ACKERMAN	#2 Redlands (Calif.)	25.68	(1.8)	4/15

Women's 400 Meters

1	17	Allison KREMER	#7 Chapman	57.25		4/13
2	39	Sami RIGGS	#12 Willamette	58.22		3/25
3	47	Kaylee SMITH	#7 Chapman	58.41		4/1
4	61	Elizabeth HAWLEY	#19 Occidental	58.77		4/1
5	71	Taylor KOTFAS	#6 Trinity (Texas)	58.96		3/25
6	75	Angelica GATICA GOMEZ	#14 Pacific (Ore.)	59.04		4/1
7	91	Malia HEIEN	#15 Lewis & Clark	59.28		4/14
7	91	Mackenzie REED	#8 Whittier	59.28		4/13
9	94	Ellie RISING	#1 George Fox	59.31		3/18
10	97	Jackilyn LEWIS	#22 Puget Sound	59.36		4/8

Women's 400 Meter Hurdles

1	2	Caroline DELVECCHIO	#3 Claremont-Mud	1:01.43		4/7
2	16	Elee FAULKNER	#2 Redlands (Calif.)	1:03.09		4/15
3	30	Eleanor BACHMEIER	#2 Redlands (Calif.)	1:04.67		4/15
4	33	Arden NEFF	#23 Southwestern (T	1:04.82		4/14
5	37	Ellie MARSH	LeTourneau	1:05.23		4/13
6	40	Emily RUTKOWSKI	#14 Pacific (Ore.)	1:05.56		3/11
7	45	Shriya VELICHALA	#3 Claremont-Mud	1:05.69		4/15
8	67	Katherine THORNTON	#12 Willamette	1:06.75		4/7
9	78	Katarina MARIC	#7 Chapman	1:07.08		4/15
10	82	Davina TORRES	#8 Whittier	1:07.32		4/7

Women's 800 Meters

1	4	Ellie RISING	#1 George Fox	2:11.07		3/25
2	38	Chloe BULLOCK	#2 Redlands (Calif.)	2:16.20		4/8
3	43	Annie BERRY	#14 Pacific (Ore.)	2:16.24		3/17
4	51	Riley CAPUANO	#3 Claremont-Mud	2:16.81		4/8
5	59	Malia HEIEN	#15 Lewis & Clark	2:17.27		4/10
6	62	Annalise GONZALES	#1 George Fox	2:17.71		3/25
7	83	Hannah TRANBY	#1 George Fox	2:18.31		4/14
8	90	Megan MALEY	#3 Claremont-Mud	2:18.51		4/13
9	99	Hanna HEKKANEN	#11 UC Santa Cruz	2:18.89		4/13
10		Ella FULLERTON	#13 Colorado Colleg	2:18.92c	(2:19.66A)	3/17

Women's 1500 Meters

1	19	Ash BAUDIN	#11 UC Santa Cruz	4:36.10		3/18
2	31	Sydney RANKIN	#13 Colorado Colleg	4:37.11		3/11
3	39	Riley MARTEL-PHILLIPS	#11 UC Santa Cruz	4:38.41		3/18
4	44	Brenna SCLAIR	#1 George Fox	4:39.00		3/18
5	45	Riley CAPUANO	#3 Claremont-Mud	4:39.22		4/13
6	48	Angela GUSHUE	#3 Claremont-Mud	4:39.76		3/11
7	68	Annie BERRY	#14 Pacific (Ore.)	4:42.46		3/25
8	72	Kylah HOLLAND	#16 Hardin-Simmon	4:42.86		3/30
9	74	Hanna HEKKANEN	#11 UC Santa Cruz	4:42.88		3/18
10	81	Jenna LANGE	#9 Pomona-Pitzer	4:43.20		4/13

Women's Steeplechase

1	11	Ash BAUDIN	#11 UC Santa Cruz	10:52.84		3/30
2	13	Kylah HOLLAND	#16 Hardin-Simmon	10:55.51		3/30
3	31	Jessica NEAL	#1 George Fox	11:15.73		4/13
4	41	Zoe HEINO	#12 Willamette	11:24.88		4/7
5	43	Breanna SCHMITT	#1 George Fox	11:28.86		3/25
6	45	Chloe BULLOCK	#2 Redlands (Calif.)	11:30.76		4/15
7	48	Ellie CATRON	#6 Trinity (Texas)	11:31.34		3/3
8	60	Ciara GILLEN	#19 Occidental	11:37.52		4/15
9	64	Annika CARLSON	#7 Chapman	11:39.56		4/13
10	74	Madelyn HUBBS	#14 Pacific (Ore.)	11:44.67		3/25



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:25 AM

West

Women's 5000 Meters

1	26	Brenna SCLAIR	#1	George Fox	17:12.73	4/13
2	33	Riley MARTEL-PHILLIPS	#11	UC Santa Cruz	17:17.72	4/13
3	50	Meredith BLOSS	#3	Claremont-Mud	17:32.33	3/11
4	63	Kylah HOLLAND	#16	Hardin-Simmon	17:38.58c(17:53.16A	3/24
5	71	Elle MARSYLA	#3	Claremont-Mud	17:41.78	3/11
6	78	Mira TERDIMAN	#9	Pomona-Pitzer	17:44.14	4/13
7	80	Abigail LOISELLE	#9	Pomona-Pitzer	17:44.44	3/11
8	85	Elliot SINGER	#13	Colorado Colleg	17:47.39	4/7
9	87	Katie CLINE	#9	Pomona-Pitzer	17:48.84	4/13
10	92	Clare QUINN	#13	Colorado Colleg	17:50.08	4/7

Women's 10,000 Meters

1	18	Riley BUESE	#15	Lewis & Clark	36:22.98	3/30
2	21	Abigail LOISELLE	#9	Pomona-Pitzer	36:30.63	4/13
3	24	Kayla AALPOEL	#1	George Fox	36:35.93	4/13
4	32	Sophia DALFONZO	#25	Caltech	36:59.04	4/13
5	35	Sarah PAQUET	#10	Pacific Lutheran	37:04.01	3/3
6	39	Anika KIMME	#3	Claremont-Mud	37:12.29	4/13
7	50	Jenna LENAY	#19	Occidental	37:57.78	3/24
8	55	Meredith BLOSS	#3	Claremont-Mud	38:22.30	4/13
9	61	Janeth CHACON	#5	McMurry	38:29.37	3/17
10	63	Dafna WILLIAMS	#13	Colorado Colleg	38:33.24	3/11

Women's 4x100 Relay

1	3	Jasmyn CRAWFORD, Talia JOHNSON, Mackenzie REED, Rhe Nae LEACH	#8	Whittier	46.81	4/7
2	4	Maigan ADAMS, Alexandra ACKERMAN, Sydney HARNESS, Sabrina SEMMERE	#2	Redlands (Calif.)	47.05	4/1
3	10	Makenna LIZARDE, Kaylee SMITH, Allison KREMER, Zoe ZURASKY	#7	Chapman	47.49	4/7
4	16	Jordyn LUNGO, Amelia HEWSON, Margaret BYLE, Alison BALL	#4	Whitworth	47.87	4/13
5	28	Taylor NORRELL, Ja'Keia WILLIAMS, Trinity MURDOCK, Natalie GARCIA	#17	Texas Lutheran	48.42	3/30
6	33	Kaela SAWYERS, Ny'Cierra HINTON, Trinity PROVOST, Mykler RODERIQUE	#21	St. Thomas (Tex	48.53	3/3
7	40	Madelyn GOLLIHAR, Brynn YANEZ, Losuria WEBB-BARBER, Jada MORRIS	#5	McMurry	48.81	4/14
8	48	Yasmin SUBAWALLA, Sealan LEDAT, Joy AREOLA, Danya SELBER	#6	Trinity (Texas)	49.07	3/3
9	56	Lillie MINSKOFF, Olivia REICHLER, Tene ARIYO, Katriona KIRKPATRICK	#9	Pomona-Pitzer	49.26	4/15
9	56	Jada SLAINE, Danielle PENA, Danielle SAULS, Nakiah TOLBERT	#16	Hardin-Simmon	49.26	3/30



USTFCCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:25 AM

West

Women's 4x400 Relay

1	4	Kaylee SMITH, Allison KREMER, Makenna LIZARDE, Chayanit KITNITCHIVA	#7 Chapman	3:52.54	4/8
2	18	Katriona KIRKPATRICK, Reia LI, Michaela JONES, Olivia REICHLE	#9 Pomona-Pitzer	4:00.22	4/15
3	25	CC GRAY, Taylor KOTFAS, Aliya JACKSON, Hayley HUCK	#6 Trinity (Texas)	4:00.91	3/30
4	37	Shriya VELICHALA, Jada HIGGINS, Alyssa RUIZ, Caroline DELVECCHIO	#3 Claremont-Mud	4:03.60	3/4
5	45	Eleanor BACHMEIER, Cece MATTESON, Elee FAULKNER, Chloe BULLOCK	#2 Redlands (Calif.)	4:05.13	4/1
6	55	Caitlin DONOVAN, Ash BAUDIN, Chloe SOLUMUA, Caroleene BLOCK	#11 UC Santa Cruz	4:06.42	3/18
7	65	Jordan HAYES, Jennifer TORRES- BERMUDEZ, Rachelle SILIS, McKenzie FEINGLAS	#18 Linfield	4:07.40	3/18
8	70	Annalise GONZALES, Isabelle JONES, Ellie RISING, Karina RODRIGUEZ	#1 George Fox	4:07.85	3/25
9	72	Taylor VIERA, Mackenzie REED, Lexi HUFF, Davina TORRES	#8 Whittier	4:08.38	4/1
10	76	Ja'Keia WILLIAMS, LeeAnndrea CANAS, Aaliyah LEAL, Sage BARTLETT	#17 Texas Lutheran	4:08.87	3/25

Women's High Jump

1	21	Whitley STEPP	#12 Willamette	1.63m	5-4¼	3/4
1	21	Logan ROBERTS	#18 Linfield	1.63m	5-4¼	4/8
3	70	Sarah BJORNSON	#20 Cal Lutheran	1.57m	5-1¾	4/15
4	89	Breanne RAWLS	#4 Whitworth	1.56m	5-1¼	3/23
5	93	Marina CARROL	#1 George Fox	1.55m	5-1	3/25
5	93	Brecken VANDENHOEK	#1 George Fox	1.55m	5-1	3/23
5	93	Elizabeth KIRSCHNER	#3 Claremont-Mud	1.55m	5-1	4/1
5	93	Tene ARIYO	#9 Pomona-Pitzer	1.55m	5-1	3/25
9		Monica KAYLOR	#4 Whitworth	1.54m	5-½	3/18
10		Jordyn REVERMAN	#22 Puget Sound	1.53m	5-¼	4/14
10		Zoe ZURASKY	#7 Chapman	1.53m	5-¼	4/7
10		Kylie FLIPPIN	#5 McMurry	1.53m	5-¼	3/17
10		Emma JONES	#13 Colorado Colleg	1.53m	5-¼	4/7
10		April KWAN	#13 Colorado Colleg	1.53m	5-¼	4/7
10		Maddie O'HARE	#1 George Fox	1.53m	5-¼	3/18

Women's Pole Vault

1	4	Brooke SIMON	#3 Claremont-Mud	3.85m	12-7½	4/1
2	8	Alison YOUNG	#1 George Fox	3.80m	12-5½	3/25
3	16	Karissa RICKS	#8 Whittier	3.67m	12-½	3/4
4	19	Grace TULLY	#1 George Fox	3.65m	11-11¾	3/18
5	22	Lily LUKSICH	#10 Pacific Lutheran	3.60m	11-9¾	3/3
6	32	Madeline SEIFERT	#3 Claremont-Mud	3.52m	11-6½	4/15
7	33	Kalea BROWN	#7 Chapman	3.50m	11-5¾	3/17
8	42	Payton DAVIDSON	#1 George Fox	3.45m	11-3¾	4/14
8	42	Maddy WIETSTRUCK	#6 Trinity (Texas)	3.45m	11-3¾	4/7
8	42	Kristine NGUYEN	#10 Pacific Lutheran	3.45m	11-3¾	3/3

Women's Long Jump

1	11	Maigan ADAMS	#2 Redlands (Calif.)	5.65m	18-6½ (1.3)	4/15
2	28	Rhe Nae LEACH	#8 Whittier	5.52m	18-1½ (-0)	3/4
3	36	Jada MORRIS	#5 McMurry	5.49mw	18-¼ (2.5)	4/14
4	43	Ciara AW	#2 Redlands (Calif.)	5.45m	17-10¾ (-0)	4/15
5	53	Allyson HAMMOND	#14 Pacific (Ore.)	5.41m	17-9 (0.0)	4/14
6	73	Joy AREOLA	#6 Trinity (Texas)	5.29m	17-4¼ (0.0)	3/3
7	82	Annabelle SMITH	#12 Willamette	5.26mw	17-3¼ (3.2)	3/11
7	82	Kallie KRENZ	Concordia Texas	5.26mw	17-3¼ (3.3)	4/14
9		Victoria AZAR	#1 George Fox	5.22mw	17-1½ (3.2)	4/8
10		Brecken VANDENHOEK	#1 George Fox	5.19m	17-½ (0.0)	3/23



USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:43:25 AM

West

Women's Triple Jump

1	32	Joy AREOLA	#6	Trinity (Texas)	11.36m	37-3¼ (-0.1)	4/7
2	33	She'Ray WILSON	#16	Hardin-Simmons	11.35m	37-3 (2.6)	4/14
3	39	Maigan ADAMS	#2	Redlands (Calif.)	11.24m	36-10½ (-0.1)	4/15
4	51	Maddy WIETSTRUCK	#6	Trinity (Texas)	11.15m	36-7 (1.1)	3/25
5	63	Ella BOWERS	#9	Pomona-Pitzer	11.03m	36-2¼ (1.5)	4/1
6	65	Erica SNYDER	#12	Willamette	11.01m	36-1½ (-1.1)	4/7
7	70	Ciara AW	#2	Redlands (Calif.)	10.96m	35-11½ (0.1)	4/15
8	76	Cameryn NAGAJI	#15	Lewis & Clark	10.94m	35-10¾ (-1.1)	3/17
9		Kyrstin WILSON	#22	Puget Sound	10.76m	35-3¾ (0.0)	3/3
10		Khairat RAJI	#9	Pomona-Pitzer	10.68m	35-½ (-0.1)	3/25

Women's Shot Put

1	19	Renee TIUMALU	#4	Whitworth	13.46m	44-2	3/18
2	47	Amaris DELGADO	#5	McMurry	12.70m	41-8	4/7
3	61	Georjina SOLIAI	#10	Pacific Lutheran	12.42m	40-9	3/3
4	64	Timony SHERRY	#2	Redlands (Calif.)	12.38m	40-7½	4/1
5	70	Kiki GONZALES	#16	Hardin-Simmons	12.33m	40-5½	4/14
6	83	Elizabeth JORDAN	#5	McMurry	12.22m	40-1¼	3/17
7	96	Julissa RODRIGUEZ	#17	Texas Lutheran	12.07m	39-7¼	3/30
8		Zaria OPARA	#20	Cal Lutheran	12.00m	39-4½	4/1
9		Emagen STYRA	#17	Texas Lutheran	11.97m	39-3¼	3/25
10		Logan SPENCER	#4	Whitworth	11.96m	39-3	4/7

Women's Discus

1	11	Laurn RAWLS	#4	Whitworth	44.17m	144-11	3/18
2	30	Noelle CHAVEZ	#2	Redlands (Calif.)	41.22m	135-3	4/1
3	38	Zaria OPARA	#20	Cal Lutheran	40.55m	133-1	4/1
4	39	Amblessed OKEMGBO	#4	Whitworth	40.53m	133-0	3/18
5	59	Elizabeth RYAN	#5	McMurry	39.64m	130-1	4/7
6	63	Caeli HAVEL	#2	Redlands (Calif.)	39.43m	129-5	4/1
7	79	Abbie Jo CARLSON	#4	Whitworth	38.75m	127-2	3/23
8	86	Kierra FRANCOIS	#6	Trinity (Texas)	38.49m	126-4	3/3
9	89	Peyton SANTOS	#10	Pacific Lutheran	38.45m	126-2	3/25
10	93	Brianna WILSON-LARKIN	#17	Texas Lutheran	38.32m	125-9	3/25

Women's Hammer

1	29	Abbie Jo CARLSON	#4	Whitworth	48.88m	160-5	4/13
2	31	Elizabeth CUNNINGHAM	#5	McMurry	48.85m	160-3	4/14
3	43	Antonia HEKSTER	#3	Claremont-Mudd	48.15m	158-0	4/7
4	44	Tahnisha MANIBUSAN	#1	George Fox	48.00m	157-6	4/8
5	50	Elizabeth RYAN	#5	McMurry	47.50m	155-10	3/25
6	67	Tabitha MESSINEO	#10	Pacific Lutheran	46.65m	153-1	3/3
7	71	Zaria OPARA	#20	Cal Lutheran	46.45m	152-5	4/1
8	91	Kierra FRANCOIS	#6	Trinity (Texas)	45.48m	149-3	4/7
9	99	Julissa RODRIGUEZ	#17	Texas Lutheran	45.13m	148-1	4/14
10		Tenley GRANT	#12	Willamette	44.66m	146-6	3/11

Women's Javelin

1	1	Ava NELSON	#10	Pacific Lutheran	46.27m	151-10	3/3
2	2	Chrissy STRICKLAND	#1	George Fox	46.04m	151-1	3/18
3	6	Allissa RODRIGUEZ	#5	McMurry	42.37m	139-0	4/14
4	26	Neelie SCHIEL		East Texas Bapti	39.01m	128-0	3/17
5	28	Ellena CORWIN	#1	George Fox	38.83m	127-5	4/8
6	34	Eva MILLAN	#4	Whitworth	37.87m	124-3	3/23
7	38	Emily BURGER	#3	Claremont-Mudd	37.67m	123-7	3/4
8	48	Emily HELDENBRAND	#24	La Verne	37.17m	122-0	3/4
9	57	Brecken VANDENHOEK	#1	George Fox	36.85m	120-11	3/23
10	66	Kierra FRANCOIS	#6	Trinity (Texas)	36.69m	120-5	4/7

Women's Heptathlon

1	7	Brecken VANDENHOEK	#1	George Fox	4,624		3/23
2	21	Elisabeth JENSEN	#1	George Fox	4,102		3/23
3	24	Eleanor BACHMEIER	#2	Redlands (Calif.)	4,055		4/6
4	25	Malia HEIEN	#15	Lewis & Clark	4,051		4/10
5	30	Jenna HUNTSMAN	#1	George Fox	3,920		3/23
6	34	Breanne RAWLS	#4	Whitworth	3,786		4/10
7	36	Chloe SOLUMUA	#11	UC Santa Cruz	3,768		4/6
8	38	Breeauna O'REAR	#1	George Fox	3,719		3/23
9	42	Tabitha MESSINEO	#10	Pacific Lutheran	3,554		4/10
10	44	Victoria WILSON		LeTourneau	3,463		4/13