



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:43 AM

East

Women's 100 Meters

1	19	Kianne BENJAMIN	#4	Bowdoin	12.07	(1.9)	4/8
2	45	Jailene ESCALERA	#8	Bridgewater Sta	12.21	(1.4)	4/22
3	70	Alison MCDONOUGH	#8	Bridgewater Sta	12.32	(0.6)	4/14
4	95	Shreya KALYAN	#2	MIT	12.44w	(2.3)	4/8
5		Amanda WALDEN	#18	Suffolk	12.47	(1.2)	3/30
6		Amaris GOODWIN	#17	Gordon (Mass.)	12.48	(1.0)	4/14
6		Janiah YOUNG	#5	Southern Maine	12.48	(1.6)	4/15
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	#24	Plymouth State	12.50	(1.6)	4/15

Women's 100 Meter Hurdles

1	19	Alison MCDONOUGH	#8	Bridgewater Sta	14.43	(1.6)	4/22
2	35	Sarah PILLONE	#1	Tufts	14.73	(1.6)	4/22
3	36	Bianca DELMAESTRO	#12	Endicott	14.74w	(2.1)	4/22
4	40	Amanda CASTALDI	#9	Wheaton (Mass.)	14.79	(-0.4)	4/22
5	56	Erin DAUGHERTY	#7	Colby	14.99	(0.7)	4/14
6	70	Moriah SCHARN	#6	Bates	15.16	(-1.2)	4/15
7	71	Jaiden ANDREWS	#14	UMass Dartmouth	15.18	(1.6)	4/22
8	73	Alya CAMPBELL	#11	Brandeis	15.24	(-1.0)	4/22
9	88	Kassie BRINK	#7	Colby	15.37	(-0.1)	3/24
10	93	Serenity SANDS	#8	Bridgewater Sta	15.39	(1.5)	4/8

Women's 200 Meters

1	13	Kianne BENJAMIN	#4	Bowdoin	24.68	(-3.0)	4/14
2	35	Fiona MEJICO	#7	Colby	25.14w	(2.5)	4/14
3	51	Jailene ESCALERA	#8	Bridgewater Sta	25.29	(2.0)	4/8
4	77	Schylar WYSE	#9	Wheaton (Mass.)	25.52	(-0.1)	3/16
5	83	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	#6	Bates	26.13	(-0.9)	4/15

Women's 400 Meters

1	10	Fiona MEJICO	#7	Colby	56.43		4/14
2	16	Ashley KELEHER	#19	Colby-Sawyer	56.96		4/22
3	18	Kianne BENJAMIN	#4	Bowdoin	57.10		4/1
4	27	Marina MILLER	#2	MIT	57.45		4/8
5	35	Cianna O'FLAHERTY	#4	Bowdoin	57.73		4/14
6	71	Kiara ABRANTES	#8	Bridgewater Sta	58.62		4/22
7	77	Katherine PAGE	#4	Bowdoin	58.75		4/14
8	80	Annika KRAL	#1	Tufts	58.79		3/25
9	90	Kaitlyn BERNIER	#14	UMass Dartmouth	58.96		4/15
10	97	Elizabeth KORN	#11	Brandeis	59.05		4/22

Women's 400 Meter Hurdles

1	10	Fiona MEJICO	#7	Colby	1:02.27		3/24
2	16	Anna RENY	#5	Southern Maine	1:02.97		4/15
3	20	Emma SMITH	#1	Tufts	1:03.44		4/14
4	31	Campbell DEVLIN	#1	Tufts	1:04.64		4/1
5	34	Antonia KNOTH	#1	Tufts	1:04.77		4/14
6	43	Erin DAUGHERTY	#7	Colby	1:05.38		4/14
7	47	Yahni LAPA	#11	Brandeis	1:05.62		4/14
8	71	Haley WIMS	#7	Colby	1:06.62		4/22
9	79	Angela HAGSTROM	#15	Babson	1:06.82		4/14
9	79	Emily SVERAK	#1	Tufts	1:06.82		4/22

Women's 800 Meters

1	6	Sydney PACKARD	#3	WPI	2:11.74		4/21
2	10	Hannah NEILON	#1	Tufts	2:12.27		3/24
3	16	Julia HOWARTH	#2	MIT	2:13.26		4/22
4	36	Grace HADLEY	#3	WPI	2:15.44		4/21
5	52	Gillian ROEDER	#2	MIT	2:16.22		4/8
6	86	Julia DOLCE	#1	Tufts	2:17.89		3/25
7	89	Chrissy AMAN	#6	Bates	2:17.92		4/22
8	93	Amelia KOKERNAK	#3	WPI	2:18.14		4/21
9		Christina CROW	#2	MIT	2:18.83		4/8
10		Lora DUFRESNE	#3	WPI	2:19.02		4/15

Women's 1500 Meters

1	4	Grace HADLEY	#3	WPI	4:30.00		4/15
2	9	Sydney PACKARD	#3	WPI	4:32.92		4/15
3	20	Gillian ROEDER	#2	MIT	4:36.01		3/29
4	39	Hannah NEILON	#1	Tufts	4:37.39		3/18
5	43	Chrissy AMAN	#6	Bates	4:38.08		4/14
6	54	Leila TRUMMEL	#4	Bowdoin	4:40.13		4/14
7	57	Lexi FERNANDEZ	#2	MIT	4:40.38		4/8
8	65	Jillian RICHARDSON	#6	Bates	4:41.14		4/15
9	78	Christina CROW	#2	MIT	4:42.86		3/30
10	82	Kirsi RAJAGOPAL	#2	MIT	4:42.94		4/8

Women's Steeplechase

1	12	Einat GAVISH	#2	MIT	10:52.39		4/8
2	30	Amelia KOKERNAK	#3	WPI	11:11.12		4/21
3	36	Ellie MURPHY-WEISE	#10	Wellesley	11:17.54		4/14
4	45	Ella WHINNEY	#10	Wellesley	11:25.76		4/22
5	89	Kelsey CRAWFORD	#4	Bowdoin	11:45.14		4/14
6	91	Alexandra DEAN	#1	Tufts	11:45.56		4/14
7	97	Jaclyn TURNER	#1	Tufts	11:49.72		4/14
8		Emma BARKER	#4	Bowdoin	11:57.83		4/14
9		Kate BIDGOOD	#1	Tufts	12:06.45		4/8
10		Nicole WHIPKEY	#3	WPI	12:06.71		4/8



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

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as of 4/24/2023 7:44:44 AM

East

Women's 5000 Meters

1	13	Grace HADLEY	#3	WPI	16:53.64	4/8
2	17	Kirsi RAJAGOPAL	#2	MIT	17:01.14	4/21
3	23	Jillian RICHARDSON	#6	Bates	17:07.59	4/14
4	30	Gillian ROEDER	#2	MIT	17:13.07	4/21
5	36	Kate SANDERSON	#2	MIT	17:16.33	4/21
6	75	Anna HADDAD	#2	MIT	17:39.07	4/21
7		Elizabeth HOLCOMBE	#6	Bates	17:51.76	4/1
8		Stephanie CHUN	#4	Bowdoin	17:57.51	4/14
9		Ellie DAVIS	#18	Suffolk	18:00.39	3/30
10		Nina PARZIALE	#13	Univ. of New En	18:04.32	4/1

Women's 10,000 Meters

1	24	Claire ANDERSON	#10	Wellesley	36:28.96	4/14
2	37	Rachel BRENNAN	#17	Gordon (Mass.)	36:53.40	4/14
3	45	Nina PARZIALE	#13	Univ. of New En	37:05.20	4/14
4	49	Kate SANDERSON	#2	MIT	37:13.31	3/23
5	53	Ruby KRASNOW		Clark (Mass.)	37:33.62	4/14
6	64	Einat GAVISH	#2	MIT	37:48.44	3/23
7		Isabel MAY	#6	Bates	39:01.13	4/1
8		Kaylee GLADU	#3	WPI	39:02.61	4/14
9		Kelsee GLADU	#13	Univ. of New En	39:10.43	4/14
10		Alexa VANVOORHIS	#14	UMass Dartmou	39:24.03	4/1

Women's 4x100 Relay

1	15	Emily ZIELINSKI, Schylar WYSE, Amanda CASTALDI, Michaina LORISTON	#9	Wheaton (Mass.)	47.66	4/14
2	30	Maddy HON, Emma MARTIN, Marina MILLER, Shreya KALYAN	#2	MIT	48.31	3/30
3	42	Alison MCDONOUGH, Jailene ESCALERA, Kiara ABRANTES, Maeve GROSSCHEDL	#8	Bridgewater Sta	48.64	4/22
4	60	Anna RENY, Janiah YOUNG, Emma NOONAN, Catriona GOULD	#5	Southern Maine	49.24	4/22
5	69	Katherine PAGE, Arly RODRIGUEZ, Catherine UWAKWE, Gabby PHILLIPS	#4	Bowdoin	49.42	4/14
6	78	Devin HILTUNEN, Shaniece NUGENT, Smiley HUYNH, Alya CAMPBELL	#11	Brandeis	49.58	4/14
7	80	Corryn FISHER, Jazmyn EWING, Vivienne EVANS, Isabel HALLAL	#3	WPI	49.63	4/21
8	81	Angela HAGSTROM, Robyn WILKES, Ashna KIRSHNAMURTHY, Caroline REILLY	#15	Babson	49.65	3/18
9	88	Lottie FRANCK, Fiona MEJICO, Erin DAUGHERTY, Kristina PIZZI	#7	Colby	49.76	3/24
10		Sarah PILLONE, Annika KRAL, Anne- Sophie JANSSEN, Teghan SYDNOR	#1	Tufts	50.02	3/25



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East

Women's 4x400 Relay

1	3	Maddy HON, Shreya KALYAN, Marina MILLER, Julia HOWARTH	#2 MIT	3:49.17	4/14
2	22	Campbell DEVLIN, Annika KRAL, Antonia KNOTH, Emma SMITH	#1 Tufts	3:59.42	4/14
3	29	Katherine PAGE, Gabby PHILLIPS, Cianna O'FLAHERTY, Kianne BENJAMIN	#4 Bowdoin	4:00.71	4/8
4	35	Olivia TOMLIN, Kristina PIZZI, Anna MACKEY, Olivia DOHERTY	#7 Colby	4:01.65	3/17
5	36	Leithsa DIMANCHE, Lora DUFRESNE, Isabel HALLAL, Sydney PACKARD	#3 WPI	4:01.74	4/15
6	56	Caroline REILLY, Brooke JANKOWSKI, Chloe CLIFFORD, Angela HAGSTROM	#15 Babson	4:05.08	4/1
7	66	Elizabeth KORN, Yahni LAPA, Devin HILTUNEN, Hannah BOHBOT-DRIDI	#11 Brandeis	4:06.20	4/22
8	97	Charlie BARRON, Aoife FITZGERALD, Aleah GHIASUDDIN, Ella WHINNEY	#10 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	3	Abigael PETERSON	#8 Bridgewater Sta	1.70m	5-7	3/25
3	15	Serenity SANDS	#8 Bridgewater Sta	1.65m	5-5	3/25
4	22	Makany CAMARA	#21 Fitchburg State	1.63m	5-4¼	4/22
4	22	Tolu AKINBO	#2 MIT	1.63m	5-4¼	4/22
6	32	Isabel LLACH	#7 Colby	1.62m	5-3¾	4/22
7	45	Olivia JALBERT	#5 Southern Maine	1.60m	5-3	4/15
8	68	Katherine KEMPF	#2 MIT	1.58m	5-2¼	4/8
8	68	Harper MEEK	#1 Tufts	1.58m	5-2¼	4/8
10	77	Anna EVANS	#13 Univ. of New En	1.57m	5-1¾	4/1
10	77	Autumn GERRY	#5 Southern Maine	1.57m	5-1¾	4/1
10	77	Desiree ROBINSON	Emmanuel (Mas	1.57m	5-1¾	4/1

Women's Pole Vault

1	5	Kelsie HAO	#1 Tufts	3.85m	12-7½	4/1
2	31	Hailey SURACE	#2 MIT	3.57m	11-8½	4/14
3	33	Charlotte HODGE	#4 Bowdoin	3.55m	11-7¾	4/1
3	33	Sophia SLOVENSKI	#5 Southern Maine	3.55m	11-7¾	4/8
3	33	Sarah FIRTH	#1 Tufts	3.55m	11-7¾	4/22
6	64	Lia ROTTI	#1 Tufts	3.40m	11-1¾	4/14
7	93	Nyla THOMPSON	#1 Tufts	3.30m	10-9¾	4/8
8		Smiley HUYNH	#11 Brandeis	3.25m	10-8	4/14
8		Sophie MAGUIRE	#4 Bowdoin	3.25m	10-8	4/8
8		Mary CALVERT	#7 Colby	3.25m	10-8	4/14

Women's Long Jump

1	12	Kelsie HAO	#1 Tufts	5.68m	18-7¾ (1.3	4/22
2	22	Jordan ANDREW	#1 Tufts	5.58m	18-3¾ (1.2	4/22
3	33	Lia ROTTI	#1 Tufts	5.52m	18-1½ (0.0	4/14
4	65	Jenna ALBANESE	#4 Bowdoin	5.39m	17-8¼ (0.0	4/14
5	87	Emma MARTIN	#2 MIT	5.30m	17-4¾ (1.1	4/14
6	93	Jen ROTTI	#1 Tufts	5.27m	17-3½ (0.8	4/8
7		Alexa WILSON	#8 Bridgewater Sta	5.24mw	17-2¼ (3.5	4/22
8		Smiley HUYNH	#11 Brandeis	5.23m	17-2 (1.0)	4/6
9		Megan LACEY	#6 Bates	5.18m	17-0 (2.0)	4/8
9		Alison MCDONOUGH	#8 Bridgewater Sta	5.18m	17-0 (0.0)	4/14
9		Erin DICKINSON	#10 Wellesley	5.18m	17-0 (0.1)	4/22
9		Sara Maeve KLINGENSMITH	#10 Wellesley	5.18m	17-0 (0.0)	3/24

Women's Triple Jump

1	4	Lia ROTTI	#1 Tufts	12.09m	39-8 (1.2)	4/8
2	19	Kaeden GREEN	Lesley	11.73mw	38-6 (2.6)	4/22
3	35	Laena TIENG	#2 MIT	11.37mw	37-3¾ (2.9	4/14
4	37	Jaidyn APPEL	#1 Tufts	11.35m	37-3 (1.0)	4/14
5	45	Tristen GOMES	#8 Bridgewater Sta	11.25mw	36-11 (3.6)	4/22
5	45	Nony OTU UGWU	#2 MIT	11.25mw	36-11 (3.8)	4/22
7	62	Jen ROTTI	#1 Tufts	11.11m	36-5½ (0.0	4/1
7	62	Sarah PILLONE	#1 Tufts	11.11m	36-5½ (0.4	4/1
9	78	Jordan ANDREW	#1 Tufts	11.01m	36-1½ (1.2	4/22
10	83	Kassie BRINK	#7 Colby	10.99m	36-¾ (0.0)	4/22
10	83	Enisa SHOSHI	#6 Bates	10.99m	36-¾ (-2.0)	4/15

Women's Shot Put

1	3	Alexis BOYKIN	#2 MIT	14.62m	47-11¾	3/30
2	33	Zoe BARNES	#5 Southern Maine	13.02m	42-8¾	4/15
3	45	Shannon PARKS	#16 Keene State	12.75m	41-10	4/15
4	61	Tiana FOX	#17 Gordon (Mass.)	12.48m	40-11½	4/22
5	74	Nicole DANDELO	#12 Endicott	12.34m	40-6	4/14
6		Emma HARGREAVES	#4 Bowdoin	12.01m	39-5	4/14
7		Mary DISANTO	#20 Thomas (Maine)	11.93m	39-1¾	4/14
8		Emily BALL	#2 MIT	11.87m	38-11½	3/30
9		Cheyenne CAHILL	#13 Univ. of New En	11.83m	38-9¾	4/14
10		Savannah SOLEAU	#16 Keene State	11.58m	38-0	4/21



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East

Women's Discus

1	2	Alexis BOYKIN	#2	MIT	48.78m	160-1	4/8
2	14	Zoe BARNES	#5	Southern Maine	43.99m	144-4	4/22
3	21	Emily BALL	#2	MIT	43.05m	141-3	4/22
4	97	Ephemian BAILEY	#21	Fitchburg State	38.59m	126-7	4/14
5		Morgan COLLINS	#3	WPI	38.24m	125-6	4/15
6		Mary DISANTO	#20	Thomas (Maine)	38.22m	125-5	4/22
7		Neisha BOITEUX	#14	UMass Dartmouth	36.61m	120-2	4/14
8		Gates MACPHERSON	#12	Endicott	36.36m	119-4	4/1
9		Alyssa CAPUTO		Framingham State	36.32m	119-2	4/6
10		Naomi BISIMWA	#5	Southern Maine	35.97m	118-0	4/8

Women's Hammer

1	21	Alexis BOYKIN	#2	MIT	50.58m	166-0	4/8
2	28	Emma HARGREAVES	#4	Bowdoin	49.39m	162-1	4/8
3	37	Emily BALL	#2	MIT	48.72m	159-10	4/22
4	42	Shannon PARKS	#16	Keene State	48.40m	158-10	4/15
5	79	Alma MACKIC	#6	Bates	46.55m	152-9	4/15
6	87	Hannah CORBETT	#5	Southern Maine	46.30m	151-11	4/22
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	#3	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	10	Riley SANDERSON	#22	Worcester State	41.84m	137-3	3/25
3	24	Elaine WANG	#2	MIT	39.59m	129-11	3/30
4	26	Abigail CALISTRA	#3	WPI	39.53m	129-8	3/31
5	33	Bethanie JEAN-PHILIPPE	#14	UMass Dartmouth	38.80m	127-4	4/22
6	35	Julia RENY	#20	Thomas (Maine)	38.16m	125-3	4/22
7	41	Elizabeth MATTICOLI	#3	WPI	37.69m	123-8	3/31
8	50	Sarah LAVITA	#13	Univ. of New England	37.42m	122-9	4/22
9	60	Olivia JALBERT	#5	Southern Maine	37.00m	121-5	4/15
10	68	Emily BALL	#2	MIT	36.80m	120-9	3/30

Women's Heptathlon

1	30	Madelyn SILVEIRA	#1	Tufts	4,086		4/14
2	37	Abbey OTTERBEIN	#6	Bates	3,978		4/14
3	56	Nicole DANGELO	#12	Endicott	3,601		4/14
4	60	Brooklyn GOFF	#25	Saint Joseph's (Pa.)	3,526		4/14
5	65	Laci SANTOS		Wentworth (Mass.)	3,449		4/14
6	66	Livia KOZICK	#6	Bates	3,442		4/14
7	70	Inga DOVRE	#4	Bowdoin	3,358		4/14
8	71	Kassie BRINK	#7	Colby	3,352		4/14
9	73	Lydia BEERS	#3	WPI	3,343		4/12
10	76	Anna YANG	#4	Bowdoin	3,316		4/14



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Great Lakes

Women's 100 Meters

1	11	Madjo DOUMBIA	#5	Centre	12.00w	(3.9)	4/21
2	14	Kenadee WAYT	#1	Mount Union	12.02	(0.6)	3/24
3	39	Sara SCHERMERHORN	#2	Hope	12.17	(1.4)	3/17
4	41	Anaya JOLIVETTE	#11	Denison	12.19w	(3.6)	4/15
5	47	Kendra KRICHBAUM	#4	Ohio Northern	12.22w	(3.6)	4/15
6	59	Avery CAMPBELL	#9	Albion	12.27	(1.3)	4/13
7	70	Sarah O'DAY		Franklin	12.32w	(2.8)	4/15
8	83	Haleigh WILLISON	#7	Wittenberg	12.39w	(3.8)	4/21
8	83	Lauren RONCONE	#1	Mount Union	12.39w	(2.5)	4/6
10	89	Zaleeya MARTIN	#18	Hanover	12.40w	(2.8)	4/15

Women's 100 Meter Hurdles

1	32	Narindwa SEMAKULA	#14	Rose-Hulman	14.67	(2.0)	4/8
2	44	Chilly WALLACE	#17	Oberlin	14.86w	(3.2)	4/15
3	46	Nayaisha EDMOND	#9	Albion	14.90w	(3.3)	4/22
4	58	Kennady GIBBINS	#1	Mount Union	15.01	(1.2)	4/20
5	64	Coral PIERSON	#10	Ohio Wesleyan	15.12w	(3.2)	4/15
6	83	Grace MISIUNAS	#6	Case Western Re	15.35w	(3.2)	4/15
7		Caliyah BENNETT	#11	Denison	15.51	(1.5)	4/1
8		Alison MUCK		Franklin	15.58	(1.9)	4/15
9		Brynn MERICLE	#12	Trine	15.61w	(2.6)	4/20
10		Clare MACKIN	#13	Wooster	15.65w	(3.2)	4/15

Women's 200 Meters

1	5	Sara SCHERMERHORN	#2	Hope	24.39w	(2.5)	4/21
2	6	Kenadee WAYT	#1	Mount Union	24.40	(0.0)	4/21
3	31	Avery CAMPBELL	#9	Albion	25.11w	(3.2)	4/13
4	32	Madison MILES	#1	Mount Union	25.12	(1.6)	4/6
5	35	Mihaela TOADER	#16	Allegheny (Pa.)	25.14	(0.6)	4/14
6	43	Kymiah BLAIR	#25	Berea (Ky.)	25.20w	(2.6)	3/4
7	46	Meghan FRAZIER	#7	Wittenberg	25.24w	(2.1)	4/14
7	46	Anaya JOLIVETTE	#11	Denison	25.24w	(2.6)	4/15
9	48	Abby COLLIER	#15	Baldwin Wallace	25.25	(-0.1)	4/15
10	59	Grace BEHRENS	#2	Hope	25.35w	(2.5)	4/21

Women's 400 Meters

1	1	Kenadee WAYT	#1	Mount Union	54.18		4/21
2	11	Madison MILES	#1	Mount Union	56.58		4/6
3	14	Mihaela TOADER	#16	Allegheny (Pa.)	56.85		4/14
4	20	Madjo DOUMBIA	#5	Centre	57.24		4/7
5	24	Ericka BIGHAM	#24	Alma	57.37		4/14
6	29	Kymiah BLAIR	#25	Berea (Ky.)	57.49		4/8
7	37	Abby COLLIER	#15	Baldwin Wallace	57.78		4/22
8	50	Grace BEHRENS	#2	Hope	58.20		4/14
9	57	Avery CAMPBELL	#9	Albion	58.37		4/7
10	63	Jada STANSBERRY		Anderson (Ind.)	58.46		4/15

Women's 400 Meter Hurdles

1	51	Rosie MURRAY	#3	John Carroll	1:05.70		4/6
2	54	Clara SYMINGTON	#22	Franciscan	1:05.80		4/15
3	57	Aliisa JAMES	#10	Ohio Wesleyan	1:05.91		4/8
4	70	Brooke BOUWENS	#21	Manchester	1:06.57		4/15
5	76	Brynn MERICLE	#12	Trine	1:06.76		4/7
6	78	Kennady GIBBINS	#1	Mount Union	1:06.78		4/15
7	84	Olyvia ASHBROOK	#4	Ohio Northern	1:06.94		4/15
8	93	Adrienne JACKSON	#12	Trine	1:07.21		4/7
9	95	Andrea TAGHON	#24	Alma	1:07.30		4/7
10	97	JJ HERRON	#4	Ohio Northern	1:07.35		4/8

Women's 800 Meters

1	17	Kenadee WAYT	#1	Mount Union	2:13.33		4/15
2	26	Hope MURPHY	#15	Baldwin Wallace	2:14.71		4/14
3	30	Mary MASON	#1	Mount Union	2:15.12		4/14
4	35	Melissa PHUNG	#6	Case Western Re	2:15.30		4/14
5	55	Brittany MCCAULEY	#1	Mount Union	2:16.36		4/14
6	57	Ellie KITS MILLER	#3	John Carroll	2:16.48		4/14
7	61	Jessica KWASNY	#6	Case Western Re	2:16.72		4/14
8	64	Sage REDDISH	#17	Oberlin	2:16.79		4/22
9	82	Celia COCCA	#16	Allegheny (Pa.)	2:17.85		4/14
10	92	Erin ANDERSON	#11	Denison	2:18.01		3/24

Women's 1500 Meters

1	1	Anastasia TUCKER	#2	Hope	4:25.22		4/21
2	8	Brittany MCCAULEY	#1	Mount Union	4:32.87		4/14
3	59	Hope MURPHY	#15	Baldwin Wallace	4:40.64		4/8
4	62	Megan WERTZ	#1	Mount Union	4:40.98		4/14
5	73	Olivia QUILLEN	#2	Hope	4:41.95		4/21
6	74	Claire WALTERS	#22	Franciscan	4:41.96		4/14
7	77	Grace JACKSON	#6	Case Western Re	4:42.78		4/8
8	88	Rebecca MARKHAM	#2	Hope	4:43.34		4/21
9	93	Anna MASON	#2	Hope	4:43.77		4/21
10	96	Ella WEBSTER	#7	Wittenberg	4:43.95		4/21

Women's Steeplechase

1	8	Sydney KHOSLA	#7	Wittenberg	10:49.07		4/21
2	11	Jenna ALLMAN	#8	Calvin	10:52.10		4/21
3	26	Athena THARENOS	#13	Wooster	11:08.22		4/15
4	33	Elizabeth LOHMAN	#21	Manchester	11:12.67		4/1
5	41	Jennifer MASSUCCI	#3	John Carroll	11:21.87		4/14
6	47	Natalie TEBBEN	#8	Calvin	11:29.07		4/21
7	57	Samantha BIETH	#9	Albion	11:31.59		4/14
8	60	Brynne WINIARSKI	#8	Calvin	11:32.40		4/21
9	74	Sophie BULL	#8	Calvin	11:38.71		4/21
10	75	Taylor ELLERBROCK	#4	Ohio Northern	11:38.84		4/1



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:44 AM

Great Lakes

Women's 5000 Meters

1	18	Megan MCCULLOCH	#9 Albion	17:01.89	4/1
2	44	Sydney KHOSLA	#7 Wittenberg	17:25.29	4/14
3	53	Tessa PITCOVICH	#4 Ohio Northern	17:30.27	4/14
4	56	Sienna RUITER-DIAZ	#8 Calvin	17:31.68	4/21
5	67	Brianna MEDCALF	#12 Trine	17:35.95	4/20
6	74	Abby SCHROFF	#3 John Carroll	17:38.98	4/14
7	78	Amanda KEIM	#3 John Carroll	17:40.37	4/14
8	82	Isabel CHASNEY	Heidelberg	17:41.61	4/14
9	86	Megan AARON	#16 Allegheny (Pa.)	17:42.70	3/24
10	87	Morgan EDWARDS	#3 John Carroll	17:42.84	4/14

Women's 10,000 Meters

1	4	Anastasia TUCKER	#2 Hope	34:24.97	3/23
2	10	Meghan OWENS	#5 Centre	35:35.32	4/7
3	17	Macy MCADAMS	Muskingum	36:04.45	4/14
4	18	Erica ESPER	#3 John Carroll	36:05.02	4/14
5	19	Tessa PITCOVICH	#4 Ohio Northern	36:07.00	4/1
6	20	Megan MCCULLOCH	#9 Albion	36:11.27	4/14
7	21	Sienna RUITER-DIAZ	#8 Calvin	36:20.49	4/1
8	28	Lydia RANDOLPH	#12 Trine	36:34.05	4/21
9	32	Megan AARON	#16 Allegheny (Pa.)	36:41.69	4/14
10	41	Ashley HOCKSTOK	#4 Ohio Northern	37:00.60	4/1

Women's 4x100 Relay

1	8	Lauren RONCONE, Madison MILES, Hannah NEIGER, Kenadee WAYT	#1 Mount Union	47.31	4/15
2	18	Ava SCHMIDT, Grace BEHRENS, Helen DODGE, Sara SCHERMERHORN	#2 Hope	47.82	4/14
3	26	Zora SHAKHAN, Lindsey MAGOTEAUX, Haleigh WILLISON, Meghan FRAZIER	#7 Wittenberg	48.06	4/14
4	37	Taylor ANTHONY, Genevieve ARNOLD, Mia SCOTT, Rosie MURRAY	#3 John Carroll	48.45	4/14
5	51	Caroline DAVIS, Jasmine CLAUNCH, Shelby SMITH, Madjo DOUMBIA	#5 Centre	49.00	4/1
6	74	Nayaisha EDMOND, Lauren MCDOWELL, Colette ASKINS, Avery CAMPBELL	#9 Albion	49.51	4/7
7	79	Coral PIERSON, Addystin LYKINS, Aliisa JAMES, Liberty BROCK	#10 Ohio Wesleyan	49.61	4/15
8	84	Hanna BAUER, Cece SAMUELS, Erniesha GUERRIER, Larissa AGBOR-NKONGHO	Capital	49.70	3/31
9	90	Narindwa SEMAKULA, Rofiat ADEYEMI, Alex ADAMS, Katrina AGUSTIN	#14 Rose-Hulman	49.80	4/21
10	93	Alexis STARNER, Kendra KRICHBAUM, Haley CANNON, Chloe GIBSON	#4 Ohio Northern	49.87	4/15



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:45 AM

Great Lakes

Women's 4x400 Relay

1	2	Kennady GIBBINS, Kenadee WAYT, Mary MASON, Madison MILES	#1 Mount Union	3:47.45	4/21
2	10	Julie TIMPERMAN, Sara SCHERMERHORN, Erin MORAN, Grace BEHRENS	#2 Hope	3:54.78	4/21
3	25	Abigail DANNE, Meghan FRAZIER, Haleigh WILLISON, Tymeerah DE'ARMOND	#7 Wittenberg	4:00.30	4/14
4	39	Melanie TAYLOR, Jessica KVASNY, Danielle SARNO, Melissa PHUNG	#6 Case Western Re	4:02.53	4/8
5	51	Abby COLLIER, Katie PLECKO, Hope MURPHY, Morgan ALOI	#15 Baldwin Wallace	4:04.38	4/8
6	77	Sophia ELLERKMANN, Emily BRENNAN, Anaya JOLIVETTE, Erin MAYLE	#11 Denison	4:07.28	4/15
7	84	Liberty BROCK, Addystin LYKINS, Katelyn STAPLETON, Sierra HOOVER	#10 Ohio Wesleyan	4:07.91	4/15
8	91	Taylor ANTHONY, Rosie MURRAY, Mia SCOTT, Kaleigh MCNAMARA	#3 John Carroll	4:08.88	4/6
9	99	Emily LOERA, Ava KNIGHT, Seelye STOFFREGEN, Annalise GRAMMEL	#23 DePauw	4:09.56	4/21
10		Ericka BIGHAM, Andrea TAGHON, Victoria GOTAAS, Cornelia GOTAAS	#24 Alma	4:10.38	4/14

Women's High Jump

1	22	Drew PATTERSON	#13 Wooster	1.63m	5-4¼	4/15
1	22	Emma KLOSTERMAN	#19 Otterbein	1.63m	5-4¼	4/15
3	32	Cailey BEAUDOIN	Adrian	1.62m	5-3¾	4/14
3	32	Julissa WILLIAMS	#7 Wittenberg	1.62m	5-3¾	4/22
5	45	Kennady GIBBINS	#1 Mount Union	1.60m	5-3	4/20
5	45	Peyton HOWELL	#10 Ohio Wesleyan	1.60m	5-3	4/8
5	45	Michaela BRYAN	#3 John Carroll	1.60m	5-3	4/22
5	45	Taylor ROARK	Transylvania	1.60m	5-3	4/14
5	45	Allison SCHRAM	#2 Hope	1.60m	5-3	4/14
5	45	Helena SNYDER	#24 Alma	1.60m	5-3	3/31

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	16	Bri AVENI	#1 Mount Union	3.68m	12-¾	4/6
4	21	Claire SCHWELLER	#4 Ohio Northern	3.65m	11-11¾	4/14
5	25	Anna SCHATZLE	#4 Ohio Northern	3.61m	11-10	4/21
6	29	Caroline BEERY	#3 John Carroll	3.59m	11-9¼	4/15
7	57	Cate GAGNIER	#11 Denison	3.43m	11-3	4/15
7	57	Olivia OGG	#4 Ohio Northern	3.43m	11-3	4/15
7	57	Alison LOASE	#20 Marietta	3.43m	11-3	4/15
7	57	Morgan KROMER	#13 Wooster	3.43m	11-3	4/15

Women's Long Jump

1	21	Jasmine CLAUNCH	#5 Centre	5.59mw	18-4¼ (2.1)	4/14
2	40	Lauren RONCONE	#1 Mount Union	5.49m	18-¼ (1.3)	4/20
3	59	Chloe GIBSON	#4 Ohio Northern	5.41m	17-9 (1.5)	4/8
3	59	Genevieve ARNOLD	#3 John Carroll	5.41mw	17-9 (2.8)	3/31
5	65	Lauren MCDOWELL	#9 Albion	5.39m	17-8¼ (0.5)	3/3
6	68	Madison DIETZ	Wilmington (Ohi	5.38m	17-8 (1.4)	4/21
6	68	Emma FORKER	#12 Trine	5.38m	17-8 (0.0)	4/7
6	68	Rofiat ADEYEMI	#14 Rose-Hulman	5.38m	17-8 (-0.2)	4/21
9	87	Julissa WILLIAMS	#7 Wittenberg	5.30m	17-4¾ (0.0)	4/14
10		Madison HUELSKAMP	Earlham	5.25m	17-2¾ (0.0)	4/1
10		Olivia BEAN	Heidelberg	5.25m	17-2¾ (0.0)	4/21

Women's Triple Jump

1	11	Jasmine CLAUNCH	#5 Centre	11.94m	39-2¼ (-1)	4/7
2	22	Paula SORIC	Kenyon	11.70m	38-4¾ (2.0)	4/22
3	33	Emily HOPKINS	#6 Case Western Re	11.39m	37-4½ (0)	4/15
4	41	Kyra HICKS	#14 Rose-Hulman	11.31mw	37-1¼ (2.4)	4/15
5	53	Chilly WALLACE	#17 Oberlin	11.19mw	36-8½ (4.0)	3/31
6	59	Rofiat ADEYEMI	#14 Rose-Hulman	11.14m	36-6¾ (0.0)	4/21
7	61	Emma FEHRMAN	#20 Marietta	11.12m	36-5¾ (1.1)	4/15
8	98	Sarah OZEKI	#6 Case Western Re	10.91mw	35-9½ (3.0)	3/17
9		Genevieve ARNOLD	#3 John Carroll	10.89m	35-8¾ (0.0)	4/14
10		Drew PATTERSON	#13 Wooster	10.73m	35-2½ (1.5)	3/31

Women's Shot Put

1	11	Ari MCPHETERS	#10 Ohio Wesleyan	13.85m	45-5¼	4/21
2	13	Ryann ROHRER	#8 Calvin	13.71m	44-11¾	4/14
3	25	Jessica BECKMAN	#18 Hanover	13.34m	43-9¼	4/15
4	26	Jessie STENGER	#18 Hanover	13.29m	43-7¼	4/15
5	27	Mikaila CARPENTER	#11 Denison	13.19m	43-3¼	4/15
6	34	Carley CAMP	#21 Manchester	13.01m	42-8¼	4/8
7	41	Tess ANTHONY	#9 Albion	12.84m	42-1½	4/13
8	42	Lauren FOUTCH	#5 Centre	12.80m	42-0	4/7
9	48	Brooke BUCKHANNON	#15 Baldwin Wallace	12.71m	41-8½	4/8
10	53	Evelyn UTLEY	#14 Rose-Hulman	12.62m	41-5	4/8



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WOMEN — 2023 Week #5, April 24

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Great Lakes

Women's Discus

1	12	Sidney RAMBO	#1	Mount Union	44.11m	144-9	4/6
2	13	Kelsey DUNN	#3	John Carroll	44.08m	144-8	4/22
3	27	Jessica BECKMAN	#18	Hanover	42.30m	138-10	4/8
4	31	Karen BEKHET	#8	Calvin	41.94m	137-7	4/21
5	33	Hannah FRIEND	#4	Ohio Northern	41.90m	137-6	4/14
6	36	Lauren FOUTCH	#5	Centre	41.54m	136-4	4/14
7	38	Brooke HUFFMAN	#20	Marietta	41.34m	135-8	4/6
8	43	Jessie STENGER	#18	Hanover	41.10m	134-10	4/8
9	50	Brigid MACK	#22	Franciscan	40.68m	133-6	3/31
10	54	Sadie KNOSTMAN	#7	Wittenberg	40.40m	132-7	3/25

Women's Hammer

1	5	Brooke BUCKHANNON	#15	Baldwin Wallace	54.78m	179-9	4/21
2	13	Khloe DUBENION	#10	Ohio Wesleyan	52.64m	172-9	4/15
3	26	Brooke HUFFMAN	#20	Marietta	49.84m	163-6	4/15
4	30	Kylee SILVERMAN	#11	Denison	48.89m	160-5	4/12
5	34	Amy POLLACK	#11	Denison	48.75m	159-11	4/12
6	35	Ainsley WIESNER	#13	Wooster	48.73m	159-11	4/12
7	39	Iyanna LEWIS	#17	Oberlin	48.56m	159-4	4/15
8	56	Lauren FOUTCH	#5	Centre	47.70m	156-6	4/21
9	63	Izzy BURMAN	#4	Ohio Northern	47.29m	155-2	4/8
10	66	Alexa POLING		Capital	47.24m	155-0	4/14

Women's Javelin

1	12	Adrienne WACHTMAN	#6	Case Western Re	41.71m	136-10	4/22
2	19	Audrey SALENBIEN		Adrian	39.99m	131-3	4/7
3	23	Jill WILHELM		Mount St. Josep	39.61m	130-0	4/22
4	44	Lauren ROSKUSZKA	#6	Case Western Re	37.64m	123-6	3/17
5	46	Aaliyah BRIGGS	#14	Rose-Hulman	37.57m	123-3	3/25
6	64	Hope GOMEZ	#16	Allegheny (Pa.)	36.95m	121-3	4/15
7	65	Ainsley WIESNER	#13	Wooster	36.92m	121-2	4/12
8	69	Kylie RATHBUN	#14	Rose-Hulman	36.77m	120-8	4/8
9	71	Taylor TATLOCK		Franklin	36.76m	120-7	4/15
10	83	Aarika EDIGER	#2	Hope	36.40m	119-5	3/24

Women's Heptathlon

1	88	Amanda RADKE	#19	Otterbein	3,106		4/6
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USTFCCA NCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:45 AM

Metro

Women's 100 Meters

1	12	Laura MATHEWS	#7 Stevens	12.01w	(2.2)	4/21
2	16	Gbarper DWAH	#11 Ramapo	12.03	(0.1)	3/31
3	26	Chidimma IGWE	#12 Rutgers-Newark	12.09w	(3.3)	4/21
4	32	Helen DAVIS	#4 Moravian	12.12w	(3.3)	4/21
5	38	Jayla GORE	#5 Widener	12.16	(0.0)	4/8
6	41	Crystal ROBINSON	#4 Moravian	12.19w	(3.3)	4/21
7	51	Valandra RIGGINS	#1 TCNJ	12.24	(2.0)	4/8
8	54	Maria MUZZARELLI	#5 Widener	12.25	(0.0)	4/8
9	95	Krystle BOADI	#6 Swarthmore	12.44	(1.7)	4/8
10		Ashanae MORRISON	#3 Stockton	12.46	(-0.9)	4/21

Women's 100 Meter Hurdles

1	4	Laura MATHEWS	#7 Stevens	14.03	(1.0)	4/14
2	16	Victoria PURRITANO	#1 TCNJ	14.36	(0.9)	4/14
3	22	Eliza BRUNCAJ	#1 TCNJ	14.53	(1.2)	4/13
4	62	Nicole NOTARANNI	#2 Rowan	15.10w	(3.5)	3/17
5	83	Kristen WILLIAMS	#7 Stevens	15.35	(-0.9)	4/21
6		Gloria HUGHES	#2 Rowan	15.80	(-2.5)	4/15
7		Sydni BELL	#5 Widener	15.83	(-0.2)	4/21
8		Brya BYRD	#12 Rutgers-Newark	16.12	(1.5)	3/16
9		Hannah SWALE	#6 Swarthmore	16.21	(-1.9)	4/14
10		Liana MEYER	#7 Stevens	16.22	(1.2)	4/13

Women's 200 Meters

1	13	Laura MATHEWS	#7 Stevens	24.68	(-1.1)	3/30
2	16	Jasmine BROADWAY	#2 Rowan	24.76w		4/22
3	37	Gbarper DWAH	#11 Ramapo	25.16	(-1.6)	4/8
4	53	Maria MUZZARELLI	#5 Widener	25.31	(-0.3)	4/21
5	56	Eliza BRUNCAJ	#1 TCNJ	25.33	(0.6)	4/13
6	61	Crystal ROBINSON	#4 Moravian	25.38	(1.1)	4/1
7	85	Ashlyn MACLURE	#1 TCNJ	25.56	(-0.3)	4/21
8	94	Abby GIAMONI	#4 Moravian	25.65	(1.1)	4/1
9		Krystle BOADI	#6 Swarthmore	25.77	(-1.1)	3/30
10		Helen DAVIS	#4 Moravian	25.85	(0.5)	4/7

Women's 400 Meters

1	15	Nevaeh LORJUSTE	#2 Rowan	56.90		4/14
2	23	Kelly BARR	#5 Widener	57.30		4/21
3	27	Maria GRILL	#1 TCNJ	57.45		4/21
4	42	Molly LODGE	#2 Rowan	57.92		4/22
5	48	Rebecca KNEPPEL	#11 Ramapo	58.13		4/22
5	48	Olivia D'AULERIO	#9 Haverford	58.13		4/21
7	51	Rose TESZLER	#6 Swarthmore	58.26		3/30
8	52	Crystal ROBINSON	#4 Moravian	58.30		4/7
8	52	Ally LANDAU	#9 Haverford	58.30		4/21
10	55	Chidimma IGWE	#12 Rutgers-Newark	58.33		4/15

Women's 400 Meter Hurdles

1	2	Eliza BRUNCAJ	#1 TCNJ	1:00.89		4/21
2	15	Victoria PURRITANO	#1 TCNJ	1:02.85		4/21
3	24	Molly LODGE	#2 Rowan	1:04.13		4/8
4	36	Emma PETROLIA	#3 Stockton	1:04.84		4/21
5	56	Elise DANIEL	#5 Widener	1:05.87		4/21
6	72	Nicole BERTOLLO	#2 Rowan	1:06.64		4/21
7	74	Mahon MCCLENAHAN	#2 Rowan	1:06.69		3/30
8	82	Jahsaiah MOSES	#9 Haverford	1:06.91		4/21
9		Brya BYRD	#12 Rutgers-Newark	1:07.74		3/16
10		Sameerah KHAN	#1 TCNJ	1:08.48		4/21

Women's 800 Meters

1	4	Rose TESZLER	#6 Swarthmore	2:10.61		4/21
2	9	Kayla KASS	#3 Stockton	2:12.07		4/21
3	11	Allison UHL	#1 TCNJ	2:12.38		4/21
4	25	Rachel CONHOFF	#8 Ursinus	2:14.48		4/21
5	40	Donna HOLT	#5 Widener	2:15.49		4/21
6	69	Alina IRVINE	#6 Swarthmore	2:17.07		4/21
7	76	Jaden SWEELY	#5 Widener	2:17.42		4/21
8	77	Brooke ADAMS	#8 Ursinus	2:17.56		4/21
9	85	Anna SASSE	#2 Rowan	2:17.86		3/30
10		Nina BURDEN	#7 Stevens	2:18.36		3/30

Women's 1500 Meters

1	23	Rachel CONHOFF	#8 Ursinus	4:36.16		4/14
2	63	Amelia SMITH	#10 DeSales	4:41.11		4/21
3	97	Anna SASSE	#2 Rowan	4:44.09		4/8
4	98	Holly CHAMBERS	#8 Ursinus	4:44.19		4/21
5		Gabriella NYE	#5 Widener	4:45.15		4/14
6		Rose TESZLER	#6 Swarthmore	4:46.91		4/8
7		Suzanne ZAUGG	#11 Ramapo	4:49.27		4/8
8		Haley ESTUS	#10 DeSales	4:50.40		4/21
9		Quinn BASEWITZ	#6 Swarthmore	4:51.26		4/8
10		Mia SIDERIS	#8 Ursinus	4:51.31		4/21

Women's Steeplechase

1	43	Emily COONEY	#5 Widener	11:22.40		4/14
2	63	Amber PONIKTERA	#4 Moravian	11:34.47		4/14
3	83	Rachael GOODMAN	#4 Moravian	11:42.76		4/14
4	87	Anna SASSE	#2 Rowan	11:43.37		4/21
5		Haley ESTUS	#10 DeSales	12:01.49		3/24
6		Liz EGAN	#5 Widener	12:05.30		4/14
7		Jenna LOZZI	#8 Ursinus	12:14.56		4/21
8		Natasha FURYK	#13 Muhlenberg	12:14.88		4/21
9		Olivia HARRIS	#3 Stockton	12:19.28		3/31
10		Molly BOSSDORF	#1 TCNJ	12:27.13		4/21



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:45 AM

Metro

Women's 5000 Meters

1	Rachel CONHOFF	#8	Ursinus	17:58.31	3/25
2	Gabriella NYE	#5	Widener	18:01.74	4/21
3	Katherine HIRSCH	#9	Haverford	18:02.17	4/21
4	Amelia SMITH	#10	DeSales	18:07.11	3/24
5	Holly CHAMBERS	#8	Ursinus	18:13.28	3/25
6	Olivia MONTINI	#6	Swarthmore	18:18.16	3/30
7	Cassidy QUINN	#1	TCNJ	18:20.40	4/22
8	Suzanne ZAUGG	#11	Ramapo	18:38.66	4/22
9	Emily HOEGLER	#1	TCNJ	18:41.47	4/22
10	Samantha GRUBB	#8	Ursinus	18:44.66	3/25

Women's 10,000 Meters

1	27 Katherine HIRSCH	#9	Haverford	36:33.24	3/30
2	Tara SMURLA	#4	Moravian	39:34.49	4/21
3	Kiersten CLEM	#3	Stockton	39:54.66	3/31
4	Guinevere KENNEDY	#3	Stockton	40:28.08	3/31
5	Rachael GOODMAN	#4	Moravian	40:29.61	4/21
6	Gabriella NYE	#5	Widener	40:44.99	3/30
7	Fionna FEERICK	#7	Stevens	41:02.55	3/30
8	Ally MEEKS	#4	Moravian	41:08.31	4/21
9	Amber PONIATERA	#4	Moravian	41:08.44	4/21
10	Liz EGAN	#5	Widener	41:09.30	3/30

Women's 4x100 Relay

1	7 Ashlyn MACLURE, Maria GRILL, Victoria PURRITANO, Valandra RIGGINS	#1	TCNJ	47.14	4/21
2	10 Jasmine BROADWAY, Promise FADAHUNSI, Molly LODGE, Nevaeh LORJUSTE	#2	Rowan	47.34	4/22
3	17 Helen DAVIS, Crystal ROBINSON, Abby GIAMONI, Rachel BYRNE	#4	Moravian	47.80	4/21
4	28 Maria MUZZARELLI, Jayla GORE, Olivia GIANNELLA, Kelly BARR	#5	Widener	48.16	4/21
5	29 Gbarper DWAH, Rebecca KNEPPEL, Barbara EXILUS, Meredith YASKOVIC	#11	Ramapo	48.19	4/22
6	65 Jahsaiah MOSES, Olivia D'AULERIO, Ally LANDAU, Kayla ROBINSON	#9	Haverford	49.33	4/15
7	76 Selene GUNER, Syncere LAMBERT, Nydia JACKSON, Chidimma IGWE	#12	Rutgers-Newark	49.54	4/21
8	81 Kaylee APPLE, Ashanae MORRISON, Emma CONROY, Khristina WASHINGTON	#3	Stockton	49.65	4/21
9	Lamya YOUNG, Ayriana YOUNG, Nyla BOYD, Tiffany ORTIZ	#22	New Jersey City	51.15	4/14
10	Tashyah SAMPLE, Eden MERRITT, Rhiannon OKUNIEWSKI, Rainah DUNHAM	#8	Ursinus	51.37	4/21



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:45 AM

Metro

Women's 4x400 Relay

1	5	Kathleen PEDERSEN, Jasmine BROADWAY, Molly LODGE, Nevaeh LORJUSTE	#2 Rowan	3:52.54	4/22
2	11	Allison UHL, Valandra RIGGINS, Eliza BRUNCAJ, Maria GRILL	#1 TCNJ	3:55.01	4/21
3	31	Emma SCHULTZ, Maria MUZZARELLI, Tara FORD, Kelly BARR	#5 Widener	4:00.83	4/21
4	34	Krystle BOADI, Hannah GARROU, Gabby JOHNSON, Rose TESZLER	#6 Swarthmore	4:01.57	3/30
5	48	Ally LANDAU, Isabel THORNBERRY, Dominique MONROY, Olivia D'AULERIO	#9 Haverford	4:03.93	4/8
6	53	Lauren MALDONADO, Emma PETROLIA, Emma CONROY, Kayla KASS	#3 Stockton	4:04.78	4/21
7	63	Rebecca KNEPPEL, Barbara EXILUS, Kacy EWING, Gbarper DWAH	#11 Ramapo	4:05.68	3/31
8	80	Abigail RADCLIFFE, Haley ESTUS, Amelia SMITH, Lindsay BEDNAREK	#10 DeSales	4:07.56	4/21
9	86	Rylie MURPHY, Rachel BYRNE, Racquel RAMEY, Crystal ROBINSON	#4 Moravian	4:08.39	4/7
10		Liana MEYER, Allie CANCIANI, Stephanie RYAZANOVA, Laura MATHEWS	#7 Stevens	4:010.00	4/7

Women's High Jump

1	3	Kira PORZIO	#18 Merchant Marine	1.70m	5-7	4/2
2	40	Caroline TIGHE	#7 Stevens	1.61m	5-3¼	4/21
3	68	Lexi GROFF	#4 Moravian	1.58m	5-2¼	4/7
4	77	Emily TRELSTAD	#6 Swarthmore	1.57m	5-1¾	4/21
4	77	Susann FOLEY	#3 Stockton	1.57m	5-1¾	4/7
4	77	Sarah SCEPKOWSKI	#1 TCNJ	1.57m	5-1¾	4/8
4	77	Margaret HARDIGG	#20 Bryn Mawr	1.57m	5-1¾	4/7
4	77	Melina CHRISTODOULOU	#21 Drew	1.57m	5-1¾	4/21
9	99	Kaitlyn VEVERIER	#3 Stockton	1.56m	5-1¼	4/14
10		Emily RUSSELL	#16 Farmingdale Sta	1.55m	5-1	4/1
10		Allie CANSIANI	#7 Stevens	1.55m	5-1	4/21

Women's Pole Vault

1	86	Aliza WHITE-VEGA	#17 Eastern (Pa.)	3.34m	10-11½	4/22
2		Emma MELE	#10 DeSales	3.27m	10-8¾	4/13
3		Savannah STEGER	#5 Widener	3.25m	10-8	3/30
4		Julia DAKWAR	#1 TCNJ	3.10m	10-2	4/21
4		Madison FEY	#3 Stockton	3.10m	10-2	4/21
6		Paige CARPENTER	#17 Eastern (Pa.)	3.05m	10-0	4/15
6		Sophie SPRINGER	#6 Swarthmore	3.05m	10-0	4/8
8		Stephanie RYAZANOVA	#7 Stevens	2.95m	9-8	4/21
9		Juniper BAUROTH- SHERMAN	#8 Ursinus	2.90m	9-6¼	4/8
10		Alice CREED	#9 Haverford	2.80m	9-2¼	3/30
10		Alicia KLOTZ	#3 Stockton	2.80m	9-2¼	3/31

Women's Long Jump

1	68	Kayla ROBINSON	#9 Haverford	5.38m	17-8 (0.0)	4/21
2	92	Sophia GRESHAM	#2 Rowan	5.28m	17-4 (1.3)	4/8
3		Liana MEYER	#7 Stevens	5.24m	17-2¼ (-0)	4/13
4		Rainah DUNHAM	#8 Ursinus	5.21m	17-1¼ (-1)	4/1
5		Ashanae MORRISON	#3 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 (-0)	3/30
8		Eden MERRITT	#8 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	71	Kristina WASHINGTON	#3 Stockton	11.06m	36-3½ (0)	4/21
2	90	Kayla ROBINSON	#9 Haverford	10.95m	35-11¼ (0)	4/15
3		Kristen WILLIAMS	#7 Stevens	10.89m	35-8¾ (0.4)	3/30
4		Ashanae MORRISON	#3 Stockton	10.87m	35-8 (1.5)	4/7
5		Shira GAMSON	#13 Muhlenberg	10.77m	35-4 (-0.8)	4/1
6		Alexandra HAEFELE	#4 Moravian	10.75m	35-3¼ (0.6)	4/7
7		Zoe IOVINO	#1 TCNJ	10.73m	35-2½ (0)	4/21
8		Melina CHRISTODOULOU	#21 Drew	10.67m	35-¼ (1.5)	4/21
9		Hannah SWALE	#6 Swarthmore	10.66m	34-11¾ (-0)	3/30
10		Emma PETROLIA	#3 Stockton	10.65m	34-11¼ (0)	4/21

Women's Shot Put

1	7	Adria RETTER	#6 Swarthmore	14.14m	46-4¾	3/30
2	15	Shahyan ABRAHAM	#3 Stockton	13.57m	44-6¼	4/7
3	32	Isabelle DEAL	#8 Ursinus	13.04m	42-9½	4/21
4	71	Kerri MCCARTHY	#1 TCNJ	12.38m	40-7½	4/8
5		AnaMaria LACCETTI	#7 Stevens	11.80m	38-8¾	4/21
6		Jessica REILLY	#1 TCNJ	11.71m	38-5	4/8
7		Alexia BEY	#2 Rowan	11.68m	38-4	4/22
8		Taniya GILES	#19 Montclair State	11.51m	37-9¼	4/21
9		Emily GALVIN	#2 Rowan	11.35m	37-3	4/22
10		Edith GONZALEZ	#1 TCNJ	11.34m	37-2½	4/21



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:46 AM

Metro

Women's Discus

1	1	Adria RETTER	#6 Swarthmore	49.87m	163-8	4/8
2	8	Isabelle MECKES	#10 DeSales	44.81m	147-0	3/24
3	28	Michaela POMATTO	#3 Stockton	42.19m	138-5	4/14
4	99	Ashley MULIAWAN	#7 Stevens	38.54m	126-6	4/15
5		Tate GARCIA	#6 Swarthmore	38.44m	126-2	4/21
6		Alexis MARINI	#14 Rutgers-Camder	37.81m	124-1	4/21
7		AnaMaria LACCETTI	#7 Stevens	37.57m	123-3	4/15
8		Jessica REILLY	#1 TCNJ	36.46m	119-8	4/21
9		Madeline WICKEL	#4 Moravian	36.29m	119-1	4/7
10		Sarah WILCHER	#9 Haverford	35.16m	115-4	4/15

Women's Hammer

1	3	Emily GALVIN	#2 Rowan	56.17m	184-4	4/14
2	7	Emily HILT	#14 Rutgers-Camder	54.33m	178-3	4/7
3	27	Adria RETTER	#6 Swarthmore	49.49m	162-5	4/8
4	50	Alexis MARINI	#14 Rutgers-Camder	48.00m	157-6	3/30
5	64	Shahyan ABRAHAM	#3 Stockton	47.28m	155-2	4/7
6	65	Jessica REILLY	#1 TCNJ	47.26m	155-1	4/21
7	74	AnaMaria LACCETTI	#7 Stevens	46.73m	153-4	4/7
8	82	Isabel RODRIGUEZ	#5 Widener	46.43m	152-4	4/15
9		Faith FEZENKO	#13 Muhlenberg	43.85m	143-11	4/13
10		Comfort ADESINA	#2 Rowan	43.39m	142-4	4/21

Women's Javelin

1	4	Isabelle DEAL	#8 Ursinus	45.26m	148-6	4/14
2	27	Megan CAMPANILE	#3 Stockton	39.52m	129-8	4/14
3		Abby MCCLASKEY	#4 Moravian	35.31m	115-10	4/21
4		Lily LORIO	#1 TCNJ	34.75m	114-0	4/14
5		Avery MCNULTY	#13 Muhlenberg	34.46m	113-1	4/7
6		Delaney WISEMAN	#4 Moravian	34.45m	113-0	4/21
7		Annalise STEPHENS	#1 TCNJ	34.25m	112-5	4/21
8		Jess RODGERS	#2 Rowan	34.04m	111-8	4/22
9		Jill PROVAZNIK	#6 Swarthmore	33.92m	111-4	3/30
10		Katya GALKOWSKI	#8 Ursinus	33.84m	111-0	4/1

Women's Heptathlon

1	9	Eliza BRUNCAJ	#1 TCNJ	4,533		4/13
2	25	Liana MEYER	#7 Stevens	4,177		4/13
3	44	Hannah SWALE	#6 Swarthmore	3,871		4/14
4		Morgan GLISTA	#15 Arcadia	2,677		4/7
5		Amira KEMP	#16 Farmingdale Sta	2,433		4/7
6		Sabrina BAER	#14 Rutgers-Camder	2,310		4/7
7		Christiana FEDE	#16 Farmingdale Sta	1,208		4/7



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:46 AM

Mid-Atlantic

Women's 100 Meters

1	35	Lauren PHILLIPS	#1	Johns Hopkins	12.14	(0.1)	3/31
2	39	Jessica FATIGAI	#6	Westminster (Pa)	12.17w	(2.3)	4/20
3	60	Leah GRAY		Penn State Harrisburg	12.28w	(3.4)	3/31
4	67	Sara PENUELA	#5	Dickinson	12.31w	(3.9)	4/1
5	70	Samantha GIORDANI	#2	Carnegie Mellon	12.32	(0.8)	4/22
6	78	Erin OLSAVSKY	#5	Dickinson	12.35w	(3.9)	4/1
7	83	Emma RUDOLPH	#6	Westminster (Pa)	12.39w	(2.9)	3/16
7	83	Ashley TANG	#1	Johns Hopkins	12.39	(1.7)	4/22
9		Mirra KLIMOV	#1	Johns Hopkins	12.48	(1.7)	4/22
10		Sonialys BADILLO	#4	Misericordia	12.52	(0.0)	4/21

Women's 100 Meter Hurdles

1	6	Chloe YODER	#3	Susquehanna	14.05w	(3.6)	4/8
2	11	Elizabeth BARRE	#2	Carnegie Mellon	14.21	(-1.0)	4/22
3	18	Julia PENA	#16	York (Pa.)	14.42	(1.3)	4/22
4	41	Leah BERGEY	#23	Lancaster Bible	14.81w	(2.3)	3/31
5	47	Carlee DOMKE	#9	Chatham	14.91	(0.2)	4/13
5	47	Hannah ALDERFER	#3	Susquehanna	14.91w	(3.6)	4/8
7	76	Breannnda DAVIS	#6	Westminster (Pa)	15.28w	(2.5)	4/20
7	76	Victoria KADIRI	#1	Johns Hopkins	15.28	(-2.2)	4/14
9	82	Emma VEZZOSI	#8	Grove City	15.34	(-0.4)	4/14
10	99	Lillian MORRELL	#10	Gettysburg	15.46w	(2.4)	4/13

Women's 200 Meters

1	18	Lauren PHILLIPS	#1	Johns Hopkins	24.84	(0.0)	4/22
2	19	Samantha GIORDANI	#2	Carnegie Mellon	24.88	(-1.7)	4/13
3	72	Elizabeth BARRE	#2	Carnegie Mellon	25.47	(1.1)	4/8
4		Alayna KREMPA	#3	Susquehanna	25.77	(1.2)	4/8
5		Erin OLSAVSKY	#5	Dickinson	25.79	(1.1)	4/1
6		Jessica FATIGAI	#6	Westminster (Pa)	25.81	(-3.0)	4/20
7		Sonialys BADILLO	#4	Misericordia	25.82	(0.0)	4/21
8		Noelle GONZALEZ	#11	Scranton	25.83	(1.1)	4/1
9		Chloe YODER	#3	Susquehanna	25.89	(1.1)	4/8
10		Emerlee SIMONS	#5	Dickinson	25.93	(2.0)	4/13

Women's 400 Meters

1	5	Lauren PHILLIPS	#1	Johns Hopkins	55.46		4/14
2	34	Elizabeth BARRE	#2	Carnegie Mellon	57.63		3/24
3	60	Noelle GONZALEZ	#11	Scranton	58.43		4/14
4	67	Lillian MORRELL	#10	Gettysburg	58.57		4/22
5	74	Isabella RHEE	#2	Carnegie Mellon	58.68		4/13
6	79	Katie MORGAN	#21	McDaniel	58.78		3/30
7	93	Anna ZAESKE	#1	Johns Hopkins	58.98		4/22
8	LE+0:	Darrian BERKHEIMER	#7	Lebanon Valley	59.11		4/21
9		Lillian BOUDREAU	#10	Gettysburg	59.29		4/13
10		Sara PENUELA	#5	Dickinson	59.48		4/19

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	22	Lillian MORRELL	#10	Gettysburg	1:03.63		4/13
4	33	Sonialys BADILLO	#4	Misericordia	1:04.75		4/13
5	44	Breannnda DAVIS	#6	Westminster (Pa)	1:05.49		4/20
6	73	Lorna ARCESE	#1	Johns Hopkins	1:06.66		4/22
7	76	Chloe YODER	#3	Susquehanna	1:06.76		3/30
8		Payton MANN	#16	York (Pa.)	1:07.49		4/14
9		Laura CARDONA	#13	Elizabethtown	1:07.94		4/13
10		Jadyn HARTNER	#14	Washington & Jefferson	1:08.07		4/22

Women's 800 Meters

1	59	Lauren BUNKE	#7	Lebanon Valley	2:16.61		4/21
2	63	Harrinee SENTHILKUMAR	#1	Johns Hopkins	2:16.78		4/14
3	68	Audrey KARWOWSKI	#8	Grove City	2:17.02		4/20
4	71	Kavya TUMMALAPALLI	#2	Carnegie Mellon	2:17.13		4/14
5	72	Mackenzie SETTON	#1	Johns Hopkins	2:17.19		4/14
6	75	Katelyn SCHOENER	#18	Alvernia	2:17.38		4/21
7	79	Claire ANDERSON	#14	Washington & Jefferson	2:17.78		4/14
8	81	Tanise THORNTON-FILLYAW	#24	Goucher	2:17.84		4/7
9	82	Jacqueline LIU	#2	Carnegie Mellon	2:17.85		4/13
10		Lorna ARCESE	#1	Johns Hopkins	2:18.49		4/14

Women's 1500 Meters

1	28	Claire ANDERSON	#14	Washington & Jefferson	4:36.87		4/14
2	38	Lauren BUNKE	#7	Lebanon Valley	4:37.38		4/21
3	40	Harrinee SENTHILKUMAR	#1	Johns Hopkins	4:37.67		4/14
4	49	Kristen SEBALLOS	#2	Carnegie Mellon	4:38.97		4/14
5	66	Mackenzie SETTON	#1	Johns Hopkins	4:41.32		4/14
6	84	Grace SMITH	#8	Grove City	4:43.06		4/15
7	94	Adriana CATALANO	#1	Johns Hopkins	4:43.79		4/22
8		Kallan CARTER	#3	Susquehanna	4:44.93		3/30
9		Cassie CARR	#14	Washington & Jefferson	4:45.30		4/14
10		Isabelle PARDEW	#17	Stevenson	4:45.34		4/22

Women's Steeplechase

1	2	Sara STEPHENSON	#1	Johns Hopkins	10:37.99		3/30
2	40	Milana STRAUB	#19	Marywood	11:20.45		4/14
3	52	Amiyah PRIEBE	#5	Dickinson	11:30.93		4/1
4	68	Cassie CARR	#14	Washington & Jefferson	11:36.85		4/19
5	72	Ella LYLE	#8	Grove City	11:38.18		4/15
6	88	Charlotte KRATOVIL-LAVELLE	#5	Dickinson	11:44.94		4/19
7	95	Cooper BROTHERTON	#1	Johns Hopkins	11:47.43		4/22
8		Bailey MULLEN	#21	McDaniel	11:55.43		4/22
9		Amanda ADDESSO	#10	Gettysburg	11:59.34		4/22
10		Carys COOK	#10	Gettysburg	12:09.38		3/25



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Mid-Atlantic

Women's 5000 Meters

1	15	Sara STEPHENSON	#1	Johns Hopkins	16:57.33	4/14
2	31	Jessica HOFFMANN	#11	Scranton	17:15.02	4/14
3	35	Isabelle PARDEW	#17	Stevenson	17:15.59	4/14
4	61	Triya ROY	#1	Johns Hopkins	17:33.26	4/14
5	66	Sarah DEVRIES	#4	Misericordia	17:35.88	4/14
6	69	Carmen MEDVIT	#20	Geneva	17:36.90	3/10
7	88	Clare ERWIN	#9	Chatham	17:43.05	3/24
8	89	Kristen SEBALLOS	#2	Carnegie Mellon	17:43.18	4/22
9		Cooper BROTHERTON	#1	Johns Hopkins	17:54.09	4/14
10		Kate DICKOW	#15	Messiah	17:57.65	3/25

Women's 10,000 Meters

1	36	Clare ERWIN	#9	Chatham	36:52.53	4/8
2	44	Milana STRAUB	#19	Marywood	37:04.99	3/30
3	50	Carmen MEDVIT	#20	Geneva	37:14.71	4/14
4	79	Abigail JAMES	#4	Misericordia	38:16.50	3/30
5	88	Isabelle PARDEW	#17	Stevenson	38:32.78	3/24
6	93	Laurn MCKENNA	#2	Carnegie Mellon	38:45.67	4/22
7	97	Cera GASTON	#18	Alvernia	38:54.22	4/21
8		Claire ANDERSON	#14	Washington & Jefferson	39:14.92	4/1
9		Katherine JONES	#4	Misericordia	39:26.36	3/30
10		Amanda ADESSO	#10	Gettysburg	39:35.44	3/31

Women's 4x100 Relay

1	21	Abigail GERDES, Lauren PHILLIPS, Marissa HSU, Victoria KADIRI	#1	Johns Hopkins	47.98	4/22
2	33	Hannah ALDERFER, Alexa RINE, Alayna KREMPA, Chloe YODER	#3	Susquehanna	48.34	3/30
3	52	Darya MIKUSOVA, Sara PENUELA, Mariana PENUELA, Erin OLSAVSKY	#5	Dickinson	49.04	4/13
4	71	Madison CONLEY, Emma RUDOLPH, Breannnda DAVIS, Jessica FATIGATI	#6	Westminster (Pa)	49.44	4/8
5	73	Molly FERULLO, Samantha SHARROW, Fiona BURKE, Noelle GONZALEZ	#11	Scranton	49.47	4/21
6	85	Sarah WAGNER, Sonialys BADILLO, Jill OLEWINE, Gianna IGLESIAS	#4	Misericordia	49.73	4/21
7	100	Arwyn GRUENWALD, Emma GRAYBILL, Halle JENNETT, Elena VARGAS	#15	Messiah	49.95	4/22
8		Carolyn COLTERYAHN, Britta LAGERQUIST, Hailey WEINERT, Emma VEZZOSI	#8	Grove City	50.24	4/5
9		Tatum EVANS, Hope PETRALIA, Glory EDIOMA, Abby LIENHARD	#22	Franklin & Marshall	50.36	4/22
10		Aurielle BRUNNER, Carlee DOMKE, Molly STANDING, Kendall SIRIGNANO	#9	Chatham	50.37	4/15



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:46 AM

Mid-Atlantic

Women's 4x400 Relay

1	30	Isabella RHEE, Emily LANNEN, Kavya TUMMALAPALLI, Elizabeth BARRE	#2 Carnegie Mellon	4:00.81	4/22
2	50	Anna ZAESKE, Lorna ARCESE, Ashley TANG, Monal DATERAO	#1 Johns Hopkins	4:04.30	3/31
3	55	Abbe KITCHIN, Darya MIKUSOVA, Sara PENUELA, Emerlee SIMONS	#5 Dickinson	4:04.91	4/1
4	78	Alyssa PEIFFER, Autumn GARGES, Sierra KAPCSOS, Darrian BERKHEIMER	#7 Lebanon Valley	4:07.52	4/21
5	88	Jessica FATIGATI, Caitlyn GOODRICH, Abigail PAINTER, Breannnda DAVIS	#6 Westminster (Pa)	4:08.65	4/8
6		Carolyn COLTERYAHN, Abby BIDDLE, Annie VANNOY, Britta LAGERQUIST	#8 Grove City	4:11.73	4/5
7		Mia HILL, Marlyse HAACK, Destinee EKANEM, Karia FORVIL	#25 Salisbury	4:11.81	3/31
8		Sonialys BADILLO, Casey ALLEN, Amber HACKENBERG, Kristin GALLAGHER	#4 Misericordia	4:12.26	4/4
9		Kerrigan LEBO, Alyssa NORI, Elena VARGAS, Emma GRAYBILL	#15 Messiah	4:13.17	4/5
10		Jasmine WILSON, Hannah KEPLER, Skylla DAY, Mia MARTINEZ	#17 Stevenson	4:15.93	4/5

Women's High Jump

1	2	Elizabeth BARRE	#2 Carnegie Mellon	1.72m	5-7¾	4/22
2	7	Casey ALLEN	#4 Misericordia	1.68m	5-6	4/4
3	14	Aurielle BRUNNER	#9 Chatham	1.66m	5-5¼	3/24
4	22	Taryn SILVERNALE	#1 Johns Hopkins	1.63m	5-4¼	4/14
5	32	Breannnda DAVIS	#6 Westminster (Pa)	1.62m	5-3¾	4/5
6	45	Jocelynn ITTERLY	#13 Elizabethtown	1.60m	5-3	4/5
6	45	Melena KOUTCH	#7 Lebanon Valley	1.60m	5-3	4/5
6	45	Leah BERGEY	#23 Lancaster Bible	1.60m	5-3	3/31
9	77	Madison ARMITAGE	#12 King's College (F	1.57m	5-1¾	4/21
9	77	Kaylee SUAREZ	Thiel	1.57m	5-1¾	4/15
9	77	Katie BALLER	#8 Grove City	1.57m	5-1¾	4/5

Women's Pole Vault

1	3	Emma RUDOLPH	#6 Westminster (Pa)	3.90m	12-9½	3/31
2	9	Julia PENA	#16 York (Pa.)	3.80m	12-5½	4/14
3	29	Madison CONLEY	#6 Westminster (Pa)	3.59m	11-9¼	4/20
4	33	Taryn SILVERNALE	#1 Johns Hopkins	3.55m	11-7¾	3/31
5	45	Sarah-Caulley SOTO	#1 Johns Hopkins	3.49m	11-5¼	4/22
6	61	Emily ORIEL	#7 Lebanon Valley	3.42m	11-2½	4/13
7	86	Miayunique SOUTH	#1 Johns Hopkins	3.34m	10-11½	4/22
8	98	Sydney STAINBROOK	#8 Grove City	3.29m	10-9½	4/20
9		Rachel SNAVELY	#7 Lebanon Valley	3.27m	10-8¾	4/13
10		Maddy TREHARN	#6 Westminster (Pa)	3.26m	10-8¼	4/15

Women's Long Jump

1	2	Victoria KADIRI	#1 Johns Hopkins	5.91m	19-4¾ (0.8)	4/14
2	3	Elizabeth BARRE	#2 Carnegie Mellon	5.86mw	19-2¾ (2.3)	4/22
3	5	Aurielle BRUNNER	#9 Chatham	5.80m	19-½ (1.3)	4/5
4	8	Remi ACORD	#3 Susquehanna	5.72m	18-9¼ (-0.)	4/21
5	10	Shinelle FELIX	#18 Alvernia	5.71m	18-8¾ (0.0)	4/15
6	14	Julia PENA	#16 York (Pa.)	5.65m	18-6½ (-0.)	3/30
7	26	Annie VANNOY	#8 Grove City	5.55m	18-2½ (1.9)	4/5
7	26	Emma VEZZOSI	#8 Grove City	5.55mw	18-2½ (3.4)	3/31
9	39	Abby LIENHARD	#22 Franklin & Marsl	5.50m	18-½ (0.0)	4/22
10	45	Katherine HENDERSON	Waynesburg	5.48mw	17-11¾ (3.)	3/31

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	6	Shinelle FELIX	#18 Alvernia	12.07m	39-7¼ (0.0)	4/21
4	15	Remi ACORD	#3 Susquehanna	11.83m	38-9¾ (0.0)	4/21
5	33	Carter HINTON-AYODELE	#24 Goucher	11.39mw	37-4½ (2.5)	4/5
6	41	Gabriella CONFORTI	#12 King's College (F	11.31m	37-1¼ (1.9)	4/15
7	56	Emma PARNELL	#20 Geneva	11.16m	36-7½ (-0.)	4/8
8	73	Sarah WAGNER	#4 Misericordia	11.04m	36-2¾ (-1.)	4/21
9	81	Mylina CASTILLO	#18 Alvernia	11.00m	36-1¼ (0.0)	4/21
10	92	Julia ACEVEDO	#3 Susquehanna	10.94m	35-10¾ (-0.)	4/15

Women's Shot Put

1	30	Lexi SHIDERLY	#6 Westminster (Pa)	13.13m	43-1	4/15
2	31	Brenna KARNISH	#4 Misericordia	13.12m	43-½	4/21
3	55	Maggie BOYER	#3 Susquehanna	12.59m	41-3¾	3/24
4	63	Rosalyn PAGE	#19 Marywood	12.45m	40-10¼	4/4
5	64	Kathleen MONAHAN	#2 Carnegie Mellon	12.44m	40-9¾	3/17
6		Brandy VARNER	#12 King's College (F	11.97m	39-3¼	4/4
7		Kyrach AGBEMBLE	#17 Stevenson	11.94m	39-2¼	3/24
8		Kelsey NEFF	#1 Johns Hopkins	11.92m	39-1¼	4/22
9		Taylor SYMONETTE	#2 Carnegie Mellon	11.82m	38-9½	4/22
10		Erika EZUMBA	#1 Johns Hopkins	11.63m	38-2	4/22



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Mid-Atlantic

Women's Discus

1	53	Sarayne FORBES	#5	Dickinson	40.48m	132-10	4/1
2	65	Shelby RAMBO	#6	Westminster (Pa)	39.92m	131-0	4/5
3	75	Trinity SOTO	#13	Elizabethtown	39.60m	129-11	4/5
4	90	Makenze SPENCE	#7	Lebanon Valley	38.84m	127-5	4/5
5		Brenna KARNISH	#4	Misericordia	38.33m	125-9	3/30
6		Brandy VARNER	#12	King's College (F)	38.25m	125-6	4/21
7		DaniRae RENNO	#13	Elizabethtown	38.21m	125-5	4/14
8		Megan WISE	#8	Grove City	37.49m	123-0	4/20
9		Rosalyn PAGE	#19	Marywood	36.98m	121-4	4/4
10		Abby EVERETT	#5	Dickinson	36.38m	119-4	4/1

Women's Hammer

1	6	Brenna KARNISH	#4	Misericordia	54.59m	179-1	4/21
2	52	Ola OWODUNNI	#2	Carnegie Mellon	47.97m	157-5	4/13
3	90	Maggie BOYER	#3	Susquehanna	46.06m	151-2	4/8
4	91	Ashley BARTELS	#7	Lebanon Valley	45.89m	150-7	3/25
5		Jillian BARGER	#22	Franklin & Marshall	44.41m	145-9	3/31
6		Caroline GENSINGER	#10	Gettysburg	44.35m	145-6	4/22
7		Anna BELLUCCI	#12	King's College (F)	43.75m	143-7	4/15
8		Katelyn SHOEMAKER	#12	King's College (F)	43.62m	143-2	4/15
9		Kayla ROUNTREE	#2	Carnegie Mellon	42.83m	140-6	3/24
10		Kathleen MONAHAN	#2	Carnegie Mellon	42.52m	139-6	3/24

Women's Javelin

1	7	Alexandra SNYDER	#4	Misericordia	42.35m	139-0	4/4
2	11	Erin MILLER	#13	Elizabethtown	41.79m	137-1	4/14
3	13	Grace TICE		Bethany (W.Va.)	40.99m	134-6	4/8
4	28	Valerie BADGER	#4	Misericordia	39.26m	128-10	4/4
5	32	Holly FERRARA	#10	Gettysburg	38.95m	127-10	3/31
6	38	Erynn DAUBENMIRE	#6	Westminster (Pa)	37.88m	124-4	4/5
7	53	Leah ZAMBETTI	#19	Marywood	37.31m	122-5	3/18
8	63	Megan BARRY		Waynesburg	36.97m	121-4	4/19
9	66	Katelyn SHOEMAKER	#12	King's College (F)	36.87m	121-0	3/24
10	92	Zoe MYERS	#16	York (Pa.)	35.86m	117-8	4/22

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	14	Hannah ALDERFER	#3	Susquehanna	4,368		4/8
4	21	Chloe YODER	#3	Susquehanna	4,260		4/8
5	24	Emma VEZZOSI	#8	Grove City	4,205		4/14
6	45	Jaclyn DONOHO	#1	Johns Hopkins	3,851		4/14
7	69	Nathalie HAMLEN	#15	Messiah	3,381		4/13
8	77	Renee DUPRE	#21	McDaniel	3,287		4/13
9	86	Julia ACEVEDO	#3	Susquehanna	3,134		4/8
10	94	Emma ROHN	#23	Lancaster Bible	2,975		4/13



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WOMEN — 2023 Week #5, April 24

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Mideast

Women's 100 Meters

1	2	Michelle KWAFO	#4	Coast Guard	11.75w	(3.8)	4/8
2	16	Kiara TAN	#2	Williams	12.03w	(2.3)	3/25
3	27	Malissa LINDSEY	#7	Connecticut Coll	12.10w	(3.8)	4/8
4	43	Grace DEVANNY	#5	Wesleyan (Conn	12.20	(0.4)	4/8
5	63	Gabby HARRIS	#5	Wesleyan (Conn	12.30	(0.6)	4/22
6	70	Melissa WHITE	#1	Middlebury	12.32w	(3.4)	3/25
7	76	Traci FRANCIS	#9	Vassar	12.33w	(2.6)	4/22
8	E+0:	Sydney FACKRELL	#6	Springfield (Mas	12.45	(0.6)	4/22
9		Gwendolyn ANDERSEN	#6	Springfield (Mas	12.47	(0.6)	4/14
9		Christine MALLETTE	#8	RPI	12.47w	(2.6)	4/22

Women's 100 Meter Hurdles

1	6	Michelle KWAFO	#4	Coast Guard	14.05	(-0.4)	4/22
2	21	Eliza CARDWELL	#3	Amherst	14.51	(1.6)	4/8
3	34	Emma MCGUINN	#8	RPI	14.72w	(2.4)	4/14
4	38	Arisa Grace MCGOWAN	#3	Amherst	14.76	(1.6)	4/8
5	50	Emily RUBIO	#1	Middlebury	14.93	(1.5)	4/14
6	64	Jahmilia DENNIS	#9	Vassar	15.12	(1.0)	4/14
7	74	Anastasia IOPPOLO	#3	Amherst	15.25	(1.4)	4/8
8	98	Janyll BARBER	#14	SUNY Plattsburg	15.45	(-2.7)	4/22
9		Alyssa SIRIANNI	#12	Eastern Connect	15.56	(1.0)	4/14
10		Emma WHEELER	#7	Connecticut Coll	15.60w	(2.2)	3/26

Women's 200 Meters

1	21	Grace DEVANNY	#5	Wesleyan (Conn	24.93	(0.7)	4/14
2	25	Kiara TAN	#2	Williams	25.00	(0.9)	3/25
3	53	Malissa LINDSEY	#7	Connecticut Coll	25.31	(0.9)	4/8
4	61	Sydney FACKRELL	#6	Springfield (Mas	25.38	(1.5)	4/22
5	77	Melissa WHITE	#1	Middlebury	25.52	(0.4)	3/18
6	92	Michelle LOUIE	#1	Middlebury	25.63	(1.7)	3/18
7		Scarlet RUSCH	#2	Williams	25.71	(-3.0)	4/14
8		Christine MALLETTE	#8	RPI	25.76w	(2.9)	4/22
9		Eva KAIDEN	#1	Middlebury	25.79	(0.4)	3/18
10		Gabby HARRIS	#5	Wesleyan (Conn	25.93	(1.2)	4/14

Women's 400 Meters

1	6	Grace DEVANNY	#5	Wesleyan (Conn	55.61		4/22
2	26	Kennedy MULLEN	#10	Trinity (Conn.)	57.44		4/22
3	39	Scarlet RUSCH	#2	Williams	57.81		4/14
4	46	Camryn TAYLOR	#2	Williams	58.06		4/8
5	65	Michelle LOUIE	#1	Middlebury	58.55		3/25
6	76	Casie EIFRIG	#3	Amherst	58.70		4/14
7	87	Kenzie KELLY	#5	Wesleyan (Conn	58.92		4/22
8		Mary RUSNOCK	#7	Connecticut Coll	59.65		4/22
8		Anna KROUSE	#1	Middlebury	59.65		3/25
10		Gabrielle BAKER	#20	Union (N.Y.)	59.67		4/22

Women's 400 Meter Hurdles

1	4	Eliza CARDWELL	#3	Amherst	1:01.68		4/14
2	7	Camryn TAYLOR	#2	Williams	1:02.04		4/14
3	8	Janyll BARBER	#14	SUNY Plattsburg	1:02.07		4/8
4	14	Ciara DALE	#1	Middlebury	1:02.84		4/14
5	27	Erica MACSWEENEY	#7	Connecticut Coll	1:04.56		4/22
6	59	Trintje NYDAM	#3	Amherst	1:06.01		4/14
6	59	Myeh MEDINA	#3	Amherst	1:06.01		3/31
8	94	Kate HAUSLADEN	#5	Wesleyan (Conn	1:07.27		4/22
9	E+0:	Julianna KENNEDY	#10	Trinity (Conn.)	1:07.44		4/22
10		Cate KREUTZEN	#1	Middlebury	1:07.67		4/22

Women's 800 Meters

1	29	Margo PEDERSEN	#3	Amherst	2:14.91		4/14
2	31	Elle THOMPSON	#1	Middlebury	2:15.13		3/25
3	42	Grace DEVANNY	#5	Wesleyan (Conn	2:15.65		4/8
4	56	Maeve HOFFMAN	#5	Wesleyan (Conn	2:16.47		4/22
5	58	Jane HOLLANDER	#5	Wesleyan (Conn	2:16.54		4/8
6	70	Lucy GAGNON	#2	Williams	2:17.11		4/8
7	73	Ciara DALE	#1	Middlebury	2:17.27		4/22
8	90	Alexa ESTES	#7	Connecticut Coll	2:17.99		4/14
9	91	Bella LOZIER	#3	Amherst	2:18.00		4/14
10		Piper LENTZ	#3	Amherst	2:18.33		4/14

Women's 1500 Meters

1	12	Allison SIBOLD	#11	St. Lawrence	4:34.26		4/14
2	30	Ella BALL	#2	Williams	4:36.94		3/24
3	33	Kate KENNY	#1	Middlebury	4:37.10		3/18
4	44	Abby SCOTT	#2	Williams	4:38.11		3/25
5	51	Blakeley BUCKINGHAM	#2	Williams	4:39.33		4/14
6	55	Julia SCHOR	#3	Amherst	4:40.18		4/14
7	56	Sylvan WOLD	#3	Amherst	4:40.31		4/8
8	60	Lilly WELLS	#2	Williams	4:40.70		4/14
9	61	Lucy GAGNON	#2	Williams	4:40.77		3/24
10	72	Jordan WALTER	#5	Wesleyan (Conn	4:41.94		4/22

Women's Steeplechase

1	5	Molly FITZGIBBONS	#2	Williams	10:44.23		3/24
2	9	Mary Kate MCGRANAHAN	#3	Amherst	10:49.85		4/8
3	16	Kate KENNY	#1	Middlebury	10:58.59		3/24
4	19	Audrey GRIMES	#1	Middlebury	11:00.69		3/24
5	22	Haylei COOLICAN	#11	St. Lawrence	11:02.82		4/14
6	34	Emma PALUMBO	#11	St. Lawrence	11:13.66		4/14
7	49	Ona ORTIZ-GUDEMAN	#3	Amherst	11:30.04		3/31
8	53	Tatum PESKIN	#1	Middlebury	11:31.06		4/14
9	64	Claire CALLON	#3	Amherst	11:34.86		4/8
10	67	Stephanie AGER	#5	Wesleyan (Conn	11:35.98		4/14



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Mideast

Women's 5000 Meters

1	33	Ella BALL	#2 Williams	17:15.36	4/14
2	52	Molly FITZGIBBONS	#2 Williams	17:29.51	4/14
3	54	Mary Kate MCGRANAHAN	#3 Amherst	17:31.42	4/14
4	60	Julia CURRAN	#7 Connecticut Coll	17:33.08	4/14
5	63	Olivia PISACANO	#8 RPI	17:33.64	4/14
6	71	Haylei COOLICAN	#11 St. Lawrence	17:37.82	4/22
7	72	Allison LOUNSBURY	#3 Amherst	17:38.44	4/8
8	81	Augusta STOCKMAN	#9 Vassar	17:41.30	4/7
9	94	Nia GODDARD	#8 RPI	17:44.88	4/8
10	98	Stephanie AGER	#5 Wesleyan (Conn	17:48.17	4/8

Women's 10,000 Meters

1	14	Nia GODDARD	#8 RPI	35:51.79	4/14
2	34	Fiona PICONE	#2 Williams	36:45.76	4/14
3	47	Miranda GRAVES	#5 Wesleyan (Conn	37:09.89	4/14
4	52	Allison LOUNSBURY	#3 Amherst	37:32.54	4/14
5	82	Haley OLIVER	#13 Rhode Island Co	38:22.39	3/31
6	83	Olivia WATSON	#11 St. Lawrence	38:22.46	4/14
7	85	Alsacia TIMMERMAN	#7 Connecticut Coll	38:25.74	4/14
8	94	Claire CALLON	#3 Amherst	38:49.56	4/14
9	99	Leah GOODLOE	#8 RPI	39:01.01	4/14
10		Megan GOULDEN	#4 Coast Guard	39:15.63	3/31

Women's 4x100 Relay

1	16	Melissa WHITE, Michelle LOUIE, Eva KAIDEN, Cady BARNES	#1 Middlebury	47.69	4/14
2	22	Kiara TAN, Rachel ARTHUR, Scarlet RUSCH, Ella SUKUP	#2 Williams	48.01	4/14
2	22	Gabby HARRIS, Kenzie KELLY, Augusta Clai BURHANS, Grace DEVANNY	#5 Wesleyan (Conn	48.01	4/14
4	41	Mia BAWENDI, Arissa Grace MCGOWAN, Anastasia IOPPOLO, Eliza CARDWELL	#3 Amherst	48.62	4/14
5	45	Stephanie BROWN, Sydney FACKRELL, Kaitlyn DOHERTY, Gwendolyn ANDERSEN	#6 Springfield (Mas	48.77	4/8
6	59	Jazmyn GILLESPIE, Mary RUSNOCK, Abby ILUSORIO, Malissa LINDSEY	#7 Connecticut Coll	49.19	4/14
7	63	Michelle KWAFO, Kelly WADE, Heather HUANG, Grace FLYNN	#4 Coast Guard	49.29	4/8
8	92	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		Analiese POISSON, Alyssa SIRIANNI, Mackenzie DUNN, Nicole POPHAM	#12 Eastern Connect	51.35	4/21



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Mideast

Women's 4x400 Relay

1	14	Michelle LOUIE, Ciara DALE, Anna KROUSE, Elle THOMPSON	#1 Middlebury	3:56.81	4/14
2	20	Sophia MACK, Maeve HOFFMAN, Kenzie KELLY, Grace DEVANNY	#5 Wesleyan (Conn)	3:59.21	4/22
3	21	Mads RABB, Casie EIFRIG, Halle HANNA, Myeh MEDINA	#3 Amherst	3:59.24	4/14
4	26	Sophia JONES, Julianna KENNEDY, Cate KNEEBONE, Kennedy MULLEN	#10 Trinity (Conn.)	4:00.54	4/8
5	27	Jazmyn GILLESPIE, Erica MACSWEENEY, Alexa ESTES, Mary RUSNOCK	#7 Connecticut Coll	4:00.55	4/8
6	65	Lucy GAGNON, Grace KAERCHER, Lilly WELLS, Nora JOHNSON	#2 Williams	4:06.17	3/25
7		Taylor WINTERS, Paige PHILLIPS, Sidney TRIEPKE, Sophia WHITE	#4 Coast Guard	4:11.54	4/8
8		Lena BAKER, Ellen SMITH, Shams FERVER, Pria PARKER	#16 Smith	4:12.07	4/14
9		Allison RITCHIE, Emma RACCARO, Maggie DONOHUE, Emma DONOHUE	#6 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	3	Allie WILDSMITH	#4 Coast Guard	1.70m	5-7	4/14
2	15	Emily RUBIO	#1 Middlebury	1.65m	5-5	4/14
2	15	Gabriella GRATTAN	#10 Trinity (Conn.)	1.65m	5-5	4/14
4	22	Amelie JAMANKA	#2 Williams	1.63m	5-4¼	4/22
5	32	Livi MAZEROLLE	#2 Williams	1.62m	5-3¾	4/14
6	77	Vicky MARIN	#15 Westfield State	1.57m	5-1¾	4/22
6	77	Emma WHEELER	#7 Connecticut Coll	1.57m	5-1¾	4/14
8	99	Peyton BELSHER	#1 Middlebury	1.56m	5-1¼	4/22
8	99	Anaya THOMAS	#3 Amherst	1.56m	5-1¼	4/14
10		Hayden COLFAX	#2 Williams	1.53m	5-¼	4/8

Women's Pole Vault

1	20	Jae YU	#2 Williams	3.66m	12-0	4/22
2	26	Kerry SEEKAMP	#16 Smith	3.60m	11-9¾	4/22
2	26	Mia BAWENDI	#3 Amherst	3.60m	11-9¾	4/8
4	32	Madison GARRIGUS	#4 Coast Guard	3.56m	11-8	4/14
5	55	Zoe WANG	#1 Middlebury	3.44m	11-3½	3/25
5	55	Ellie FITZGERALD	#2 Williams	3.44m	11-3½	3/25
7	64	Poppy MILLER	#2 Williams	3.40m	11-1¾	4/14
8	93	Erika KLUGE	#5 Wesleyan (Conn)	3.30m	10-9¾	4/8
9		Ella SMITH	#6 Springfield (Mas)	3.25m	10-8	4/8
9		Fiona CARROLL	#5 Wesleyan (Conn)	3.25m	10-8	3/26

Women's Long Jump

1	19	Matlyn GROSS	#6 Springfield (Mas)	5.61m	18-5 (1.7)	4/14
2	36	Eliza CARDWELL	#3 Amherst	5.51m	18-1 (0.0)	4/14
2	36	Cady BARNES	#1 Middlebury	5.51m	18-1 (0.7)	3/25
4	47	Lola PEREZ-FRY	#9 Vassar	5.47m	17-11½ (1)	4/7
5	53	Kristen CHOU	#2 Williams	5.44m	17-10¼ (0)	4/14
6	56	Olive LAWRENCE	#1 Middlebury	5.43m	17-9¾ (-0)	3/18
7		Erica MACSWEENEY	#7 Connecticut Coll	5.25m	17-2¼ (0.3)	4/14
8		Anastasia IOPPOLO	#3 Amherst	5.24mw	17-2¼ (2.5)	4/8
9		Olivia MIDDLETON	#11 St. Lawrence	5.21m	17-1¼ (1.4)	4/22
10		Ava NOVAK	#9 Vassar	5.18m	17-0 (1.4)	4/7
10		Briana JOHNSON	#1 Middlebury	5.18m	17-0 (0.0)	3/18

Women's Triple Jump

1	23	Cady BARNES	#1 Middlebury	11.68m	38-4 (1.2)	3/25
2	24	Jahmilia DENNIS	#9 Vassar	11.60mw	38-¾ (2.7)	3/24
3	25	Erica MACSWEENEY	#7 Connecticut Coll	11.59m	38-¼ (1.9)	4/22
4	37	Samantha PAUL	#6 Springfield (Mas)	11.35m	37-3 (0.8)	4/22
5	44	Matlyn GROSS	#6 Springfield (Mas)	11.28m	37-¼ (1.4)	4/22
6	67	Lucinda POLLITT	#1 Middlebury	11.08m	36-4¼ (2.0)	4/22
6	67	Anaya THOMAS	#3 Amherst	11.08m	36-4¼ (0.3)	4/8
8	76	Anastasia IOPPOLO	#3 Amherst	11.02m	36-2 (0.6)	4/8
9	78	Eliza LEE	#15 Westfield State	11.01mw	36-1½ (2.7)	4/22
10	85	Abigail CLINCH	#6 Springfield (Mas)	10.98m	36-¼ (1.6)	4/22

Women's Shot Put

1	39	Wenesha STEWART	#12 Eastern Connect	12.85m	42-2	4/21
2	44	Christa CARR	#6 Springfield (Mas)	12.77m	41-10¾	4/8
3	73	Julia TULIMIERI	#1 Middlebury	12.35m	40-6¼	3/25
4	80	Emma DOYLE	#18 Mount Holyoke	12.29m	40-4	3/26
5		Kaitlyn BJELKO	#14 SUNY Plattsburg	12.06m	39-6¾	4/15
6		Sadie OLSON	#4 Coast Guard	12.01m	39-5	3/31
7		Emma MILLER	#2 Williams	11.58m	38-0	4/22
8		Katelynn TAYLOR	#6 Springfield (Mas)	11.48m	37-8	4/8
9		Mackenzie GINGRAS	#6 Springfield (Mas)	11.42m	37-5¾	4/22
10		Lillian WURTZ	#1 Middlebury	11.41m	37-5¼	4/8



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Mideast

Women's Discus

1	35	Wenesha STEWART	#12	Eastern Connect	41.65m	136-8	4/14
2	45	Sadie OLSON	#4	Coast Guard	41.03m	134-8	4/22
3	47	Kalea SALANG	#4	Coast Guard	40.74m	133-8	4/22
4		Melissa MEJIA	#13	Rhode Island Co	37.56m	123-3	4/22
5		Madeline SAUNDERS	#1	Middlebury	37.00m	121-5	4/22
6		Kamila ZYGADLO	#10	Trinity (Conn.)	36.76m	120-7	4/22
7		Claire EDWARDS	#5	Wesleyan (Conn)	36.51m	119-10	4/22
8		Katie LYNCH	#8	RPI	35.92m	117-10	4/8
9		Grace RICHARD	#8	RPI	35.79m	117-5	4/14
10		Jasmine PIPER	#14	SUNY Plattsburg	35.64m	116-11	4/22

Women's Hammer

1	9	Kamila ZYGADLO	#10	Trinity (Conn.)	54.03m	177-3	4/22
2	24	Melissa MEJIA	#13	Rhode Island Co	50.34m	165-2	4/14
3	73	Sadie OLSON	#4	Coast Guard	46.75m	153-5	4/14
4	78	Sophie WARREN	#6	Springfield (Mas	46.63m	153-0	4/14
5		Samantha SAINRISTILL	#13	Rhode Island Co	43.83m	143-10	4/14
6		Hayley CHARITER	#13	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	#6	Springfield (Mas	42.18m	138-5	4/14

Women's Javelin

1	55	Jacey TIPPAMAN	#4	Coast Guard	37.24m	122-2	3/24
2	59	Carolina ANDRADE	#3	Amherst	37.06m	121-7	3/31
3	67	Morgan ROME	#3	Amherst	36.81m	120-9	3/31
4	73	Jaxon PALMER	#1	Middlebury	36.71m	120-5	4/8
5	82	Reilly ISLER	#1	Middlebury	36.44m	119-7	4/22
6	LE+0:	Eleanor MERCATORIS	#4	Coast Guard	35.57m	116-9	3/24
7		Gwyn TATTON	#19	Castleton	35.13m	115-3	4/8
8		Courtney COLLIBEE	#21	Salve Regina	34.74m	114-0	4/1
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	17	Emily RUBIO	#1	Middlebury	4,344	4/14
2	19	Emma WHEELER	#7	Connecticut Coll	4,329	4/14
3	23	Livi MAZEROLLE	#2	Williams	4,223	4/14
4	68	Anaya THOMAS	#3	Amherst	3,395	4/14
5	81	Lila MILLER	#9	Vassar	3,209	4/14
6	84	Hannah BROWN	#2	Williams	3,156	4/14
7		Tabitha KLAUS	#17	Roger Williams	2,750	4/14
8		Soleil YUONG	#9	Vassar	2,171	4/14



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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	12	Lindsey NOVAK	#5	North Central (Il	12.01w	(2.2)	4/21
4	14	Gabri MESCHINO	#2	Chicago	12.02	(0.9)	4/7
5	19	Nicole STEWART	#1	Washington (Mo	12.07w	(3.7)	3/31
6	24	Ava DAVID	#10	Elmhurst	12.08	(0.9)	4/12
6	24	Mercedes JACKSON	#5	North Central (Il	12.08w	(2.8)	4/14
8	30	Huda HUSSAINI	#10	Elmhurst	12.11	(0.9)	4/12
9	35	Harmony CREASY	#3	Loras	12.14	(2.0)	4/14
9	35	Emma SEIPEL	#6	Dubuque	12.14w	(3.4)	4/7

Women's 100 Meter Hurdles

1	9	Julia BABINEC	#5	North Central (Il	14.15	(1.8)	4/7
2	10	Denise PARTEE	#5	North Central (Il	14.20w	(3.4)	4/21
3	12	Nakala NADEAU	#10	Elmhurst	14.22	(0.6)	4/12
4	15	Ren BROWN	#2	Chicago	14.35	(-1.0)	4/22
5	23	Lauren GAY	#1	Washington (Mo	14.54	(1.6)	3/25
6	28	Charis RIEBE	#1	Washington (Mo	14.60	(2.0)	3/31
7	39	Cayden SHARP	#9	Greenville	14.77	(-0.5)	4/21
8	51	Natalie MCALLISTER	#13	Cornell College	14.94	(0.1)	4/14
9	60	Vanessa JONES		Webster	15.03	(0.9)	4/7
10	61	Amy KEANE	#19	Wheaton (Ill.)	15.07w	(3.3)	4/22

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	8	Lauren GAY	#1	Washington (Mo	24.41w	(3.4)	4/15
4	11	Ava DAVID	#10	Elmhurst	24.57w	(3.3)	4/13
5	17	Lindsey NOVAK	#5	North Central (Il	24.79w	(2.1)	4/21
6	33	Nicole STEWART	#1	Washington (Mo	25.13	(1.9)	3/25
7	37	Harmony CREASY	#3	Loras	25.16	(-0.9)	4/14
8	43	Stevie LAMBE	#3	Loras	25.20	(1.4)	4/21
9	50	Cayden SHARP	#9	Greenville	25.28	(0.9)	4/13
10	58	Gabri MESCHINO	#2	Chicago	25.34	(0.1)	4/14

Women's 400 Meters

1	2	Emma KELLEY	#1	Washington (Mo	55.15		4/7
2	3	Alyssa PFADENHAUER	#3	Loras	55.21		3/30
3	7	Kayla ARMSTRONG	#11	Concordia Chica	56.00		4/21
4	13	Lindsey NOVAK	#5	North Central (Il	56.71		4/14
5	17	Ava DAVID	#10	Elmhurst	57.05		4/13
6	35	Sophie FOX	#1	Washington (Mo	57.73		4/22
7	45	Aaliyah COLLIER	#3	Loras	58.01		4/14
8	47	Stevie LAMBE	#3	Loras	58.09		4/14
9	80	Katara JONDLE	#12	Buena Vista	58.79		4/14
10	96	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	21	Simone WILSON	#11	Concordia Chica	1:03.46		4/21
3	28	Carson MCSORLEY	#4	Wartburg	1:04.58		4/13
4	42	Ruby KAPLAN	#1	Washington (Mo	1:05.21		4/22
5	61	Camila GARANTON	#2	Chicago	1:06.02		4/22
6	83	Merryl GREEN	#3	Loras	1:06.92		4/14
7	88	Aricka LAMBSON	#4	Wartburg	1:07.06		4/1
8	89	Cayden SHARP	#9	Greenville	1:07.07		4/21
9	91	Katelyn PFALTZGRAFF	#6	Dubuque	1:07.15		4/7
10		Maddax DEVAULT	#14	Simpson (Iowa)	1:07.67		4/21

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	8	Alessia SARUSSI	#1	Washington (Mo	2:11.97		4/22
4	14	Maddie KELLY	#2	Chicago	2:13.15		4/14
4	14	Danielle SCHULTZ	#1	Washington (Mo	2:13.15		4/22
6	18	Elisabeth CAMIC	#2	Chicago	2:13.73		4/14
7	22	Maya ORDONEZ	#2	Chicago	2:14.10		4/22
8	27	Sophie FOX	#1	Washington (Mo	2:14.80		4/1
9	39	Elly BURDS	#3	Loras	2:15.48		4/21
10	44	Lindsay OTT	#1	Washington (Mo	2:15.87		3/25

Women's 1500 Meters

1	3	Aoife DUNNE	#1	Washington (Mo	4:29.48		4/1
2	7	Maddie KELLY	#2	Chicago	4:32.61		4/7
3	10	Emily KONKUS	#1	Washington (Mo	4:33.34		4/22
4	11	Cat WIMMER	#2	Chicago	4:34.06		4/7
5	16	Lexi BROWN	#4	Wartburg	4:35.04		4/1
6	17	Evelyn BATTLESON-GUNKEL	#2	Chicago	4:35.58		4/7
7	19	Caroline MCMARTIN	#7	Central (Iowa)	4:35.92		4/7
8	21	Nora HOLMES	#2	Chicago	4:36.06		4/1
9	24	Alyssa RAFUSE	#10	Elmhurst	4:36.20		4/13
10	27	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	10	Megan JOHNSON	#7	Central (Iowa)	10:51.29		4/1
5	21	Julia PATTERSON	#1	Washington (Mo	11:01.47		4/1
6	24	Caitlin JORGENSEN	#2	Chicago	11:07.39		4/22
7	25	Brianna RENNER	#3	Loras	11:07.96		4/14
8	27	Ellie OSTERBERGER	#3	Loras	11:08.33		4/21
9	28	Abigail PATTERSON	#1	Washington (Mo	11:08.89		4/1
10	42	Jane PINKOWSKI	#4	Wartburg	11:22.04		4/7



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Midwest

Women's 5000 Meters

1	1	Kassie PARKER	#3	Loras	15:37.00	4/21
2	5	Anna KENIG-ZIESLER	#2	Chicago	16:37.48	4/14
3	6	Lexi BROWN	#4	Wartburg	16:39.03	4/14
4	7	Maddie KELLY	#2	Chicago	16:44.33	4/1
5	9	Evelyn BATTLESON-GUNKEL	#2	Chicago	16:48.15	4/1
6	11	Caroline MCMARTIN	#7	Central (Iowa)	16:50.17	4/1
7	12	Emily KONKUS	#1	Washington (Mo)	16:51.00	4/1
8	14	Aubrie FISHER	#4	Wartburg	16:56.40	4/14
9	16	Cat WIMMER	#2	Chicago	17:00.83	4/1
10	19	Ella BEHRENS	#1	Washington (Mo)	17:02.69	4/22

Women's 10,000 Meters

1	1	Kassie PARKER	#3	Loras	32:36.22	3/31
2	5	Katarina BIRIMAC	#2	Chicago	35:08.09	4/1
3	6	Frances SCHAEFFLER	#2	Chicago	35:10.56	4/1
4	7	Anna KENIG-ZIESLER	#2	Chicago	35:11.97	4/1
5	8	Ella BEHRENS	#1	Washington (Mo)	35:13.23	4/1
6	9	Shaelyn HOSTAGER	#4	Wartburg	35:21.23	4/1
7	11	Kiera OLSON	#1	Washington (Mo)	35:40.22	4/1
8	13	Susannah BENNETT	#19	Wheaton (Ill.)	35:50.93	4/21
9	16	Sophie TEDESCO	#2	Chicago	35:58.19	4/22
10	38	Katie RECTOR	#1	Washington (Mo)	36:56.47	4/22

Women's 4x100 Relay

1	2	Harmony CREASY, Marion EDWARDS, Stevie LAMBE, Gabrielle NOLAND	#3	Loras	46.64	4/21
2	4	Myciah CLAY, Lauren GAY, Jasmine WRIGHT, Nicole STEWART	#1	Washington (Mo)	46.99	4/22
3	6	Mercedes JACKSON, Julia BABINEC, Lindsey NOVAK, Denise PARTEE	#5	North Central (Il)	47.08	4/14
4	8	Lauren MARSHALL, Ava DAVID, Hannah SCHWARZ, Huda HUSSAINI	#10	Elmhurst	47.31	4/7
5	14	Camila GARANTON, Gabri MESCHINO, Izzy LAYNE, Maddie LYONS	#2	Chicago	47.59	4/14
6	30	Cayden SHARP, Laila GRAHAM, Jocelyn FRITZ, Sara YAKANA	#9	Greenville	48.31	4/21
7	49	Demetria JOHNSON, Emma SEIPEL, Gianna BORZILERI, Keira ALLISS	#6	Dubuque	48.93	4/7
8	50	Kate LEIMBACH, Breanne GEARY, Keeley HOURIGAN, Natalie CUMMINS	#8	Nebraska Wesleyan	48.96	4/21
9	55	Makenzie FOELSKE, JoJo TYNNISMAA, Olivia TOLLARI, Mikala SIDNEY	#4	Wartburg	49.11	4/13
10	56	Caitlyne MAR, Madison OSBORN, Sidney BROWN, Natalie MCALLISTER	#13	Cornell College	49.12	4/14



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Midwest

Women's 4x400 Relay

1	1	Marion EDWARDS, Gabrielle NOLAND, Stevie LAMBE, Alyssa PFADENHAUER	#3	Loras	3:41.95	3/29
2	4	Sophie FOX, Aoife DUNNE, Danielle SCHULTZ, Emma KELLEY	#1	Washington (Mo)	3:50.73	4/15
3	17	Ren BROWN, Maya ORDONEZ, Camila GARANTON, Izzy LAYNE	#2	Chicago	3:58.12	4/22
4	28	Carson MCSORLEY, Lily CAMPBELL, JoJo TYNISMMA, Aricka LAMBSON	#4	Wartburg	4:00.62	4/7
5	33	Naomi JONES, Ava DAVID, Venezia MUNOZ, Alyssa RAFUSE	#10	Elmhurst	4:01.46	4/7
6	40	Lauren BROWN, Abby GRUVER, Peyton STEFFEN, Abbi ROERDINK	#7	Central (Iowa)	4:02.66	4/7
7	47	Jules GRUNLOH, Isabella GONZALEZ, Davion LEMON, Jordynn GRIFFIN	#17	Illinois Wesleyan	4:03.72	4/14
8	59	Itzel GARCIA, Alyssa RUIZ, Ari LEFAIVRE, Katie RISNER	#16	Millikin	4:05.27	4/7
9	60	Eve SHELTON, Simone WILSON, Kayla ARMSTRONG, Daisia WILSON	#11	Concordia Chica	4:05.32	4/15
10	61	Trisha HAYES, Breanne GEARY, Raegan LEVI, Isabella HILGER	#8	Nebraska Wesle	4:05.46	4/7

Women's High Jump

1	7	Olivia JAMESON	#21	Illinois Tech	1.68m	5-6	4/14
2	11	Breya CHRISTOPHER	#4	Wartburg	1.67m	5-5¾	4/14
2	11	Grace ALLEY	#3	Loras	1.67m	5-5¾	4/14
2	11	Aaliyah COLLIER	#3	Loras	1.67m	5-5¾	4/14
5	15	Hailey CAROLAN	#13	Cornell College	1.65m	5-5	4/14
6	20	Miku OKADA	#1	Washington (Mo)	1.64m	5-4½	4/7
7	32	Sara HOSKINS	#3	Loras	1.62m	5-3¾	4/5
7	32	Gabriela LOIZ	#15	Augustana (Ill.)	1.62m	5-3¾	4/5
9	40	Natalie MCALLISTER	#13	Cornell College	1.61m	5-3¼	4/21
10	45	Cayden SHARP	#9	Greenville	1.60m	5-3	3/31
10	45	Samantha NIELSEN	#4	Wartburg	1.60m	5-3	4/1
10	45	Anna Beth VANCIL	#9	Greenville	1.60m	5-3	3/25
10	45	Mary YANGA	#12	Buena Vista	1.60m	5-3	4/7

Women's Pole Vault

1	2	Yasmin RUFF	#1	Washington (Mo)	3.91m	12-10	4/22
2	14	Celeste TAYLOR	#2	Chicago	3.70m	12-1½	4/22
3	21	Gwen BERENYI	#5	North Central (Il)	3.65m	11-11¾	4/14
4	64	Ariana RIVERA	#5	North Central (Il)	3.40m	11-1¾	4/2
4	64	Natalie JOHNSON	#5	North Central (Il)	3.40m	11-1¾	4/2
4	64	Susannah TRUITT	#2	Chicago	3.40m	11-1¾	4/22
7	79	Emilia CURRENT	#2	Chicago	3.35m	10-11¾	4/14
8		Anna CURTIS	#1	Washington (Mo)	3.27m	10-8¾	4/7
9		Hannah PECHARICH	#22	Coe	3.26m	10-8¼	4/7
10		Lindsay RECKER	#2	Chicago	3.20m	10-6	4/7
10		Amber VROMAN	#7	Central (Iowa)	3.20m	10-6	4/7
10		Kelsey BECKER	#10	Elmhurst	3.20m	10-6	4/22

Women's Long Jump

1	1	Emma SEIPEL	#6	Dubuque	6.04mw	19-9¾ (3.4)	4/7
2	4	Harmony CREASY	#3	Loras	5.85mw	19-2½ (3.2)	4/5
3	11	Demetria JOHNSON	#6	Dubuque	5.69m	18-8 (0.7)	4/14
4	13	Olivia TOLLARI	#4	Wartburg	5.67mw	18-7¼ (2.6)	4/7
5	16	Grace ALLEY	#3	Loras	5.64m	18-6 (1.9)	3/30
6	17	Ebunoluwa OPATA	#1	Washington (Mo)	5.63m	18-5¾ (2.0)	4/15
7	29	Marina SEMPLE	#2	Chicago	5.54m	18-2¼ (0.0)	4/22
8	33	De'ja AUSTIN- CHERRY	#3	Loras	5.52m	18-1½ (1.2)	4/14
9	36	Laila GRAHAM	#9	Greenville	5.51m	18-1 (2.0)	4/15
10	49	Cayden SHARP	#9	Greenville	5.45m	17-10¾ (-3)	4/7
10	49	Shaniah JOHNSON	#4	Wartburg	5.45m	17-10¾ (0.0)	4/14

Women's Triple Jump

1	7	Grace ALLEY	#3	Loras	12.04mw	39-6 (2.5)	4/5
2	8	Ebunoluwa OPATA	#1	Washington (Mo)	12.01m	39-5 (0.0)	4/22
3	9	Harmony CREASY	#3	Loras	11.96mw	39-3 (2.8)	4/5
4	14	Breya CHRISTOPHER	#4	Wartburg	11.87mw	38-11½ (2.0)	4/1
5	18	Rebecca STEWART	#2	Chicago	11.74m	38-6¼ (0.0)	4/22
6	19	Aaliyah COLLIER	#3	Loras	11.73m	38-6 (1.6)	4/2
7	26	Lauren WONG	#17	Illinois Wesleyan	11.56mw	37-11¼ (2.0)	4/21
8	28	De'ja AUSTIN- CHERRY	#3	Loras	11.53m	37-10 (1.2)	4/14
8	28	Shaniah JOHNSON	#4	Wartburg	11.53m	37-10 (1.4)	4/7
10	31	Daekota KNOTT	#4	Wartburg	11.48m	37-8 (0.0)	4/14

Women's Shot Put

1	2	Kash ALLEN	#24	Benedictine (Ill.)	14.67m	48-1¾	4/14
2	5	Kaitlyn WILDER	#6	Dubuque	14.50m	47-7	4/2
3	6	Rebecca SIMPSON	#12	Buena Vista	14.27m	46-10	4/7
4	21	Molly LAUMAKIS	#2	Chicago	13.45m	44-1½	4/14
5	23	Jenae BOTHE	#1	Washington (Mo)	13.38m	43-10¾	4/15
6	24	Kristen REICKS	#4	Wartburg	13.37m	43-10½	4/14
7	29	Ellie AKOUGH	#8	Nebraska Wesle	13.16m	43-2¼	4/7
8	37	Lily MEESTER	#4	Wartburg	12.89m	42-3½	4/1
9	38	Jaydyn PALMER	#22	Coe	12.87m	42-2¾	4/14
10	39	Haley BEMINIO	#4	Wartburg	12.85m	42-2	4/14



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Midwest

Women's Discus

1	5	Ellie AKOUGH	#8	Nebraska Wesleyan	46.73m	153-4	4/14
2	7	Charlotte FRERE	#15	Augustana (Ill.)	44.99m	147-7	4/21
3	9	Kaitlyn WILDER	#6	Dubuque	44.77m	146-11	4/7
4	11	Kylee DOHERTY	#6	Dubuque	44.24m	145-2	4/2
5	15	Maddie BOLEY	#18	Monmouth (Ill.)	43.67m	143-3	4/21
6	17	Molly LAUMAKIS	#2	Chicago	43.48m	142-8	4/22
7	22	Taylor FLAIG	#3	Loras	42.82m	140-6	4/2
8	26	Mackenna WITTE	#8	Nebraska Wesleyan	42.39m	139-1	4/21
9	41	Amanda DYBAL	#18	Monmouth (Ill.)	41.16m	135-1	4/21
10	46	Krista SUDAR	#1	Washington (Mo)	40.85m	134-0	3/31

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	8	Alexandra DRAVES	#5	North Central (Ill.)	54.16m	177-8	4/2
4	10	Ellie AKOUGH	#8	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	22	Adriyanna PATTERSON	#16	Millikin	50.51m	165-9	4/15
8	23	Caitlyn COX	#3	Loras	50.35m	165-2	4/2
9	35	Taylor FLAIG	#3	Loras	48.73m	159-11	4/2
10	44	Molly LAUMAKIS	#2	Chicago	48.33m	158-7	4/22

Women's Javelin

1	1	Avery DECKER	#8	Nebraska Wesleyan	46.41m	152-3	4/21
2	5	Rebecca SIMPSON	#12	Buena Vista	43.96m	144-3	4/7
3	16	Heather MICHALSKI	#15	Augustana (Ill.)	40.34m	132-4	4/7
4	21	Madeline BOBINSKI	#11	Concordia Chicago	39.98m	131-2	4/2
5	22	Faith LADIN	#5	North Central (Ill.)	39.68m	130-2	4/7
6	30	Addie THOMAS	#8	Nebraska Wesleyan	39.05m	128-2	4/7
7	37	Hannah JONES	#5	North Central (Ill.)	37.93m	124-6	4/7
8	39	Kylee DOHERTY	#6	Dubuque	37.75m	123-10	4/14
9	46	Emma BROWN	#9	Greenville	37.57m	123-3	4/15
10	53	Aaliyah JOHNSON	#14	Simpson (Iowa)	37.31m	122-5	4/21

Women's Heptathlon

1	1	Grace ALLEY	#3	Loras	5,163		3/30
2	5	Cayden SHARP	#9	Greenville	4,756		4/13
3	8	Natalie MCALLISTER	#13	Cornell College	4,621		4/21
4	16	Olivia BOHLEN	#7	Central (Iowa)	4,346		4/21
5	38	Skylar GIBBS	#20	Aurora	3,962		4/13
6	39	Aaliyah JOHNSON	#14	Simpson (Iowa)	3,937		4/21
7	41	Esther MILLER	#23	North Park	3,914		4/13
8	43	Trisha HAYES	#8	Nebraska Wesleyan	3,887		4/21
9	47	Hannah JONES	#5	North Central (Ill.)	3,827		4/21
10	59	Madison HAYS	#14	Simpson (Iowa)	3,534		4/21



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Niagara

Women's 100 Meters

1	32	Mackenzie MIX	#10	Utica	12.12	(1.5)	4/21
2	48	Madeline O'CONNELL	#2	Rochester (N.Y.)	12.23w	(2.6)	4/2
3	67	Susan BANSBACH	#2	Rochester (N.Y.)	12.31w	(2.6)	4/2
4	90	Autumn PITTMAN	#5	SUNY Cortland	12.41	(1.5)	4/14
5	95	Gwen SHEPARDSON	#1	SUNY Geneseo	12.44w	(2.6)	4/2
6	LEO: Isre'al CONERLY		#6	NYU	12.45w	(2.8)	3/24
7	Summer REID		#6	NYU	12.49w	(2.8)	3/24
7	Zhane LETTSOME		#7	St. John Fisher	12.49	(0.5)	4/14
9	Kate KOUTSOURADES		#1	SUNY Geneseo	12.53w	(2.6)	4/2
9	Ciarra FRANZ		#7	St. John Fisher	12.53	(0.0)	4/7

Women's 100 Meter Hurdles

1	4	Natalia SAWYER	#11	Buffalo State	14.03	(-1.1)	4/14
2	8	Logan BRUCE	#3	Ithaca	14.14w	(3.0)	4/1
3	27	Gwen SHEPARDSON	#1	SUNY Geneseo	14.59w	(2.1)	4/14
4	33	Ciarra FRANZ	#7	St. John Fisher	14.68	(-0.1)	4/14
5	52	Ashley HEFFERNAN	#2	Rochester (N.Y.)	14.96w	(2.2)	4/14
6	54	Ejim NNATE	#9	SUNY Oneonta	14.98	(1.8)	4/21
7	88	Allyson SUROWICK	#1	SUNY Geneseo	15.37	(1.4)	4/2
8		Allison REGNANTE	#12	RIT	15.56	(-0.6)	4/14
9		Rachel LARSON	#3	Ithaca	15.69	(0.9)	4/21
10		Emma TAGGART	#15	Alfred State	15.79w	(3.6)	4/8

Women's 200 Meters

1	20	Susan BANSBACH	#2	Rochester (N.Y.)	24.90	(1.8)	4/14
2	27	Madeline O'CONNELL	#2	Rochester (N.Y.)	25.03	(0.7)	4/22
3	33	Ashley HEFFERNAN	#2	Rochester (N.Y.)	25.13	(2.0)	4/14
4	41	Kristin HARDY	#2	Rochester (N.Y.)	25.17	(1.8)	4/14
5	48	Natalia SAWYER	#11	Buffalo State	25.25	(0.9)	4/8
6	68	Samantha SHEA	#7	St. John Fisher	25.45	(0.7)	4/22
7	74	Gwen SHEPARDSON	#1	SUNY Geneseo	25.49	(-0.3)	4/2
8	75	Isre'al CONERLY	#6	NYU	25.50	(-0.1)	3/24
9	86	Kate KOUTSOURADES	#1	SUNY Geneseo	25.57	(1.8)	4/14
10	94	Autumn PITTMAN	#5	SUNY Cortland	25.65	(0.0)	4/14

Women's 400 Meters

1	4	Susan BANSBACH	#2	Rochester (N.Y.)	55.41		4/14
2	8	Madeline O'CONNELL	#2	Rochester (N.Y.)	56.29		4/14
3	9	Natalia SAWYER	#11	Buffalo State	56.36		4/22
4	12	Samantha SHEA	#7	St. John Fisher	56.69		4/14
5	21	Kristin HARDY	#2	Rochester (N.Y.)	57.25		4/14
6	37	Brenna JOHNSON	#8	Nazareth	57.78		4/14
7	41	Megan BELL	#2	Rochester (N.Y.)	57.86		4/2
8	42	Kate ISAAC	#2	Rochester (N.Y.)	57.92		4/14
9	74	Khia LASTER	#11	Buffalo State	58.68		4/22
10	84	Mackenzie MIX	#10	Utica	58.85		4/18

Women's 400 Meter Hurdles

1	1	Natalia SAWYER	#11	Buffalo State	58.61		4/14
2	12	Gwen SHEPARDSON	#1	SUNY Geneseo	1:02.47		4/14
3	23	Samantha BECKER	#5	SUNY Cortland	1:04.09		4/8
4	29	Megan BELL	#2	Rochester (N.Y.)	1:04.61		4/14
5	39	Elizabeth LIRIANO	#5	SUNY Cortland	1:04.88		3/30
6	53	Janelle ECKL	#1	SUNY Geneseo	1:05.78		4/8
7	54	Luca PECORA	#3	Ithaca	1:05.80		4/14
8	63	Samantha CRISCI	#12	RIT	1:06.28		4/14
9	66	Claire LENIHAN	#1	SUNY Geneseo	1:06.31		4/14
10		Clara SENSINI	#4	SUNY Brockport	1:07.45		4/8

Women's 800 Meters

1	13	Megan BELL	#2	Rochester (N.Y.)	2:13.14		4/22
2	20	Windsor ARDNER	#1	SUNY Geneseo	2:13.88		4/14
3	21	Sierra DOODY	#1	SUNY Geneseo	2:14.02		4/22
4	24	Paloma DEMONTE	#3	Ithaca	2:14.38		4/14
5	33	Marcie HOGAN	#1	SUNY Geneseo	2:15.26		4/14
6	37	Janelle ECKL	#1	SUNY Geneseo	2:15.45		4/22
7	38	Erin EIVERS	#1	SUNY Geneseo	2:15.46		4/14
8	45	Raechel ZIELINSKI	#1	SUNY Geneseo	2:15.90		4/14
9	54	Jennifer METZ	#4	SUNY Brockport	2:16.25		4/14
10	82	Aminata JOHNSON	#6	NYU	2:17.85		3/30

Women's 1500 Meters

1	5	Windsor ARDNER	#1	SUNY Geneseo	4:30.72		4/14
2	15	Marcie HOGAN	#1	SUNY Geneseo	4:34.59		4/14
3	18	Erin EIVERS	#1	SUNY Geneseo	4:35.63		4/14
4	25	Sierra DOODY	#1	SUNY Geneseo	4:36.34		4/14
5	37	Vivian KANE	#6	NYU	4:37.35		4/14
6	76	Amanda BURRICHTER	#16	Houghton	4:42.72		4/14
7	85	Raechel ZIELINSKI	#1	SUNY Geneseo	4:43.14		4/2
8		Rachel HIRSCHKIND	#1	SUNY Geneseo	4:45.62		4/8
9		Paloma DEMONTE	#3	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	31	Kaitlyn GROSSMAN	#1	SUNY Geneseo	11:11.49		4/14
3	55	Ann BRENNAN	#1	SUNY Geneseo	11:31.44		4/14
4	59	Isabel MARZEC	#1	SUNY Geneseo	11:32.37		4/14
5	62	Rachel CASTELLO	#5	SUNY Cortland	11:33.98		4/14
6	80	Katherine BENNINGER	#2	Rochester (N.Y.)	11:42.04		4/8
7	85	Veronica DAILY	#4	SUNY Brockport	11:43.03		4/14
8	98	Emily WEAVER	#8	Nazareth	11:49.97		4/14
9	99	Kyla EISMAN	#3	Ithaca	11:50.78		4/8
10		Sab LIN	#2	Rochester (N.Y.)	12:00.52		4/2



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Women's 5000 Meters

1	10	Rachel HIRSCHKIND	#1	SUNY Geneseo	16:48.99	4/14
2	22	Grace RICHARDSON	#6	NYU	17:04.86	4/14
3	25	Vivian KANE	#6	NYU	17:10.28	3/30
4	27	Kathleen MCCAREY	#1	SUNY Geneseo	17:11.17	4/8
5	28	Penelope GREENE	#1	SUNY Geneseo	17:11.61	4/14
6	40	Windsor ARDNER	#1	SUNY Geneseo	17:21.78	4/2
7	42	Erin EIVERS	#1	SUNY Geneseo	17:22.68	4/2
8	45	Marcie HOGAN	#1	SUNY Geneseo	17:25.53	4/2
9	46	Lilly FOWLER- CONNER	#1	SUNY Geneseo	17:27.07	4/14
10	47	Gabriella MCCARTHY	#1	SUNY Geneseo	17:27.17	4/14

Women's 10,000 Meters

1	12	Kathleen MCCAREY	#1	SUNY Geneseo	35:42.53	4/14
2	29	Megan FRANCOEUR	#9	SUNY Oneonta	36:34.16	4/14
3	33	Sennett TURNER	#2	Rochester (N.Y.)	36:45.13	4/14
4	35	Kerry FLOWER	#4	SUNY Brockport	36:48.70	4/14
5	55	Ava FOWLER	#3	Ithaca	37:38.77	4/14
6	70	Katherine VOGEL	#1	SUNY Geneseo	37:58.55	4/14
7	92	Rachel DOMARACKI	#16	Houghton	38:37.48	4/2
8		Lauren DEMICHELE	#7	St. John Fisher	39:12.21	4/2
9		Alexandra VENTRESCA	#1	SUNY Geneseo	39:20.04	4/2
10		Lilianna HANNING	#8	Nazareth	39:23.94	4/2

Women's 4x100 Relay

1	13	Kristin HARDY, Susan BANSBACH, Ashley HEFFERNAN, Madeline O'CONNELL	#2	Rochester (N.Y.)	47.53	4/22
2	22	Michaela KURBS, Samantha SHEA, Zhane LETTSOME, Ciarra FRANZ	#7	St. John Fisher	48.01	4/14
3	38	Kate KOUTSOURADES, Kayla HUBA, Katelyn JACQUES, Gwen SHEPARDSON	#1	SUNY Geneseo	48.49	4/14
4	44	Sabrina RICHARDS, Miranda COLE, Zoe RODI, Kadie-Ann WHYTE	#17	SUNY Delhi	48.71	4/21
5	64	Summer REID, Isre'al CONERLY, Kate WALSH, Lola AKINDELE	#6	NYU	49.30	4/8
6	68	Kendall SOBCZYK, Alyssa LABELLE, Julia ROSS, Autumn PITTMAN	#5	SUNY Cortland	49.38	4/14
7	83	Courtney BOSTIC, Sarah LEVINE, Marissa WISE, Mia MONTGOMERY	#4	SUNY Brockport	49.66	4/14
8		Ayenaliz VELASQUEZ, Logan BRUCE, Luca PECORA, Milla GONZALEZ	#3	Ithaca	49.97	4/8
9		Shiana SUSA, Brenna JOHNSON, Hannah RAGULE, Alaina MORLEY	#8	Nazareth	50.15	4/22
10		Margaret PETTY, Danielle JACKSON, Ejim NNATE, Taylor JOHNSON	#9	SUNY Oneonta	51.22	4/1



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Women's 4x400 Relay

1	7	Madeline O'CONNELL, Kate ISAAC, Megan BELL, Susan BANSBACH	#2	Rochester (N.Y.)	3:53.88	4/6
2	12	Jenna RACZKA, Brooklyn LAWRENCE, Khia LASTER, Natalia SAWYER	#11	Buffalo State	3:56.32	4/22
3	13	Clara SENSINI, Marissa WISE, Jennifer METZ, Sarah LEVINE	#4	SUNY Brockport	3:56.71	4/14
4	45	Janelle ECKL, Gwen SHEPARDSON, Tori FEARS, Julianna KLIMOW	#1	SUNY Geneseo	4:03.55	4/14
5	73	Yasmine PERALTA, Samantha BECKER, Helena TRACEY, Elizabeth LIRIANO	#5	SUNY Cortland	4:06.91	3/30
6	75	Paloma DEMONTE, Moriah BYRD, Natalie MACARTHUR, Rachel ROSE	#3	Ithaca	4:07.02	3/25
7	83	Lola AKINDELE, Aminata JOHNSON, Isre'al CONERLY, Kamila SANUSI	#6	NYU	4:07.80	4/22
8	87	Jade DENING, Noella BURLETTE, Kyla REED, Emma ZACHAREWICZ	#10	Utica	4:08.58	4/15
9		Claire TRATNYEK, Eva MCILRAITH, Hannah TURNER, Emily POGOZELSKI	#18	Hamilton	4:18.41	3/24
10		Shiana SUSA, Samantha LUBA, Sydney LASALLE, Isabella HEATH	#8	Nazareth	4:23.24	4/8

Women's High Jump

1	7	Danielle FISK	#5	SUNY Cortland	1.68m	5-6	4/8
2	22	Sarah KILLIP	#4	SUNY Brockport	1.63m	5-4¼	4/14
2	22	Michaela LEVESQUE	#4	SUNY Brockport	1.63m	5-4¼	4/8
4	40	Mariah SAGGESE	#5	SUNY Cortland	1.61m	5-3¼	4/15
4	40	Charly SLUSSER	#3	Ithaca	1.61m	5-3¼	4/15
6	45	Logan BRUCE	#3	Ithaca	1.60m	5-3	4/14
7	77	Rhiannon BUTCHKO	#19	SUNY Oswego	1.57m	5-1¾	4/2
7	77	Janelle ECKL	#1	SUNY Geneseo	1.57m	5-1¾	4/2
7	77	Hayden WILLIAMSON	#16	Houghton	1.57m	5-1¾	4/8
7	77	Emma TAGGART	#15	Alfred State	1.57m	5-1¾	4/14

Women's Pole Vault

1	5	Madeline O'CONNELL	#2	Rochester (N.Y.)	3.85m	12-7½	4/2
2	13	Meghan MATHENY	#3	Ithaca	3.72m	12-2½	4/8
3	33	Kennedy HEICHEL	#3	Ithaca	3.55m	11-7¾	4/21
4	49	Martha KEMP-NEILSON	#3	Ithaca	3.45m	11-3¾	4/1
5	62	Isabel MORSE	#8	Nazareth	3.41m	11-2¼	4/22
6	64	Tess EICHNER	#4	SUNY Brockport	3.40m	11-1¾	4/8
6	64	Cara PELLECHIA	#21	Fredonia	3.40m	11-1¾	4/8
6	64	Catherine FOX	#12	RIT	3.40m	11-1¾	4/14
6	64	Erin EASTWOOD	#3	Ithaca	3.40m	11-1¾	4/21
6	64	Jamie ROSSIG	#3	Ithaca	3.40m	11-1¾	4/21
6	64	Becca BREADY	#5	SUNY Cortland	3.40m	11-1¾	4/15

Women's Long Jump

1	7	Logan BRUCE	#3	Ithaca	5.77m	18-11¼ (0.	4/8
2	8	Mia MONTGOMERY	#4	SUNY Brockport	5.72m	18-9¼ (0.5	4/14
3	24	Michaela KURBS	#7	St. John Fisher	5.57m	18-3¼ (1.2	4/14
4	29	Katelyn JACQUES	#1	SUNY Geneseo	5.54m	18-2¼ (0.9	4/14
5	31	Veronica DUELL	#7	St. John Fisher	5.53m	18-1¾ (1.7	4/2
6	40	Brenna JOHNSON	#8	Nazareth	5.49m	18-¼ (1.5)	4/14
6	40	Khia LASTER	#11	Buffalo State	5.49m	18-¼ (1.4)	3/31
8	49	Danielle FISK	#5	SUNY Cortland	5.45m	17-10¾ (1.	4/8
9	53	Anne SPILA	#13	Alfred	5.44m	17-10¼ (1.	4/2
10	59	Ashley HEFFERNAN	#2	Rochester (N.Y.)	5.41m	17-9 (0.8)	4/22
10	59	Ashleigh BARRETT	#2	Rochester (N.Y.)	5.41mw	17-9 (3.3)	4/22

Women's Triple Jump

1	13	Katelyn JACQUES	#1	SUNY Geneseo	11.90mw	39-¾ (2.5)	4/14
2	30	Ally ALVIRA	#1	SUNY Geneseo	11.52mw	37-9½ (2.1	4/14
3	49	Mia MONTGOMERY	#4	SUNY Brockport	11.22m	36-9¾ (0.0	4/14
4	55	Alyssa HOGGS	#2	Rochester (N.Y.)	11.17mw	36-7¾ (3.0	4/14
5	74	Caitlin MAHER	#5	SUNY Cortland	11.03mw	36-2¼ (2.9	4/21
6	76	Hannah RAGULE	#8	Nazareth	11.02m	36-2 (1.6)	4/22
7	81	Isabella HEATH	#8	Nazareth	11.00m	36-1¼ (0.3	4/22
8	86	Dasha JACKSON	#6	NYU	10.97m	36-0 (0.9)	4/8
8	86	Lena KIEHL	#1	SUNY Geneseo	10.97m	36-0 (2.0)	4/14
10	88	Laura MEADE	#10	Utica	10.96m	35-11½ (0.	4/15

Women's Shot Put

1	12	Jane FAHY	#10	Utica	13.77m	45-2¼	4/21
2	15	Isabella FABRIZIO	#9	SUNY Oneonta	13.57m	44-6¼	4/14
3	18	Sarah CROCKETT	#4	SUNY Brockport	13.52m	44-4¼	4/14
4	47	Emelene BUREK	#9	SUNY Oneonta	12.73m	41-9¼	4/1
5	64	Cora ROSE	#2	Rochester (N.Y.)	12.44m	40-9¾	4/8
6	85	Makenna KING	#7	St. John Fisher	12.25m	40-2¼	4/14
7	95	Trinity DEES	#4	SUNY Brockport	12.16m	39-10¾	4/14
8		Zoe CONNER	#1	SUNY Geneseo	12.08m	39-7¾	4/2
9		Emily DIMARCO	#12	RIT	12.01m	39-5	4/2
10		Marinna HEICHBERGER	#12	RIT	11.99m	39-4	4/14



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Niagara

Women's Discus

1	20	Emily DIMARCO	#12	RIT	43.06m	141-3	4/22
2	24	Makenna KING	#7	St. John Fisher	42.62m	139-10	4/7
3	55	Cora ROSE	#2	Rochester (N.Y.)	40.38m	132-6	4/8
4	62	Michelle UVIEGHARA	#6	NYU	40.15m	131-9	3/24
5	79	Gillian REEDER	#2	Rochester (N.Y.)	39.40m	129-3	4/8
6	85	Sarah CROCKETT	#4	SUNY Brockport	39.18m	128-7	4/14
7		Skyler KLIMOW	#1	SUNY Geneseo	38.42m	126-1	4/8
8		Emma KINNICUTT	#4	SUNY Brockport	37.50m	123-1	4/2
9		Sarah FLORIAN	#10	Utica	36.93m	121-2	4/21
10		Katrina CHANDLER	#4	SUNY Brockport	36.77m	120-8	4/8

Women's Hammer

1	29	Sarah PARR	#5	SUNY Cortland	49.02m	160-10	4/15
2	43	Zoe CONNER	#1	SUNY Geneseo	48.36m	158-8	4/22
3	53	Isabella FABRIZIO	#9	SUNY Oneonta	47.93m	157-3	4/21
4	58	Hannah JACKSON	#9	SUNY Oneonta	47.53m	155-11	4/21
5	67	Lea RICHARD	#8	Nazareth	47.23m	155-0	4/14
6	83	Lainey PORTER	#4	SUNY Brockport	46.39m	152-3	4/8
7	85	Sarah CROCKETT	#4	SUNY Brockport	46.37m	152-2	4/14
8	95	Emma KINNICUTT	#4	SUNY Brockport	45.73m	150-1	4/14
9		Christina GROLEAU	#9	SUNY Oneonta	45.32m	148-8	4/21
10		Lily SEYFERT	#3	Ithaca	45.28m	148-7	4/15

Women's Javelin

1	18	Rebecca HEULER	#4	SUNY Brockport	40.01m	131-3	4/14
2	36	Julia BALASKI	#14	Penn State Behr	38.10m	125-0	3/24
3	48	Ayaka MACHIDA	#1	SUNY Geneseo	37.45m	122-11	4/2
4	83	Lily SEYFERT	#3	Ithaca	36.40m	119-5	4/8
5	95	Skyler KLIMOW	#1	SUNY Geneseo	35.79m	117-5	4/8
6	97	Moriah BYRD	#3	Ithaca	35.74m	117-3	3/25
7		Sonya SHIVOK	#12	RIT	34.12m	112-0	4/8
8		Gillian REEDER	#2	Rochester (N.Y.)	33.71m	110-7	4/2
9		Emily BEATTIE	#4	SUNY Brockport	33.60m	110-3	4/2
10		Sage DOUGLASS	#9	SUNY Oneonta	33.08m	108-7	4/21

Women's Heptathlon

1	3	Logan BRUCE	#3	Ithaca	4,988	4/14
2	18	Ashley HEFFERNAN	#2	Rochester (N.Y.)	4,334	4/14
3	36	Emma TAGGART	#15	Alfred State	3,985	4/8
4	46	AnJalyna TALMADGE	#5	SUNY Cortland	3,850	4/21
5	48	Laura MEADE	#10	Utica	3,823	4/21
6	50	Cecelia LABONTE	#3	Ithaca	3,770	4/14
7	53	Anne SPILA	#13	Alfred	3,766	4/13
8	57	Bianca DURSO	#13	Alfred	3,591	4/13
9	72	Madison BAKER	#4	SUNY Brockport	3,345	4/14
10	75	Iva SAVIC	#2	Rochester (N.Y.)	3,320	4/14



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

WOMEN — 2023 Week #5, April 24

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North

Women's 100 Meters

1	3	Lauren JARRETT	#1	UW-La Crosse	11.76	(1.8)	4/7
2	4	Tina SHELTON	#5	UW-Whitewater	11.77w	(2.2)	4/21
3	9	Emma LAWRENCE	#1	UW-La Crosse	11.97w	(2.3)	4/14
4	30	Emily DAWIDOWICH	#1	UW-La Crosse	12.11	(1.8)	4/7
5	55	Molly KALLENBACH	#2	UW-Eau Claire	12.26w	(2.3)	4/14
5	55	Birgen NELSON	#6	Gustavus Adolpl	12.26c	(12.19A) (1	4/3
7	60	Rachel CASTELLI	#4	UW-Oshkosh	12.28w	(2.3)	4/14
8	62	T'Aira BOYANCE	#12	Beloit	12.29w	(2.1)	4/15
9	80	Jordyn MCDONALD	#12	Beloit	12.37w	(2.1)	4/15
10	81	Megan BEST	#2	UW-Eau Claire	12.38	(1.8)	4/7

Women's 100 Meter Hurdles

1	2	Birgen NELSON	#6	Gustavus Adolpl	13.88	(-0.2)	4/6
2	3	Kelsie SEALOCK	#3	Bethel (Minn.)	13.98w	(2.5)	4/7
3	13	Emma LAWRENCE	#1	UW-La Crosse	14.23	(1.5)	4/21
4	14	Brooke MCDOWELL	#1	UW-La Crosse	14.34w	(2.9)	4/21
5	20	Hannah ZASTROW	#2	UW-Eau Claire	14.48w	(3.4)	4/7
6	25	Emilee BOOKER	#2	UW-Eau Claire	14.57w	(3.4)	4/21
7	41	Jaryn JOHANNSEN	#2	UW-Eau Claire	14.81w	(2.9)	4/21
8	53	Olivia MILLER	#18	Ripon	14.97w	(2.1)	4/15
9	57	Mary QUINN	#16	Carroll (Wis.)	15.00w	(2.2)	4/7
10	66	Sydney SPAETH	#7	St. Norbert	15.15w	(2.1)	4/15

Women's 200 Meters

1	4	Lauren JARRETT	#1	UW-La Crosse	24.35	(-0.9)	4/14
2	12	Emily DAWIDOWICH	#1	UW-La Crosse	24.65	(-0.9)	4/14
3	15	Tina SHELTON	#5	UW-Whitewater	24.74	(-0.9)	4/14
4	29	Lexi LEFEVER	#13	UW-River Falls	25.04	(0.9)	4/13
5	56	T'Aira BOYANCE	#12	Beloit	25.33	(1.4)	4/21
6	66	Emilee BOOKER	#2	UW-Eau Claire	25.42w	(3.0)	4/21
7	73	Rachel CASTELLI	#4	UW-Oshkosh	25.48	(-0.9)	4/14
8		Lilly HALVORSON	#1	UW-La Crosse	25.92	(-0.9)	4/14
8		Molly KALLENBACH	#2	UW-Eau Claire	25.92	(0.9)	4/21
10		Bella SEITZ	#1	UW-La Crosse	25.95	(-0.2)	4/14

Women's 400 Meters

1	30	T'Aira BOYANCE	#12	Beloit	57.51		4/7
2	31	Sarah STELLMACH	#3	Bethel (Minn.)	57.55		4/15
3	59	Lilly HALVORSON	#1	UW-La Crosse	58.42		4/14
4	60	Morgan JENNINGS	#1	UW-La Crosse	58.43		4/7
5	68	Anna RAASCH	#25	Wisconsin Luthe	58.58		3/25
6	80	Megan GERAETS	#6	Gustavus Adolpl	58.79		4/23
7	83	Amber JOHNSON	#1	UW-La Crosse	58.83		4/14
8	LE+0:	Mara SCHROEDER	#1	UW-La Crosse	59.11		4/7
9		Mackenzie JOHNSON	#11	UW-Stevens Poi	59.21		4/7
10		Hailey GREGG	#3	Bethel (Minn.)	59.22		4/15

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	18	Birgen NELSON	#6	Gustavus Adolpl	1:03.21		4/15
4	19	Ashley BARTELT	#11	UW-Stevens Poi	1:03.24		4/21
5	46	Lauren BERG	#9	Saint Benedict	1:05.61		4/7
6	47	Marlee DIETRICH	#13	UW-River Falls	1:05.62		4/15
7	49	Jaryn JOHANNSEN	#2	UW-Eau Claire	1:05.65		4/7
8	64	Gretchen MCNEAL	#1	UW-La Crosse	1:06.30		4/14
8	64	Rebekah SALFER	#14	St. Olaf	1:06.30		4/7
10	67	Hannah WELTE	#12	Beloit	1:06.33		4/15

Women's 800 Meters

1	12	Cyna MADIGAN	#4	UW-Oshkosh	2:12.48		4/1
2	19	Annessa IHDE	#3	Bethel (Minn.)	2:13.78		4/15
3	28	Maddie HANNAN	#1	UW-La Crosse	2:14.89		4/7
4	32	Brooke WELLHAUSEN	#11	UW-Stevens Poi	2:15.16		4/21
5	33	Paige FASSBENDER	#5	UW-Whitewater	2:15.26		4/14
6	43	Greta KOEHLER	#1	UW-La Crosse	2:15.77		4/14
7	47	Alexandra MADDUX	#24	Hamline	2:16.05		4/21
7	47	Libby GEISNESS	#4	UW-Oshkosh	2:16.05		4/14
9	66	Kaitlyn GALGON	#17	UW-Platteville	2:16.85		4/14
10	94	Morgan JENNINGS	#1	UW-La Crosse	2:18.19		4/14

Women's 1500 Meters

1	6	Fiona SMITH	#9	Saint Benedict	4:31.94		4/7
2	13	Maddie HANNAN	#1	UW-La Crosse	4:34.35		4/7
3	26	Amelia LEHMAN	#4	UW-Oshkosh	4:36.46		4/1
4	31	Carolyn SHULT	#2	UW-Eau Claire	4:37.08		4/21
5	46	Kimberly CARVIOU	#1	UW-La Crosse	4:38.31		4/21
6	58	Christine ALBRECHT	#14	St. Olaf	4:40.46		4/7
7	64	Julia ANDERSON	#1	UW-La Crosse	4:41.13		4/7
8	68	Ari DE LA CERDA	#5	UW-Whitewater	4:41.67		4/7
9	70	Mary BLANCHARD	#8	Carleton	4:41.85		4/7
10	71	Annessa IHDE	#3	Bethel (Minn.)	4:41.93		4/7

Women's Steeplechase

1	14	Maddy VANTASSEL	#1	UW-La Crosse	10:53.91		4/7
2	17	Christine ALBRECHT	#14	St. Olaf	11:00.02		4/15
3	20	Emma MALOOLY	#1	UW-La Crosse	11:00.91		4/7
4	37	Sophie MCMANUS	#8	Carleton	11:17.82		4/15
5	38	Katelyn CHADWICK	#1	UW-La Crosse	11:19.14		4/7
6	39	Rachel EHRHART	#19	Edgewood	11:20.10		4/1
7	58	Ashley KACHURIK	#2	UW-Eau Claire	11:32.12		4/21
8	73	Paige ALLEMANN	#11	UW-Stevens Poi	11:38.22		4/21
9	77	Grace MOELLER	#14	St. Olaf	11:40.05		4/22
10	82	Payton SCOGGIN	#5	UW-Whitewater	11:42.30		4/7



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North

Women's 5000 Meters

1	3	Fiona SMITH	#9 Saint Benedict	16:26.20	4/1
2	4	Clara MAYFIELD	#8 Carleton	16:30.62	3/24
3	8	Maddie HANNAN	#1 UW-La Crosse	16:47.67	4/14
4	21	Sofia CARLSON	#14 St. Olaf	17:04.03	4/14
5	26	Amelia LEHMAN	#4 UW-Oshkosh	17:11.12	4/14
6	32	Ally VERBAUWHEDE	#19 Edgewood	17:15.03	4/14
7	37	Carolyn SHULT	#2 UW-Eau Claire	17:16.41	4/14
8	41	Hannah PREISSER	#8 Carleton	17:21.94	4/15
9	43	Sophie MCMANUS	#8 Carleton	17:22.90	4/7
10	51	Ari DE LA CERDA	#5 UW-Whitewater	17:28.90	4/14

Women's 10,000 Meters

1	2	Fiona SMITH	#9 Saint Benedict	33:23.89	4/12
2	3	Clara MAYFIELD	#8 Carleton	34:08.69	4/13
3	15	Hannah PREISSER	#8 Carleton	35:52.33	4/21
4	23	Madelynn MCINTYRE	#1 UW-La Crosse	36:24.22	4/21
5	42	Mikayla FLYTE	#18 Ripon	37:01.46	4/21
6	46	Naomi LONG	#2 UW-Eau Claire	37:05.75	4/21
7	56	Libby MEYER	#15 UW-Stout	37:41.05	4/21
8	58	Catie GAGE	#11 UW-Stevens Point	37:42.97	4/21
9	59	Charlotte MUELLER	#1 UW-La Crosse	37:44.15	4/21
10	60	Evelyn VILLALOBOS	#6 Gustavus Adolphus	37:44.51	4/21

Women's 4x100 Relay

1	1	Bella SEITZ, Lauren JARRETT, Emma LAWRENCE, Emily DAWIDOWICH	#1 UW-La Crosse	46.30	4/14
2	20	Jireh BABALOLA, Kelsie SEALOCK, Makenna BROWN, Sarah STELLMACH	#3 Bethel (Minn.)	47.94	4/15
3	25	Danielle MILLER, Birgen NELSON, Megan GERAETS, Kate CARLSON	#6 Gustavus Adolphus	48.02	4/15
4	40	Hannah BILODEAU, Tina SHELTON, Jacqueline KORNOWSKI, Daja PRYOR	#5 UW-Whitewater	48.54	4/14
5	43	Jordyn MCDONALD, Alayna FURCH, Hannah WELTE, T'Aira BOYANCE	#12 Beloit	48.68	4/15
6	54	Sarah HANSEN, Lexi LEFEVER, Annika GUNDERSON, Sarah LANGLOIS	#13 UW-River Falls	49.08	4/7
7	57	Ashleigh ADAMSON, Madison AHRENS, Shannon WULF, Savannah MORGAN	#17 UW-Platteville	49.15	4/14
8	89	Lauren ROTTIER, Nicole MAKOPÉ, Kennedy MARQUARDT, Gracie WOLFE	#7 St. Norbert	49.77	4/15
9	93	Anna KEGEL, Teresa TOPOLSKI, Christina HALL, Sarah KERFIN	#10 Carthage	49.87	4/14
10		Hannah EBEL, Jenna ZAHORIK, Sabrina MOORE, Maya HIELSCHER	#22 Concordia Wisconsin	50.09	4/15



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WOMEN — 2023 Week #5, April 24

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North

Women's 4x400 Relay

1	8	Brooke MCDOWELL, Melanie KUNZE, Izi KNOERNSCHILD, Amber JOHNSON	#1	UW-La Crosse	3:54.32	4/7
2	18	Kelsie SEALOCK, Hailey GREGG, Annessa IHDE, Makenna BROWN	#3	Bethel (Minn.)	3:58.23	4/15
3	19	Candis DAMSTE, Alayna FURCH, Jordyn MCDONALD, T'Aira BOYANCE	#12	Beloit	3:58.47	4/15
4	23	Mackenzie JOHNSON, Ashley BARTELT, Brooke WELLHAUSEN, Anetha VOGELE	#11	UW-Stevens Poi	3:59.62	4/14
5	37	Sarah HANSEN, Cailyn KUECHLE, Marlee DIETRICH, Sarah LANGLOIS	#13	UW-River Falls	4:02.12	4/15
6	41	Maddie GULER, Meg SHERCLIFFE, Emily RENGO, Kyla NYGAARD	#21	Concordia Moor	4:02.90	4/22
7	42	Libby GEISNESS, Josephine MAKURAT, Olivia STENZEL, Alaina WAGNER	#4	UW-Oshkosh	4:03.15	4/14
8	43	Margaret RUSCH, Brynlee NELSON, Ashleigh ADAMSON, Kaitlyn GALGON	#17	UW-Platteville	4:03.28	4/7
8	43	Sydney HAUGER, Megan GERAETS, Kate CARLSON, Birgen NELSON	#6	Gustavus Adolpl	4:03.28	4/23
10	62	Kylee GRABARSKI, Kelsie MINKIE, Addie MANGOLD, Jane KAUTZ	#2	UW-Eau Claire	4:05.61	4/14

Women's High Jump

1	3	Ainsley HANSEN	#1	UW-La Crosse	1.70m	5-7	4/14
2	15	Glasha HOVEY	#3	Bethel (Minn.)	1.65m	5-5	4/15
3	20	Macie TODD	#1	UW-La Crosse	1.64m	5-4½	4/7
4	22	Liz KALK	#12	Beloit	1.63m	5-4¼	4/15
5	45	Justus FLOREN	#9	Saint Benedict	1.60m	5-3	4/1
6	63	Alia VANDERHOEF	#1	UW-La Crosse	1.59m	5-2½	4/21
6	63	Olivia OWENS	#1	UW-La Crosse	1.59m	5-2½	4/7
6	63	Hannah ZASTROW	#2	UW-Eau Claire	1.59m	5-2½	4/7
9	68	Maya HIELSCHER	#22	Concordia Wisc	1.58m	5-2¼	4/15
9	68	Ella MACKIEWICZ	#17	UW-Platteville	1.58m	5-2¼	4/7

Women's Pole Vault

1	3	Gracie HOLLAND	#5	UW-Whitewater	3.90m	12-9½	4/1
2	8	Ashley O'CONNELL	#1	UW-La Crosse	3.82m	12-6¼	4/21
3	11	Araceli DE LEO LOPEZ	#1	UW-La Crosse	3.77m	12-4½	4/1
4	12	Grace KOWALKOWSKI	#7	St. Norbert	3.75m	12-3½	4/15
5	17	Annika GUNDERSON	#13	UW-River Falls	3.67m	12-½	4/7
6	24	Leah ZASTROW	#2	UW-Eau Claire	3.62m	11-10½	4/21
7	33	Jessica LILLAND	#3	Bethel (Minn.)	3.55m	11-7¾	4/22
8	39	Jessica MUELLER	#16	Carroll (Wis.)	3.52m	11-6½	4/22
9	41	Caroline GEARIN		Saint Mary's (Mi	3.50m	11-5¾	3/31
9	41	Abigail CALHOUN	#10	Carthage	3.50m	11-5¾	4/2

Women's Long Jump

1	5	Sydney SPAETH	#7	St. Norbert	5.80mw	19-½ (2.3)	4/21
2	18	Grace KORGER- MITCHELL	#19	Edgewood	5.62m	18-5¼ (1.6)	4/14
3	26	Olivia MILLER	#18	Ripon	5.55mw	18-2½ (3.0)	4/2
4	31	Audrey BRAUN	#1	UW-La Crosse	5.53m	18-1¾ (1.7)	4/14
5	45	Christina HALL	#10	Carthage	5.48mw	17-11¾ (3.)	4/2
6	53	Dyllan POWERS	#1	UW-La Crosse	5.44m	17-10¼ (1.)	4/21
7	58	Ava FOLEY	#1	UW-La Crosse	5.42m	17-9½ (0.3)	4/14
8	59	Lexi LEFEVER	#13	UW-River Falls	5.41m	17-9 (2.0)	4/13
9	65	Nicole MAKOPE	#7	St. Norbert	5.39m	17-8¼ (1.8)	4/6
10	73	Maya EVANS	#1	UW-La Crosse	5.36mw	17-7 (2.1)	4/21

Women's Triple Jump

1	10	Sydney SPAETH	#7	St. Norbert	11.95m	39-2½ (0.3)	4/21
2	12	Miah KELLER	#1	UW-La Crosse	11.91m	39-1 (0.0)	4/14
3	16	Madi KES	#6	Gustavus Adolpl	11.82m	38-9½ (-3.)	4/23
4	17	Journey AMUNDSON		Macalester	11.79mw	38-8¼ (2.9)	4/1
5	21	Stephanie WITBROD		Bethany Lutherz	11.71mw	38-5 (3.1)	4/13
6	27	Samantha BARRETT	#1	UW-La Crosse	11.55mw	37-10¾ (4.)	4/21
7	40	Molly KALLENBACH	#2	UW-Eau Claire	11.33m	37-2¼ (2.0)	4/14
8	48	Ellie HERNES	#3	Bethel (Minn.)	11.23m	36-10¼ (1.)	4/15
9	50	Kylah FREDERIXON	#1	UW-La Crosse	11.21m	36-9½ (0.5)	4/1
10	51	Abigail CALHOUN	#10	Carthage	11.20m	36-9 (0.1)	4/14
10	51	Mackenzey KRONBERG	#1	UW-La Crosse	11.20m	36-9 (0.4)	4/14

Women's Shot Put

1	1	Skye DIGMAN	#1	UW-La Crosse	15.29m	50-2	4/14
2	4	Catie FOBBE	#2	UW-Eau Claire	14.57m	47-9¾	4/21
3	8	Brenna NOON	#17	UW-Platteville	14.07m	46-2	4/14
4	9	Aubrey SCHOENEMAN	#10	Carthage	14.00m	45-11¼	4/14
5	10	Vanessa UITENBROEK	#16	Carroll (Wis.)	13.87m	45-6¼	4/15
6	14	Annika POE	#6	Gustavus Adolpl	13.65m	44-9½	4/15
7	17	Maria FALK	#16	Carroll (Wis.)	13.54m	44-5¼	4/15
8	19	Katrina WAWRZYN	#20	MSOE	13.51m	44-4	4/7
9	22	Lupe CORN	#11	UW-Stevens Poi	13.43m	44-¾	4/1
10	28	Izzy CARROLL	#1	UW-La Crosse	13.18m	43-3	4/14



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North

Women's Discus

1	3	Skye DIGMAN	#1	UW-La Crosse	47.41m	155-7	4/21
2	4	Vanessa UITENBROEK	#16	Carroll (Wis.)	46.77m	153-6	4/22
3	10	Aubrey SCHOENEMAN	#10	Carthage	44.67m	146-7	4/14
4	16	Morgan JENSEN	#2	UW-Eau Claire	43.52m	142-10	4/21
5	18	Katrina WAWRZYN	#20	MSOE	43.37m	142-4	4/7
6	19	Micky BARRETTE	#4	UW-Oshkosh	43.27m	142-0	4/14
7	23	Evelyn WALKER	#2	UW-Eau Claire	42.68m	140-1	4/21
8	29	Cate GUDAITIS	#16	Carroll (Wis.)	42.18m	138-5	4/7
9	30	Catie FOBBE	#2	UW-Eau Claire	42.04m	137-11	4/7
10	31	Izzy CARROLL	#1	UW-La Crosse	41.94m	137-7	4/14

Women's Hammer

1	2	Skye DIGMAN	#1	UW-La Crosse	57.66m	189-2	4/21
2	14	Leah SURPRENANT	#1	UW-La Crosse	52.40m	171-11	4/7
3	16	Alexis MATTOX	#10	Carthage	51.72m	169-8	4/14
4	17	Vanessa UITENBROEK	#16	Carroll (Wis.)	51.49m	168-11	4/22
5	18	Brenna MASLOROFF	#4	UW-Oshkosh	51.39m	168-7	4/7
6	20	Teagan JONES	#2	UW-Eau Claire	50.68m	166-3	4/7
7	25	Kenni CZARNECKI	#5	UW-Whitewater	50.09m	164-4	4/21
8	30	Holly WARDYNSKI	#1	UW-La Crosse	48.89m	160-5	4/14
9	38	Elizabeth MIKKELSON	#20	MSOE	48.60m	159-6	4/7
10	41	Lily BENEKE		St. Scholastica	48.53m	159-3	4/15

Women's Javelin

1	15	Bryana LEVERENTZ	#23	St. Catherine (M	40.81m	133-11	3/18
2	17	Peyton PANKA	#7	St. Norbert	40.09m	131-7	4/6
3	25	Gabby JOHNSON	#1	UW-La Crosse	39.55m	129-9	4/1
4	29	Skylar WHITE	#1	UW-La Crosse	39.13m	128-5	4/21
5	40	Grace BLANCHETTE	#8	Carleton	37.71m	123-9	3/23
6	51	Ella PULS	#1	UW-La Crosse	37.39m	122-8	4/21
7	60	Lauren ROTTIER	#7	St. Norbert	37.00m	121-5	4/7
8	73	Justus FLOREN	#9	Saint Benedict	36.71m	120-5	4/15
9	79	Jessica KEMSTRA	#2	UW-Eau Claire	36.53m	119-10	4/21
10	88	Raegan SORENSEN	#15	UW-Stout	36.25m	118-11	4/7

Women's Heptathlon

1	9	Lexi LEFEVER	#13	UW-River Falls	4,533		4/13
2	11	Lauren ROTTIER	#7	St. Norbert	4,492		4/7
3	12	Skylar WHITE	#1	UW-La Crosse	4,384		4/21
4	13	Emilee BOOKER	#2	UW-Eau Claire	4,370		4/21
5	15	Emma GRUEN	#2	UW-Eau Claire	4,351		4/21
6	22	Allison ANDERSON	#1	UW-La Crosse	4,225		4/21
7	26	Lexi COLE	#15	UW-Stout	4,156		4/21
8	27	Rebekah SALFER	#14	St. Olaf	4,145		4/13
9	28	Alexys SCHEUERELL	#1	UW-La Crosse	4,126		4/21
10	31	Grace BLANCHETTE	#8	Carleton	4,069		3/23



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:44:49 AM

South

Women's 100 Meters

1	1	Adalia COLEMAN	#8	Bridgewater (Va	11.63w	(4.0)	3/31
2	5	Ahnia CHERRY	#12	North Carolina V	11.78	(1.8)	4/7
3	10	Mariah BROOKS	#12	North Carolina V	11.99	(1.5)	4/21
4	18	Mariah BROOKS	#12	North Carolina V	12.06	(1.6)	3/24
5	19	Sydney TRUSSELL	#4	Christopher Nev	12.07	(0.8)	4/14
5	19	Audrey JOHNSON	#1	Emory	12.07	(1.4)	3/17
7	27	Katelyn GAMBLE	#3	Washington and	12.10	(0.1)	4/14
8	32	Dashiel Tao HARRIS	#1	Emory	12.12	(1.4)	3/17
9	43	Olivia FREEMAN	#7	Rhodes	12.20	(1.4)	3/25
10	63	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	26	Hannah BODUS	#1	Emory	14.58	(1.8)	4/7
3	29	Alyssa ROACH	#4	Christopher Nev	14.62w	(3.3)	4/7
4	30	Betsy MOHNKERN	#2	Lynchburg	14.64	(0.0)	4/14
5	43	Jailah LOVING	#24	Birmingham-Soi	14.83	(-1.1)	4/7
6	62	Emily THOMPSON	#5	Berry	15.10	(1.2)	3/4
7	66	Hannah SNODGRASS	#6	Roanoke	15.15	(0.0)	4/14
8	72	Amaya MARTIN	#1	Emory	15.22	(-1.0)	4/22
9	83	Haileigh BYRD	#21	Mary Washingto	15.35w	(3.5)	3/17
10	97	Aanykka JACKSON	#14	Virginia Wesleya	15.44	(1.5)	3/30

Women's 200 Meters

1	2	Adalia COLEMAN	#8	Bridgewater (Va	24.28	(2.0)	3/25
2	6	Mariah BROOKS	#12	North Carolina V	24.40	(1.3)	4/7
3	10	Ahnia CHERRY	#12	North Carolina V	24.50	(1.3)	4/7
4	23	Sydney TRUSSELL	#4	Christopher Nev	24.96w	(2.1)	4/14
5	27	Audrey JOHNSON	#1	Emory	25.03w	(2.4)	3/24
6	30	Kacee HOOKER	#8	Bridgewater (Va	25.08	(2.0)	3/25
7	37	Dashiel Tao HARRIS	#1	Emory	25.16w	(2.4)	3/24
8	42	Katelyn GAMBLE	#3	Washington and	25.18	(2.0)	3/25
9	53	Olivia FREEMAN	#7	Rhodes	25.31	(1.1)	3/25
10	60	Haylee GAMBLE	#6	Roanoke	25.37w	(2.1)	4/14

Women's 400 Meters

1	19	Mikayla HEFFERON	#6	Roanoke	57.23		4/14
2	31	Ashaunti BARNES	#15	Belhaven (Miss.)	57.55		3/25
3	33	Libby RANOCHA	#1	Emory	57.58		3/17
4	42	Dashiel Tao HARRIS	#1	Emory	57.92		4/22
5	54	Amia BARNES	#14	Virginia Wesleya	58.32		4/15
6	56	Kimona HAYNES	#15	Belhaven (Miss.)	58.35		3/31
7	85	Adrianna DESANTIS	#4	Christopher Nev	58.89		4/14
8	86	Vuronika BARNES	#2	Lynchburg	58.90		4/14
9	89	Haylee GAMBLE	#6	Roanoke	58.95		4/14
10		Kayla MITCHELL	#18	Methodist	59.13		4/14

Women's 400 Meter Hurdles

1	25	Allison BOBST	#2	Lynchburg	1:04.29		4/14
2	26	Betsy MOHNKERN	#2	Lynchburg	1:04.50		4/14
3	30	Macy MURDOCK	#5	Berry	1:04.62		4/14
4	37	Hannah BODUS	#1	Emory	1:04.86		4/22
5	40	Clare MARSH	#9	Catholic (D.C.)	1:04.96		4/14
6	52	Emily THOMPSON	#5	Berry	1:05.73		3/4
7	58	Amanda ROMANO	#3	Washington and	1:05.94		4/14
8	68	Kaitlyn MCREE	#23	Mississippi Univ	1:06.40		3/25
9	69	Paige TULENKO	#3	Washington and	1:06.45		3/25
10	85	Josie LOGGINS	#5	Berry	1:06.97		4/14

Women's 800 Meters

1	3	Annika URBAN	#1	Emory	2:10.15		3/24
2	7	Libby RANOCHA	#1	Emory	2:11.81		4/22
3	23	Hailey SMITH	#2	Lynchburg	2:14.33		4/14
4	41	Jenna DALY	#1	Emory	2:15.64		4/22
5	49	Emily MOEHRINGER	#9	Catholic (D.C.)	2:16.20		4/14
6	74	Madison TIAFFAY	#1	Emory	2:17.33		4/14
7		Carly O'TOOLE	#13	Meredith	2:18.35		4/14
8		Kyandra CHANDLER	#16	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	2	Annika URBAN	#1	Emory	4:26.17		4/7
2	67	Jenna DALY	#1	Emory	4:41.49		4/7
3	90	Corrine WEAVER	#13	Meredith	4:43.48		4/22
4	91	Kate INGLIS	#9	Catholic (D.C.)	4:43.62		3/31
5		Emily MOEHRINGER	#9	Catholic (D.C.)	4:44.68		4/14
6		Hailey SMITH	#2	Lynchburg	4:45.21		4/14
7		Kelsey LAGUNAS	#2	Lynchburg	4:45.71		4/14
8		Molly SILVA	#2	Lynchburg	4:46.46		3/24
9		Lauren MASSEY	#2	Lynchburg	4:46.91		3/24
10		Madison LOWERY		Pfeiffer	4:46.94		3/31

Women's Steeplechase

1	6	Corrine WEAVER	#13	Meredith	10:45.58		4/14
2	18	Kelsey LAGUNAS	#2	Lynchburg	11:00.49		4/14
3	29	Kate INGLIS	#9	Catholic (D.C.)	11:09.78		4/22
4	35	Emily SMEDS	#8	Bridgewater (Va	11:15.58		3/31
5	44	Mackenzie YOUNG	#8	Bridgewater (Va	11:22.55		4/14
6	61	Molly SILVA	#2	Lynchburg	11:33.93		4/14
7	66	Erin ATKINSON	#10	Shenandoah	11:35.54		3/30
8	79	Savy HAUSHALTER	#1	Emory	11:41.09		4/7
9		Sadie ABOOD	#9	Catholic (D.C.)	11:53.75		4/22
10		Eliza DANA	#4	Christopher Nev	11:55.27		3/30



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South

Women's 5000 Meters

1	2	Annika URBAN	#1	Emory	16:06.95	4/13
2	34	Carolyn TODD	#3	Washington and	17:15.47	3/30
3	48	Allison DELL	#2	Lynchburg	17:28.36	4/14
4	49	Corrine WEAVER	#13	Meredith	17:28.39	3/31
5	64	Liesl SCHERRER	#1	Emory	17:33.69	4/22
6	68	Isabel ZIMMERMANN	#13	Meredith	17:36.33	4/14
7	70	Kate INGLIS	#9	Catholic (D.C.)	17:37.32	4/14
8	80	Kelsey LAGUNAS	#2	Lynchburg	17:40.83	3/30
9	LE+0:	Madison LOWERY		Pfeiffer	17:48.99	4/14
10		Sarah JAMES	#2	Lynchburg	17:49.46	4/14

Women's 10,000 Meters

1	25	Carolyn TODD	#3	Washington and	36:29.03	4/14
2	31	Sarah JAMES	#2	Lynchburg	36:37.38	3/30
3		Sasha WILLIE	#16	Southern Virgini	39:10.22	3/30
4		Emily SMEDS	#8	Bridgewater (Va	39:10.75	4/14
5		Maddy RAWLINGS	#4	Christopher Nev	39:24.10	3/30
6		Madeline LOTT	#10	Shenandoah	39:32.89	3/16
7		Claire HU	#1	Emory	39:33.92	4/22
8		Courtney DRUMM	#18	Methodist	39:47.91	4/14
9		Jenna WEAVER	#11	Eastern Mennon	40:02.94	3/17
10		Hastings GRAY	#5	Berry	41:06.76	3/17

Women's 4x100 Relay

1	11	Hannah BODUS, Dashiel Tao HARRIS, Kaya BINETTI, Audrey JOHNSON	#1	Emory	47.42	4/22
2	27	Jade BUCKLES, Adalia COLEMAN, Haleigh HAMLIN, Kacee HOOKER	#8	Bridgewater (Va	48.10	4/14
3	32	Lindsey HOBIN, Taylor POOLE, Hannah SNODGRASS, Mikayla HEFFERON	#6	Roanoke	48.33	4/14
4	35	Mariah BROOKS, Teanna BELLAMY, Snejana SPINCAHE, Ahnia CHERRY	#12	North Carolina V	48.43	4/14
5	48	Rylee TURNER, Jessica CAMMARATA, Vuronika BARNES, Aniya SEWARD	#2	Lynchburg	48.89	3/24
6	52	Megan WEILMUNSTER, Ava DUNN, Grace SCOWDEN, Olivia FREEMAN	#7	Rhodes	49.04	4/15
7	67	Brandi GARDNER, Treazure ROSARIO- WATSON, Erykalyn NEAL, Kayla MITCHELL	#18	Methodist	49.35	3/24
8	72	Susannah BIRLE, Ashley D'AMBROSIA, Jordynn PALETHORPE, Katelyn GAMBLE	#3	Washington and	49.46	4/14
9	75	Alexis HUBBARD, Janelle ANDERSON, Sarah SIDORO, Kaitlin MEASELL	#10	Shenandoah	49.52	4/8
10	77	Leighan WILLIAMS, Macy MURDOCK, Clark KELLY, Emily THOMPSON	#5	Berry	49.57	4/14



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South

Women's 4x400 Relay

1	9	Audrey JOHNSON, Dashiel Tao HARRIS, Annika URBAN, Libby RANOCHA	#1 Emory	3:54.43	4/22
2	16	Vuronika BARNES, Allison BOBST, Madelyn BOYCE, Jessica CAMMARATA	#2 Lynchburg	3:57.73	4/14
3	52	Lauren HENSON, Maryrose MOLINA- SHUMAN, Haylee GAMBLE, Mikayla HEFFERON	#6 Roanoke	4:04.68	3/31
4	64	Paige TULENKO, Jordynn PALETHORPE, Amanda ROMANO, Kate SCIBELLI	#3 Washington and	4:05.78	3/25
5	70	Emily MOEHRINGER, Clare MARSH, Apolline GASPERS, Ellie BIXENMAN	#9 Catholic (D.C.)	4:06.44	4/14
6	71	Savanna CHAPIN, Liz MORGAN, Kyandra CHANDLER, Addie PARKER	#16 Southern Virgini	4:06.57	4/14
7	82	Ashaunti BARNES, Kimona HAYNES, Maurissa WINFORD, Myisha TURNER	#15 Belhaven (Miss.)	4:07.78	3/4
8	92	Jade BUCKLES, Kacee HOOKER, Cassidy OLIVER, Adalia COLEMAN	#8 Bridgewater (Va	4:08.92	3/31
9	93	Ainsley MILLER, Casey YENYO, Sydney TRUSSELL, Adrianna DESANTIS	#4 Christopher Nev	4:09.24	3/17
10	96	Marianna MOELL, Macy MURDOCK, Sarah NELSON, Emily THOMPSON	#5 Berry	4:09.45	3/4

Women's High Jump

1	32	Rachel SULLIVAN	#7 Rhodes	1.62m	5-3¾	4/15
2	45	Anna SCOBlick	#9 Catholic (D.C.)	1.60m	5-3	3/31
2	45	Norah CIANO	#14 Virginia Wesleya	1.60m	5-3	4/15
4	68	Katya HOOVER	#10 Shenandoah	1.58m	5-2¼	4/8
5	77	Ray Ray TAYLOR	#11 Eastern Mennon	1.57m	5-1¾	4/14
5	77	Kim RODEN	#6 Roanoke	1.57m	5-1¾	3/31
7		Alyssa ROACH	#4 Christopher Nev	1.55m	5-1	4/14
7		Eleanor SCOTT	#25 Millsaps	1.55m	5-1	3/4
7		Natalie MOORE	#22 Guilford	1.55m	5-1	4/14
7		Camille GILLUM	#3 Washington and	1.55m	5-1	4/22
7		Kaitlyn NGUYEN	#6 Roanoke	1.55m	5-1	4/14

Women's Pole Vault

1	17	Ace COLE	#7 Rhodes	3.67m	12-½	3/25
2	41	Lauren ANDERSON	#2 Lynchburg	3.50m	11-5¾	4/14
3	49	Ashley D'AMBROSIA	#3 Washington and	3.45m	11-3¾	4/8
4	77	Chloe VAN DUYN	#6 Roanoke	3.38m	11-1	3/17
5	79	Allison BOBST	#2 Lynchburg	3.35m	10-11¾	4/22
6		Claire COLEMAN	#3 Washington and	3.26m	10-8¾	3/25
7		Ticia KING	#1 Emory	3.25m	10-8	4/22
8		Madeline HUBBERT	#5 Berry	3.20m	10-6	3/4
9		Alex FEURER	#1 Emory	3.10m	10-2	4/22
10		Ainsley MILLER	#4 Christopher Nev	3.05m	10-0	3/25
10		Maya IHLING	#7 Rhodes	3.05m	10-0	3/31
10		Sierra SCHMIDT	#25 Millsaps	3.05m	10-0	3/4
10		Clare KINNEY	#6 Roanoke	3.05m	10-0	4/14

Women's Long Jump

1	20	Brandi GARDNER	#18 Methodist	5.60m	18-4½ (-2)	3/24
2	22	Ray Ray TAYLOR	#11 Eastern Mennon	5.58m	18-3¾ (0.0)	4/19
3	25	Kaitlin MEASELL	#10 Shenandoah	5.56m	18-3 (0.0)	4/14
4	47	Alyssa ROACH	#4 Christopher Nev	5.47m	17-11½ (0)	4/14
5	64	Emily THOMPSON	#5 Berry	5.40mw	17-8¾ (2.4)	3/24
6	73	Haileigh BYRD	#21 Mary Washingto	5.36m	17-7 (0.0)	4/14
7	77	Alexis HUBBARD	#10 Shenandoah	5.34m	17-6¼ (0.0)	4/14
8		Natalie MOORE	#22 Guilford	5.22m	17-1½ (0.3)	4/21
9		Kiara SMITH	#2 Lynchburg	5.19mw	17-½ (3.2)	3/16
10		Deziree CONKLIN	#17 Marymount (Va.	5.18m	17-0 (-0.6)	3/24

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	56	Hannah WETZEL	#20 Gallaudet	11.16m	36-7½ (-3)	3/25
4	60	Ray Ray TAYLOR	#11 Eastern Mennon	11.13m	36-6¼ (1.5)	4/1
5	62	Erin JONES	#23 Mississippi Univ	11.11m	36-5½ (-0)	4/15
6	92	Alexandra GUZMAN	#4 Christopher Nev	10.94m	35-10¾ (-0)	4/14
6	92	Caroline HANSEN	#1 Emory	10.94mw	35-10¾ (2)	4/22
8		Clark KELLY	#5 Berry	10.83mw	35-6½ (2.9)	4/1
9		Kiara SMITH	#2 Lynchburg	10.81m	35-5¾ (0.6)	4/14
10		Brandi GARDNER	#18 Methodist	10.80m	35-5¼ (-1)	3/24
10		Audrey JOHNSON	#1 Emory	10.80m	35-5¼ (1.3)	4/22

Women's Shot Put

1	76	Midajah DAVIS	#20 Gallaudet	12.32m	40-5	4/8
2	96	Malysa WINSTON	#5 Berry	12.15m	39-10½	3/24
3	98	Hope JACKSON	#1 Emory	12.13m	39-9¾	3/24
4		Samantha HEALY	#17 Marymount (Va.	12.08m	39-7¾	4/22
5		Avery JONES	#5 Berry	11.99m	39-4	3/24
6		Katherine STEVENS	#4 Christopher Nev	11.96m	39-3	4/22
7		Ray Ray TAYLOR	#11 Eastern Mennon	11.93m	39-1¾	4/14
8		Sarah FINEMAN	#1 Emory	11.91m	39-1	3/17
9		Logan BABBS	#2 Lynchburg	11.80m	38-8¾	3/30
10		Grace FOWLER	#6 Roanoke	11.77m	38-7½	4/14



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South

Women's Discus

1	49	Jeledia BROWN	#15	Belhaven (Miss.)	40.72m	133-7	3/25
2	56	Katherine STEVENS	#4	Christopher Nev	40.32m	132-4	4/14
3	82	Allie FELTUS	#19	Piedmont	39.29m	128-11	4/14
4	83	Quinlin ZUNK	#3	Washington and	39.26m	128-10	3/25
5	89	Hope JACKSON	#1	Emory	38.85m	127-6	3/24
6	91	Natalie MCCAFFERY	#3	Washington and	38.78m	127-3	3/17
7		Kym YOUNG	#7	Rhodes	38.39m	126-0	4/15
8		Halie MURPHY	#9	Catholic (D.C.)	37.31m	122-5	3/25
9		Kiara FELSTON	#10	Shenandoah	37.19m	122-0	3/16
10		Jillian GRAY	#7	Rhodes	37.14m	121-10	4/15

Women's Hammer

1	15	Samantha HEALY	#17	Marymount (Va.)	52.12m	171-0	4/22
2	40	Kiara FELSTON	#10	Shenandoah	48.55m	159-4	3/16
3	69	Katherine STEVENS	#4	Christopher Nev	47.00m	154-3	4/22
4	71	Nyjah WILLIS	#1	Emory	46.86m	153-9	3/24
5		Logan BABBS	#2	Lynchburg	44.29m	145-4	3/24
6		Quinlin ZUNK	#3	Washington and	43.97m	144-3	4/14
7		Abbey GAJKOWSKI	#6	Roanoke	43.92m	144-1	4/14
8		Jada NOEL	#17	Marymount (Va.)	43.64m	143-2	4/22
9		Bailey HEDGEMON	#3	Washington and	43.62m	143-2	3/17
10		Hope JACKSON	#1	Emory	42.95m	140-11	4/22

Women's Javelin

1	34	Cailin DELEO	#5	Berry	38.37m	125-11	4/14
2	43	Dana CATALANO	#1	Emory	37.65m	123-6	3/24
3	45	Katya HOOVER	#10	Shenandoah	37.60m	123-5	4/14
4	48	Cortney BROWN	#19	Piedmont	37.45m	122-11	4/14
5	56	Quinlin ZUNK	#3	Washington and	37.20m	122-1	4/22
6	87	Ray Ray TAYLOR	#11	Eastern Mennon	36.26m	119-0	3/24
7		Jilane PEDERSEN	#16	Southern Virgini	35.45m	116-4	3/30
8		Evan DUET	#7	Rhodes	34.97m	114-9	4/15
9		Zoe CURTIS	#7	Rhodes	34.45m	113-0	4/15
10		Sadie PHILLIPS	#5	Berry	34.28m	112-6	4/14

Women's Heptathlon

1	4	Ray Ray TAYLOR	#11	Eastern Mennon	4,824	4/14
2	20	Alyssa ROACH	#4	Christopher Nev	4,268	4/7
3	35	Emily THOMPSON	#5	Berry	3,991	3/17
4	67	Norah CIANO	#14	Virginia Wesleya	3,421	4/7
5	74	Macy MURDOCK	#5	Berry	3,327	3/17
6	79	Natalie MOORE	#22	Guilford	3,228	3/17
7	89	Kaitlyn MCREE	#23	Mississippi Univ.	3,093	3/17



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West

Women's 100 Meters

1	6	Jasmyn CRAWFORD	#7 Whittier	11.85w	(2.4)	4/13
2	19	Sydney HARNESS	#2 Redlands (Calif.)	12.07	(1.1)	4/1
3	27	Rhe Nae LEACH	#7 Whittier	12.10w	(2.3)	3/25
4	48	Alexandra ACKERMAN	#2 Redlands (Calif.)	12.23	(1.1)	4/1
5	51	McKenzie FEINGLAS	#18 Linfield	12.24	(-0.5)	4/14
6	63	Trinity MURDOCK	#16 Texas Lutheran	12.30	(1.0)	4/22
7	83	Makenna LIZARDE	#8 Chapman	12.39	(1.8)	4/1
8	91	Jada MORRIS	#6 McMurry	12.42w	(2.9)	4/14
9	95	Kyrstin WILSON	#19 Puget Sound	12.44	(1.9)	3/24
9	95	Brynn YANEZ	#6 McMurry	12.44w	(2.9)	4/14

Women's 100 Meter Hurdles

1	17	Amelia HEWSON	#3 Whitworth	14.39	(1.2)	4/13
2	24	Naj CAMPBELL	#6 McMurry	14.55w	(3.0)	4/14
3	30	Caroline DELVECCHIO	#4 Claremont-Mud	14.64	(0.9)	4/15
4	37	Eleanor BACHMEIER	#2 Redlands (Calif.)	14.75	(1.3)	4/1
5	45	Brecken VANDENHOEK	#1 George Fox	14.88	(0.7)	4/21
6	49	Ebonee NATION	#20 St. Thomas (Tex	14.92	(1.2)	3/30
7	54	Mira JUNCAJ	#25 La Verne	14.98	(2.0)	4/7
8	58	Chloe SOLUMUA	#12 UC Santa Cruz	15.01	(1.2)	4/14
9	66	Ayahna BAHATI	#1 George Fox	15.15	(0.7)	4/21
10	75	Katherine THORNTON	#11 Willamette	15.27	(0.7)	4/21

Women's 200 Meters

1	9	Jasmyn CRAWFORD	#7 Whittier	24.48w	(3.4)	4/13
2	21	Rhe Nae LEACH	#7 Whittier	24.93w	(2.2)	4/1
3	24	Sydney HARNESS	#2 Redlands (Calif.)	24.99w	(2.2)	4/1
4	25	McKenzie FEINGLAS	#18 Linfield	25.00	(-1.0)	4/21
5	37	Alison BALL	#3 Whitworth	25.16	(0.9)	4/7
6	45	Mackenzie REED	#7 Whittier	25.22w	(2.4)	4/13
7	52	Allison KREMER	#8 Chapman	25.30	(1.9)	4/7
8	61	Jackilyn LEWIS	#19 Puget Sound	25.38	(-1.0)	4/21
9	89	Kaela SAWYERS	#20 St. Thomas (Tex	25.61w	(2.4)	4/22
10	93	Makenna LIZARDE	#8 Chapman	25.64	(1.9)	4/1

Women's 400 Meters

1	21	Allison KREMER	#8 Chapman	57.25		4/13
2	25	Jackilyn LEWIS	#19 Puget Sound	57.40		4/21
3	40	Sami RIGGS	#11 Willamette	57.82		4/21
4	58	Kaylee SMITH	#8 Chapman	58.41		4/1
5	64	Macy O'HARA	#10 Lewis & Clark	58.48		4/21
6	70	Angelica GATICA GOMEZ	#14 Pacific (Ore.)	58.61		4/21
7	78	Elizabeth HAWLEY	#21 Occidental	58.77		4/1
8	90	Taylor KOTFAS	#5 Trinity (Texas)	58.96		3/25
9		Malia HEIEN	#10 Lewis & Clark	59.28		4/14
9		Mackenzie REED	#7 Whittier	59.28		4/13

Women's 400 Meter Hurdles

1	3	Caroline DELVECCHIO	#4 Claremont-Mud	1:01.43		4/7
2	17	Elee FAULKNER	#2 Redlands (Calif.)	1:03.09		4/15
3	32	Eleanor BACHMEIER	#2 Redlands (Calif.)	1:04.67		4/15
4	35	Arden NEFF	#23 Southwestern (T	1:04.82		4/14
5	37	Ellie MARSH	LeTourneau	1:04.86		4/22
6	41	Emily RUTKOWSKI	#14 Pacific (Ore.)	1:05.00		4/21
7	45	Mashani COLEMAN	#11 Willamette	1:05.57		4/21
8	50	Shriya VELICHALA	#4 Claremont-Mud	1:05.69		4/15
9	62	Esther BRUTUS	#9 Pacific Lutheran	1:06.16		4/21
10	75	Katherine THORNTON	#11 Willamette	1:06.75		4/7

Women's 800 Meters

1	5	Ellie RISING	#1 George Fox	2:10.86		4/21
2	49	Chloe BULLOCK	#2 Redlands (Calif.)	2:16.20		4/8
3	53	Annie BERRY	#14 Pacific (Ore.)	2:16.24		3/17
4	60	Malia HEIEN	#10 Lewis & Clark	2:16.65		4/21
5	65	Riley CAPUANO	#4 Claremont-Mud	2:16.81		4/8
6	78	Annalise GONZALES	#1 George Fox	2:17.71		3/25
7	LE+03	Hannah TRANBY	#1 George Fox	2:18.31		4/14
8		Megan MALEY	#4 Claremont-Mud	2:18.51		4/13
9		Madelyn BUCKLEY	#3 Whitworth	2:18.77		4/21
10		Hanna HEKKANEN	#12 UC Santa Cruz	2:18.89		4/13

Women's 1500 Meters

1	14	Brenna SCLAIR	#1 George Fox	4:34.36		4/21
2	22	Ash BAUDIN	#12 UC Santa Cruz	4:36.10		3/18
3	34	Sydney RANKIN	#15 Colorado Colleg	4:37.11		3/11
4	35	Annie BERRY	#14 Pacific (Ore.)	4:37.20		4/21
5	42	Madelyn BUCKLEY	#3 Whitworth	4:37.99		4/21
6	45	Riley MARTEL-PHILLIPS	#12 UC Santa Cruz	4:38.23		4/21
7	50	Riley CAPUANO	#4 Claremont-Mud	4:39.22		4/13
8	53	Angela GUSHUE	#4 Claremont-Mud	4:39.76		3/11
9	78	Kylah HOLLAND	#17 Hardin-Simmon	4:42.86		3/30
10	80	Hanna HEKKANEN	#12 UC Santa Cruz	4:42.88		3/18

Women's Steeplechase

1	13	Ash BAUDIN	#12 UC Santa Cruz	10:52.84		3/30
2	15	Kylah HOLLAND	#17 Hardin-Simmon	10:55.51		3/30
3	23	Jessica NEAL	#1 George Fox	11:06.78		4/21
4	32	Zoe HEINO	#11 Willamette	11:11.84		4/21
5	46	Breanna SCHMITT	#1 George Fox	11:28.86		3/25
6	48	Madelyn HUBBS	#14 Pacific (Ore.)	11:29.94		4/21
7	51	Chloe BULLOCK	#2 Redlands (Calif.)	11:30.76		4/15
8	54	Ellie CATRON	#5 Trinity (Texas)	11:31.34		3/3
9	71	Ciara GILLEN	#21 Occidental	11:37.52		4/15
10	76	Annika CARLSON	#8 Chapman	11:39.56		4/13



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West

Women's 5000 Meters

1	29	Brenna SCLAIR	#1	George Fox	17:12.73	4/13
2	38	Riley MARTEL-PHILLIPS	#12	UC Santa Cruz	17:17.72	4/13
3	50	Riley BUESE	#10	Lewis & Clark	17:28.82	4/21
4	58	Meredith BLOSS	#4	Claremont-Mud	17:32.33	3/11
5	73	Kylah HOLLAND	#17	Hardin-Simmon	17:38.58c(17:53.16A	3/24
6	83	Elle MARSYLA	#4	Claremont-Mud	17:41.78	3/11
7	91	Mira TERDIMAN	#13	Pomona-Pitzer	17:44.14	4/13
8	93	Abigail LOISELLE	#13	Pomona-Pitzer	17:44.44	3/11
9	97	Elliot SINGER	#15	Colorado Colleg	17:47.39	4/7
10	99	Katie CLINE	#13	Pomona-Pitzer	17:48.84	4/13

Women's 10,000 Meters

1	22	Riley BUESE	#10	Lewis & Clark	36:22.98	3/30
2	26	Abigail LOISELLE	#13	Pomona-Pitzer	36:30.63	4/13
3	30	Kayla AALPOEL	#1	George Fox	36:35.93	4/13
4	39	Sophia DALFONZO	#24	Caltech	36:59.04	4/13
5	43	Sarah PAQUET	#9	Pacific Lutheran	37:04.01	3/3
6	48	Anika KIMME	#4	Claremont-Mud	37:12.29	4/13
7	69	Jenna LENAY	#21	Occidental	37:57.78	3/24
8	80	Sarah PULLEN	#1	George Fox	38:20.94	4/21
9	81	Meredith BLOSS	#4	Claremont-Mud	38:22.30	4/13
10	87	Janeth CHACON	#6	McMurry	38:29.37	3/17

Women's 4x100 Relay

1	3	Jasmyn CRAWFORD, Talia JOHNSON, Mackenzie REED, Rhe Nae LEACH	#7	Whittier	46.81	4/7
2	5	Maigan ADAMS, Alexandra ACKERMAN, Sydney HARNESS, Sabrina SEMMERE	#2	Redlands (Calif.)	47.05	4/1
3	12	Makenna LIZARDE, Kaylee SMITH, Allison KREMER, Zoe ZURASKY	#8	Chapman	47.49	4/7
4	19	Jordyn LUNGO, Amelia HEWSON, Margaret BYLE, Alison BALL	#3	Whitworth	47.87	4/13
5	34	Taylor NORRELL, Ja'Keia WILLIAMS, Trinity MURDOCK, Natalie GARCIA	#16	Texas Lutheran	48.42	3/30
6	36	Kaela SAWYERS, Mykler RODERIQUE, Trinity PROVOST, Ny'Cierra HINTON	#20	St. Thomas (Tex	48.44	4/22
7	39	Hillary CONNORS, Rachelle SILIS, Addison KLINDT, McKenzie FEINGLAS	#18	Linfield	48.52	4/21
8	46	Madelyn GOLLIHAR, Brynn YANEZ, Losuria WEBB-BARBER, Jada MORRIS	#6	McMurry	48.81	4/14
8	46	Avery PUIG, Sealan LEDAT, Joy AREOLA, Danya SELBER	#5	Trinity (Texas)	48.81	4/22
10	61	Lillie MINSKOFF, Olivia REICHLE, Tene ARIYO, Katriona KIRKPATRICK	#13	Pomona-Pitzer	49.26	4/15
10	61	Jada SLAINE, Danielle PENA, Danielle SAULS, Nakiah TOLBERT	#17	Hardin-Simmon	49.26	3/30



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West

Women's 4x400 Relay

1	5	Kaylee SMITH, Allison KREMER, Makenna LIZARDE, Chayanit KITNITCHIVA	#8 Chapman	3:52.54	4/8
2	15	Elizabeth WARREN, Kylie BEAN, Annalise GONZALES, Ellie RISING	#1 George Fox	3:57.31	4/21
3	24	Katriona KIRKPATRICK, Reia LI, Michaela JONES, Olivia REICHLE	#13 Pomona-Pitzer	4:00.22	4/15
4	32	CC GRAY, Taylor KOTFAS, Aliya JACKSON, Hayley HUCK	#5 Trinity (Texas)	4:00.91	3/30
5	38	Jordan HAYES, Mary STURLEY, Rachelle SILIS, McKenzie FEINGLAS	#18 Linfield	4:02.25	4/21
6	46	Shriya VELICHALA, Jada HIGGINS, Alyssa RUIZ, Caroline DELVECCHIO	#4 Claremont-Mud	4:03.60	3/4
7	49	Sami RIGGS, Katherine THORNTON, Kenzie LEE, Mashani COLEMAN	#11 Willamette	4:04.14	4/21
8	54	Jackilyn LEWIS, Dylan MOORE, Victoria BRADSHAW, Kyrstin WILSON	#19 Puget Sound	4:04.88	4/21
9	57	Eleanor BACHMEIER, Cece MATTESON, Elee FAULKNER, Chloe BULLOCK	#2 Redlands (Calif.)	4:05.13	4/1
10	58	Makayla POWELL, Christina STINSON, Sophia DELGADO, Nelsy VERA	#20 St. Thomas (Tex	4:05.14	4/22

Women's High Jump

1	7	Whitley STEPP	#11 Willamette	1.68m	5-6	4/21
2	22	Logan ROBERTS	#18 Linfield	1.63m	5-4¼	4/8
3	40	Breanne RAWLS	#3 Whitworth	1.61m	5-3¾	4/21
4	77	Sarah BJORNSON	#22 Cal Lutheran	1.57m	5-1¾	4/15
5	99	Elisabeth JENSEN	#1 George Fox	1.56m	5-1¼	4/21
5	99	Brecken VANDENHOEK	#1 George Fox	1.56m	5-1¼	4/21
5	99	Monica KAYLOR	#3 Whitworth	1.56m	5-1¼	4/21
8		Marina CARROL	#1 George Fox	1.55m	5-1	3/25
8		Tene ARIYO	#13 Pomona-Pitzer	1.55m	5-1	3/25
8		Elizabeth KIRSCHNER	#4 Claremont-Mud	1.55m	5-1	4/1

Women's Pole Vault

1	5	Brooke SIMON	#4 Claremont-Mud	3.85m	12-7½	4/1
2	9	Alison YOUNG	#1 George Fox	3.80m	12-5½	3/25
3	17	Karissa RICKS	#7 Whittier	3.67m	12-½	3/4
4	21	Grace TULLY	#1 George Fox	3.65m	11-11¾	3/18
5	26	Lily LUKSICH	#9 Pacific Lutheran	3.60m	11-9¾	3/3
6	39	Madeline SEIFERT	#4 Claremont-Mud	3.52m	11-6½	4/15
7	41	Kalea BROWN	#8 Chapman	3.50m	11-5¾	3/17
8	49	Payton DAVIDSON	#1 George Fox	3.45m	11-3¾	4/14
8	49	Kristine NGUYEN	#9 Pacific Lutheran	3.45m	11-3¾	3/3
8	49	Maddy WIETSTRUCK	#5 Trinity (Texas)	3.45m	11-3¾	4/7

Women's Long Jump

1	14	Maigan ADAMS	#2 Redlands (Calif.)	5.65m	18-6½ (1.3	4/15
2	33	Rhe Nae LEACH	#7 Whittier	5.52m	18-1½ (-0.	3/4
3	40	Jada MORRIS	#6 McMurry	5.49mw	18-¼ (2.5)	4/14
3	40	Allyson HAMMOND	#14 Pacific (Ore.)	5.49m	18-¼ (0.3)	4/21
5	49	Ciara AW	#2 Redlands (Calif.)	5.45m	17-10¾ (-0	4/15
6	76	Joy AREOLA	#5 Trinity (Texas)	5.35m	17-6¾ (1.4	4/22
7	82	Victoria AZAR	#1 George Fox	5.32m	17-5½ (2	0 4/21
8	85	Maddy WIETSTRUCK	#5 Trinity (Texas)	5.31m	17-5¼ (1.9	4/22
9	93	Annabelle SMITH	#11 Willamette	5.27m	17-3½ (0.0	4/21
10	96	Kallie KRENZ	Concordia Texas	5.26mw	17-3¼ (3.3	4/14

Women's Triple Jump

1	36	Joy AREOLA	#5 Trinity (Texas)	11.36m	37-3¼ (-0.	4/7
2	37	She'Ray WILSON	#17 Hardin-Simmon	11.35mw	37-3 (2.6)	4/14
3	43	Cameryn NAGAJI	#10 Lewis & Clark	11.29m	37-½ (-0.5)	4/21
4	47	Maigan ADAMS	#2 Redlands (Calif.)	11.24m	36-10½ (-0	4/15
5	58	Maddy WIETSTRUCK	#5 Trinity (Texas)	11.15m	36-7 (1.1)	3/25
6	74	Ella BOWERS	#13 Pomona-Pitzer	11.03m	36-2¼ (1.5	4/1
7	78	Erica SNYDER	#11 Willamette	11.01m	36-1½ (-1.	4/7
8	88	Ciara AW	#2 Redlands (Calif.)	10.96m	35-11½ (0.	4/15
9		Devyn COPE	#3 Whitworth	10.89m	35-8¾ (0.0	4/21
10		Kyrstin WILSON	#19 Puget Sound	10.76m	35-3¾ (0.0	3/3

Women's Shot Put

1	20	Renee TIUMALU	#3 Whitworth	13.46m	44-2	3/18
2	50	Amaris DELGADO	#6 McMurry	12.70m	41-8	4/7
3	66	Georjina SOLIAI	#9 Pacific Lutheran	12.42m	40-9	3/3
4	71	Timony SHERRY	#2 Redlands (Calif.)	12.38m	40-7½	4/1
5	75	Kiki GONZALES	#17 Hardin-Simmon	12.33m	40-5½	4/14
6	88	Elizabeth JORDAN	#6 McMurry	12.22m	40-1¼	3/17
7	89	Ellena CORWIN	#1 George Fox	12.21m	40-¾	4/21
8		Julissa RODRIGUEZ	#16 Texas Lutheran	12.07m	39-7¼	3/30
9		Zaria OPARA	#22 Cal Lutheran	12.00m	39-4½	4/1
10		Emagen STYRA	#16 Texas Lutheran	11.97m	39-3¼	3/25



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West

Women's Discus

1	6	Lauryn RAWLS	#3	Whitworth	45.54m	149-5	4/21
2	25	Brianna WILSON-LARKIN	#16	Texas Lutheran	42.40m	139-1	4/22
3	38	Amblessed OKEMGBO	#3	Whitworth	41.34m	135-8	4/21
4	40	Noelle CHAVEZ	#2	Redlands (Calif.)	41.22m	135-3	4/1
5	51	Zaria OPARA	#22	Cal Lutheran	40.55m	133-1	4/1
6	72	Abbie Jo CARLSON	#3	Whitworth	39.69m	130-3	4/21
7	74	Elizabeth RYAN	#6	McMurry	39.64m	130-1	4/7
8	76	Peyton SANTOS	#9	Pacific Lutheran	39.59m	129-11	4/21
9	78	Caeli HAVEL	#2	Redlands (Calif.)	39.43m	129-5	4/1
10		Kierra FRANCOIS	#5	Trinity (Texas)	38.49m	126-4	3/3

Women's Hammer

1	19	Kierra FRANCOIS	#5	Trinity (Texas)	50.85m	166-10	4/22
2	32	Abbie Jo CARLSON	#3	Whitworth	48.88m	160-5	4/13
3	33	Elizabeth CUNNINGHAM	#6	McMurry	48.85m	160-3	4/14
4	47	Antonia HEKSTER	#4	Claremont-Mud	48.15m	158-0	4/7
5	50	Tahnisha MANIBUSAN	#1	George Fox	48.00m	157-6	4/8
6	59	Elizabeth RYAN	#6	McMurry	47.50m	155-10	3/25
7	77	Tabitha MESSINEO	#9	Pacific Lutheran	46.65m	153-1	3/3
8	81	Zaria OPARA	#22	Cal Lutheran	46.45m	152-5	4/1
9		Julissa RODRIGUEZ	#16	Texas Lutheran	45.13m	148-1	4/14
10		Tenley GRANT	#11	Willamette	44.66m	146-6	3/11

Women's Javelin

1	2	Chrissy STRICKLAND	#1	George Fox	46.29m	151-11	4/21
2	3	Ava NELSON	#9	Pacific Lutheran	46.27m	151-10	3/3
3	6	Allissa RODRIGUEZ	#6	McMurry	42.37m	139-0	4/14
4	9	Eva MILLAN	#3	Whitworth	42.00m	137-10	4/21
5	14	Ellena CORWIN	#1	George Fox	40.88m	134-2	4/21
6	19	Brecken VANDENHOEK	#1	George Fox	39.99m	131-3	4/21
7	31	Neelie SCHIEL		East Texas Bapti	39.01m	128-0	3/17
8	42	Emily BURGER	#4	Claremont-Mud	37.67m	123-7	3/4
9	52	Emily MAUCH	#3	Whitworth	37.38m	122-8	4/21
10	57	Emily HELDENBRAND	#25	La Verne	37.17m	122-0	3/4

Women's Heptathlon

1	7	Brecken VANDENHOEK	#1	George Fox	4,624	3/23
2	29	Elisabeth JENSEN	#1	George Fox	4,102	3/23
3	32	Eleanor BACHMEIER	#2	Redlands (Calif.)	4,055	4/6
4	33	Malia HEIEN	#10	Lewis & Clark	4,051	4/10
5	40	Jenna HUNTSMAN	#1	George Fox	3,920	3/23
6	49	Breanne RAWLS	#3	Whitworth	3,786	4/10
7	51	Chloe SOLUMUA	#12	UC Santa Cruz	3,768	4/6
8	55	Breeauna O'REAR	#1	George Fox	3,719	3/23
9	58	Tabitha MESSINEO	#9	Pacific Lutheran	3,554	4/10
10	63	Victoria WILSON		LeTourneau	3,463	4/13