



Regional TFRI Event Summary

as of 4/3/2023 8:18:50 AM

Great Lakes

Women's 100 Meters

1	9	Alexia BOYD	#4	Campbellsville (B	11.98w	(3.6)	3/24
2	13	Jamaya WARTHEN	#6	Indiana Tech	12.08w	(2.6)	3/30
3	21	Kiya POGUE	#6	Indiana Tech	12.14w	(2.6)	3/30
4	24	Alexia SCHOFIELD	#4	Campbellsville (	12.16w	(2.6)	3/31
5	32	Jamila GARBA	#4	Campbellsville (	12.21w	(2.8)	3/31
6	37	Anaiya JONES	#10	Madonna (Mich.	12.28	(-0.3)	3/29
7	46	Katlyn JONES	#6	Indiana Tech	12.39w	(2.4)	3/30
8	51	Taylor KYLE	#6	Indiana Tech	12.46w	(2.6)	3/30
9	66	Giorgia MAMELI	#1	Marian (Ind.)	12.59	(0.7)	3/25
10	75	Libby MILLER	#20	Georgetown (Ky	12.63	(1.3)	3/8
10	75	LaAuhnni LEWIS	#4	Campbellsville (	12.63w	(2.6)	3/31

Women's 100 Meter Hurdles

1	3	Erin OLEKSAK	#1	Marian (Ind.)	A: B 14.16	(1.7)	3/30
2	27	Faith JACKSON	#5	Siena Heights (N	15.05w	(2.3)	3/31
3	30	Theresa JUDD	#9	Aquinas (Mich.)	15.11w	(2.3)	3/31
4	32	Makala PFEFFERKORN	#18	IU Kokomo (Ind.	15.15w	(2.1)	3/16
5	43	Linnearia RICHARDS	#5	Siena Heights (N	15.40	(1.8)	3/31
6	50	Natalea HILLEN	#7	Point Park (Pa.)	15.57	(1.2)	3/24
7	51	Sarah BOLTON	#20	Georgetown (Ky	15.59	(1.9)	3/25
8	53	Denise TURPIN	#6	Indiana Tech	15.64	(1.7)	3/30
9	58	Omarea DANIELS	#6	Indiana Tech	15.70	(1.7)	3/30
10	60	Allison TEED	#15	Spring Arbor (Mi	15.71w	(2.2)	3/25

Women's 200 Meters

1	4	Alexia SCHOFIELD	#4	Campbellsville (A: B	24.25w	(3.3)	3/24
2	25	Giorgia MAMELI	#1	Marian (Ind.)	25.17	(1.0)	3/30
3	30	Jamila GARBA	#4	Campbellsville (	25.34	(2.0)	3/31
4	79	Jai-Lyn NORWOOD	#1	Marian (Ind.)	26.11	(0.7)	3/25
5	81	Erin OLEKSAK	#1	Marian (Ind.)	26.13	(-2.6)	3/25
5	81	Maria MALDONADO	#17	Goshen (Ind.)	26.13	(1.0)	3/30
7	87	Kylie BROWN	#15	Spring Arbor (Mi	26.19	(0.7)	3/25
8	90	MaQuoia RAGLAN	#3	Cumberlands (K	26.24	(0.6)	3/24
9	93	Kourtlyn CANNON	#4	Campbellsville (	26.26	(0.5)	3/31
10	95	Jaci JOHNSON	#4	Campbellsville (	26.31	(0.5)	3/31

Women's 400 Meters

1	3	Charity JONES	#10	Madonna (Mich. A: B	55.72		3/30
2	5	Jayla BROWN	#10	Madonna (Mich. A: B	56.21		3/30
3	12	Jo'Deci IRBY	#6	Indiana Tech	57.41		3/30
4	22	Jai-Lyn NORWOOD	#1	Marian (Ind.)	58.37		3/30
5	24	Junae BENNETT	#6	Indiana Tech	58.52		3/30
6	30	Giorgia MAMELI	#1	Marian (Ind.)	58.95		3/30
7	32	Kennia DEXTER	#6	Indiana Tech	59.19		3/30
8	33	Hanna REUTER	#1	Marian (Ind.)	59.36		3/30
9	34	Sarah GENZINK	#8	Cornerstone (Mi	59.41		3/31
10	36	Kylie BROWN	#15	Spring Arbor (Mi	59.49		3/31

Women's 400 Meter Hurdles

1	30	Natalea HILLEN	#7	Point Park (Pa.)	1:07.85		3/16
2	49	Faith KURTZ	#8	Cornerstone (Mi	1:09.32		3/31
3	56	Ally HAWK	#2	Indiana Wesleya	1:09.77		3/24
4	58	Linnearia RICHARDS	#5	Siena Heights (N	1:09.91		3/31
5	59	Chelsee MARTINO	#8	Cornerstone (Mi	1:10.09		3/24
6	65	Mariah MALEY	#23	Saint Francis (In	1:10.66		3/24
7	76	Aniya ADAMS		Lawrence Tech (	1:11.66		3/31
8	77	Rayya LEE		Oakland City (In	1:11.72		3/16
9	79	Rachel ROSE	#5	Siena Heights (N	1:12.02		3/31
10	89	Piper LINDSAY	#2	Indiana Wesleya	1:13.65		3/24

Women's 800 Meters

1	5	Kylie SAUDER	#11	Grace (Ind.)	B 2:15.42		3/31
2	10	Maggie WHITNEY	#9	Aquinas (Mich.)	2:16.81		3/31
3	20	Heather PLASTOW	#11	Grace (Ind.)	2:20.05		3/31
4	21	Anna HULSTEDT	#11	Grace (Ind.)	2:20.06		3/31
5	23	Carljin DE BIE	#7	Point Park (Pa.)	2:20.37		3/24
6	24	Jessica PHILLIPS	#10	Madonna (Mich.	2:20.38		3/30
7	46	Summer COOPER	#17	Goshen (Ind.)	2:22.88		3/30
8	48	Taylor THOMAS	#1	Marian (Ind.)	2:22.94		3/30
9	51	Tara FRIESEN	#11	Grace (Ind.)	2:23.29		3/31
10	60	Abbey GENTZ	#13	Huntington (Ind	2:23.84		3/30

Women's 1500 Meters

1	7	Abbey GENTZ	#13	Huntington (Ind	4:44.89		3/30
2	8	Heather PLASTOW	#11	Grace (Ind.)	4:45.20		3/31
3	11	Evie MILLER	#23	Saint Francis (In	4:45.33		3/24
4	15	Summer COOPER	#17	Goshen (Ind.)	4:45.91		3/30
5	19	Hannah ADLER	#9	Aquinas (Mich.)	4:46.54		3/31
6	34	Emily TEDDER	#13	Huntington (Ind	4:49.86		3/30
7	37	Jozi BROWN		Shawnee State (	4:50.54		3/10
8	39	Elizabeth LUCASON	#3	Cumberlands (K	4:50.65		3/24
9	42	Alex EBETINO	#23	Saint Francis (In	4:51.15		3/24
10	54	Ashlyn LIDDLE	#3	Cumberlands (K	4:53.45		3/24

Women's Steeplechase

1	6	Carmen CAMINO		WVU Tech	11:33.63		3/24
2	18	Katie ACKER	#11	Grace (Ind.)	12:08.01		3/31
3	19	Hannah ASSENMACHER		Lawrence Tech (	12:15.49		3/31
4	26	Jessica SANDERS	#14	Thomas More (K	12:37.20		4/1
5	35	Alyssa SHARP	#12	Lindsey Wilson (	12:44.50		4/1
6	50	Lindsay HUSTON	#1	Marian (Ind.)	13:14.80		3/25
7	52	Angela JAYCOX	#15	Spring Arbor (Mi	13:17.71		3/31
8	56	Annabelle WALKER	#12	Lindsey Wilson (	13:28.42		3/25
9	65	Emma BEIMFOHR	#1	Marian (Ind.)	13:58.53		3/25
10	69	Abby CUNNINGHAM	#19	Midway (Ky.)	14:12.35		4/1



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Great Lakes

Women's 5000 Meters

1	10	Breanna ALDERTON	Brescia (Ky.)	17:40.16	3/24
2	11	Alyssa CAMPBELL	#7 Point Park (Pa.)	17:42.02	3/24
3	14	Ali RAY	#1 Marian (Ind.)	17:54.26	3/30
4	15	Jози BROWN	Shawnee State (	17:57.38	3/17
5	26	Carmen TRIER	#11 Grace (Ind.)	18:32.27	3/31
6	43	Savannah FAUGHT	#14 Thomas More (K	18:49.84	3/25
7	46	Kirsten GEARY	#20 Georgetown (Ky	18:51.27	4/1
8	47	Allison PLASSIO	#7 Point Park (Pa.)	18:52.20	3/24
9	48	Hannah ASSENMACHER	Lawrence Tech (	18:52.94	3/17
10	51	Kinsey FORGEY	#3 Cumberlands (K	18:57.57	3/17

Women's 10,000 Meters

1	7	Ali RAY	#1 Marian (Ind.)	B 37:34.50	3/25
2	13	Lauren GORES	Cleary (Mich.)	39:15.90	3/31
3	17	Savannah FAUGHT	#14 Thomas More (K	39:34.10	4/1
4	22	Meredith JOHNSON	#12 Lindsey Wilson (	41:16.90	4/1
5	30	Laura CUIN-CASIMIRO	#12 Lindsey Wilson (	43:04.20	4/1
6	35	Lotte GERTLER	#12 Lindsey Wilson (	43:51.50	4/1
7	43	Trinity SMITH	#19 Midway (Ky.)	45:12.20	3/25

Women's 5000m Race Walk

1	12	Tara TODD	#3 Cumberlands (K	29:47.13	3/24
2	16	Jenna GROGAN	#3 Cumberlands (K	31:03.75	3/24
3	22	Isabelle BLATZ	#3 Cumberlands (K	35:29.83	3/24

Women's 4x100 Relay

1	6	Anaiya JONES, Charity JONES, Nia WOOD, Jayla BROWN	#10 Madonna (Mich.)	A:B 47.19	3/29
2	7	Alexia BOYD, Alexia SCHOFIELD, Kourtlyn CANNON, Jaci JOHNSON	#4 Campbellsville (A:	B 47.34	3/31
3	8	Giorgia MAMELI, Makayla MELVIN, Jai-Lyn NORWOOD, Erin OLEKSAK	#1 Marian (Ind.)	A:B 47.38	3/30
4	9	Kiya POGUE, Jamaya WARTHEN, Taylor KYLE, Katlyn JONES	#6 Indiana Tech	A:B 47.45	3/30
5	37	Morgan VARGO, Ketelynn DIX, Chelsee MARTINO, Halle SCHNYDERS	#8 Cornerstone (Mi	49.88	3/31
6	42	Trista MILLER, Keri LECHNER, Leia DAY, Mya GRESCHNER	#16 Carlow (Pa.)	50.28	3/31
7	44	RaKeya ELLSBERRY, Natalea HILLEN, Jordan YANIGA, Emma PAVELEK	#7 Point Park (Pa.)	50.30	3/16
8	45	Tamera ENGLISH, Aniyah JOHNSON, DaKyra HOWARD, Rayya LEE	Oakland City (In	50.49	3/16
9	46	Nevaeh BROWN, Autumn BOYLES, Emilee CECIL, Janae MCCALL	#19 Midway (Ky.)	50.70	4/1
10	51	Sarah BOLTON, Esther BRADSHAW, Rebekah CLARK, Jalynn LANDVERSICHT	#20 Georgetown (Ky	51.57	3/25



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Women's 4x400 Relay

1	5	Jayla BROWN, Charity JONES, Jessica PHILLIPS, Nia WOOD	#10 Madonna (Mich.)	A:B 3:53.12	3/29
2	15	RaMyah SHEFFIELD, MaQuoia RAGLAN, Kathryn COUCH, Shelby COTHORN	#3 Cumberlands (K)	4:02.33	3/24
3	30	Ashley BURGESS, Lily SCARBERRY, Lyssi SNOUFFER, Jocelyn DORNBIER	#22 Mount Vernon N	4:11.46	3/30
4	33	Sarah GENZINK, Madi HAID, Faith KURTZ, Kori BAUMANN	#8 Cornerstone (Mi)	4:13.07	3/31
5	35	Kylee LEWELLEN, Sabrina SIEMS, Nora STEELE, Taylor THOMAS	#1 Marian (Ind.)	4:14.10	3/30
6	37	Emma PAVELEK, Carlijn DE BIE, Makayla RICE, Jordan YANIGA	#7 Point Park (Pa.)	4:15.12	3/24
7	38	Jenna SALEK, Rachel ROSE, Tiffani LARDER, Bailey MCCULLOCH	#5 Siena Heights (N)	4:15.18	3/31
8	49	Gabrielle CATON, Emilee CECIL, Autumn BOYLES, Janae MCCALL	#19 Midway (Ky.)	4:20.33	4/1
9	57	Angela JAYCOX, Ava HOUGHTON, Madison VORE, Kylie BROWN	#15 Spring Arbor (Mi)	4:24.09	3/31
10	63	Bry HENDRY, Grace THAMANN, Ashley AKINS, Caileigh WATERS	#14 Thomas More (K)	4:28.76	3/25

Women's 4x800 Relay

1	7	Elizabeth LUCASON, Ella HENAGE, Ashlyn LIDDLE, Ashley TERRY	#3 Cumberlands (K)	9:42.17	3/24
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Women's High Jump

1	1	Erica XAYARATH	#13 Huntington (Ind.)	A:B 1.74m	5-8½	3/24
2	3	Erin OLEKSAK	#1 Marian (Ind.)	A:B 1.68m	5-6	3/30
3	4	Kaylee DIAMOND	#9 Aquinas (Mich.)	B 1.65m	5-5	3/31
3	4	Abi HUME	#2 Indiana Wesleya B	1.65m	5-5	3/24
5	9	Emma VALENTINE	#5 Siena Heights (N)	1.64m	5-4½	3/31
5	9	Daijah HILL	#5 Siena Heights (N)	1.64m	5-4½	3/31
7	13	Kaitlin ESSIG	#8 Cornerstone (Mi)	1.60m	5-3	3/29
7	13	Gina BUTZ	#1 Marian (Ind.)	1.60m	5-3	3/30
7	13	Olivia MILLER	#16 Carlow (Pa.)	1.60m	5-3	3/17
10	20	Jalynn LANDVERSICHT	#20 Georgetown (Ky)	1.58m	5-2¼	3/25

Women's Pole Vault

1	1	Ashley VERPLANK	#8 Cornerstone (Mi)	A:B 3.81m	12-6	3/29
2	2	Erica ALBRECHT	#5 Siena Heights (N)	A:B 3.80m	12-5½	3/31
2	2	Margherita CONRAD	#5 Siena Heights (N)	A:B 3.80m	12-5½	3/31
2	2	Tyler FUGATE	#5 Siena Heights (N)	A:B 3.80m	12-5½	3/31
5	6	Nevaeh BROWN	#19 Midway (Ky.)	A:B 3.75m	12-3½	4/1
6	8	Tatum TOWNSEND	#8 Cornerstone (Mi)	A:B 3.65m	11-11¾	3/24
6	8	Samantha NOWELL	#5 Siena Heights (N)	A:B 3.65m	11-11¾	3/31
8	11	Chasity MIES	#5 Siena Heights (N)	3.50m	11-5¾	3/31
8	11	Shaily BAYNES	#9 Aquinas (Mich.)	3.50m	11-5¾	3/31
10	13	Brooke HOLLOWAY	#22 Mount Vernon N	3.45m	11-3¾	3/25

Women's Long Jump

1	7	Erin OLEKSAK	#1 Marian (Ind.)	B 5.73m	18-9¾ (0.4)	3/30
2	8	Nikki RAVELLI	#12 Lindsey Wilson (B)	5.70m	18-8½ (0.0)	4/1
3	11	Erica XAYARATH	#13 Huntington (Ind)	B 5.65mw	18-6½ (2.5)	3/30
4	14	Makala PFEFFERKORN	#18 IU Kokomo (Ind.)	5.62mw	18-5¼ (2.6)	3/16
5	27	Alexia BOYD	#4 Campbellsville (	5.44mw	17-10¼ (3.0)	3/24
6	32	Alexia SCHOFIELD	#4 Campbellsville (	5.38mw	17-8 (2.2)	3/31
7	39	Anajah GOMILLIA	#6 Indiana Tech	5.35mw	17-6¾ (4.0)	3/30
8	42	Mya GRESCHNER	#16 Carlow (Pa.)	5.32m	17-5½ (1.3)	3/17
9	54	Carlie TURNER	#6 Indiana Tech	5.26mw	17-3¼ (3.0)	3/30
10	57	Jordyn CARDWELL	Brescia (Ky.)	5.24m	17-2¼ (0.1)	3/24

Women's Triple Jump

1	2	Jai-Lyn NORWOOD	#1 Marian (Ind.)	A:B 12.53mw	41-1½ (4.0)	3/30
2	8	Alexia SCHOFIELD	#4 Campbellsville (B)	11.72m	38-5½ (0.0)	3/24
3	11	Naomi WALTERS	#1 Marian (Ind.)	B 11.63mw	38-2 (3.8)	3/30
4	17	Makala PFEFFERKORN	#18 IU Kokomo (Ind.)	B 11.55m	37-10¾ (0.0)	3/24
5	19	Blessing LAUDERMILCH	#2 Indiana Wesleya	11.44m	37-6½ (0.0)	3/24
6	24	Alexia BOYD	#4 Campbellsville (	11.26m	36-11½ (1.0)	3/31
7	27	Erica XAYARATH	#13 Huntington (Ind)	11.23m	36-10¼ (1.0)	3/30
8	40	Olivia MILLER	#16 Carlow (Pa.)	10.92m	35-10 (0.3)	3/24
9	53	Teychiana DORNAN	Union (Ky.)	10.67m	35-¼ (-1.7)	3/24
10	60	Abi HUME	#2 Indiana Wesleya	10.57m	34-8¼ (0.0)	3/24
10	60	Makayla KEFFELER	#2 Indiana Wesleya	10.57m	34-8¼ (0.0)	3/24

Women's Shot Put

1	8	Princess KARA	#2 Indiana Wesleya B	13.40m	43-11¾	3/24
2	21	Arriana BENJAMIN	#1 Marian (Ind.)	12.60m	41-4¼	3/30
3	27	Lena KORTE	#25 Concordia (Mich)	12.46m	40-10½	3/31
4	29	Rebecca BELTRAN	#9 Aquinas (Mich.)	12.39m	40-7¾	3/31
5	31	Summer TRAVIS	#3 Cumberlands (K)	12.35m	40-6¼	3/24
6	38	Alecia PARKER	#21 Bethel (Ind.)	12.18m	39-11½	3/29
7	39	Hayley THOMPSON	#6 Indiana Tech	12.15m	39-10½	3/30
8	40	Markalah BARNES	#21 Bethel (Ind.)	12.10m	39-8½	3/29
9	45	Merideth DEVRIES	#2 Indiana Wesleya	12.04m	39-6	3/24
9	45	Kaydence RICHARDSON	#9 Aquinas (Mich.)	12.04m	39-6	3/31



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Great Lakes

Women's Discus

1	6	Merideth DEVRIES	#2	Indiana Wesleyan A	44.05m	144-6	3/24
2	7	Arriana BENJAMIN	#1	Marian (Ind.)	43.75m	143-7	3/30
3	9	Princess KARA	#2	Indiana Wesleyan B	43.08m	141-4	3/24
4	16	Maggie BUERGER	#3	Cumberlands (K	41.98m	137-9	3/24
5	17	Julia HIRT	#25	Concordia (Mich	41.95m	137-8	3/31
6	25	Willow KENNEDA	#17	Goshen (Ind.)	41.12m	134-11	3/25
7	27	Chloe MILLER	#2	Indiana Wesleyan	40.60m	133-3	3/24
8	32	Taylor WATERWAY	#2	Indiana Wesleyan	39.59m	129-11	3/24
9	35	Rebecca BELTRAN	#9	Aquinas (Mich.)	39.17m	128-6	3/31
10	37	Markalah BARNES	#21	Bethel (Ind.)	39.12m	128-4	3/29

Women's Hammer

1	11	Emilee KESSLER	#10	Madonna (Mich.)	49.32m	161-10	3/30
2	13	Arriana BENJAMIN	#1	Marian (Ind.)	49.10m	161-1	3/25
3	16	Chloe MILLER	#2	Indiana Wesleyan	47.68m	156-5	3/24
4	26	Madison KAUFFMAN	#21	Bethel (Ind.)	46.40m	152-3	3/29
5	30	Erin GOTHA	#5	Siena Heights (N	45.96m	150-10	3/31
6	31	Verlecia SCARLETT		Pikeville (Ky.)	45.82m	150-4	3/24
7	43	Deneara MBOUG	#6	Indiana Tech	44.44m	145-10	3/30
8	44	Jenna BREUKER	#8	Cornerstone (Mi	44.38m	145-7	3/29
9	46	Willow KENNEDA	#17	Goshen (Ind.)	44.15m	144-10	3/30
10	49	Jennifer SHERWOOD	#15	Spring Arbor (Mi	43.79m	143-8	3/31

Women's Javelin

1	15	Nikki RAVELLI	#12	Lindsey Wilson (	38.27m	125-7	4/1
2	16	Precious WILKINS	#2	Indiana Wesleyan	38.26m	125-6	3/24
3	32	Hannah BOERSEMA	#23	Saint Francis (In	36.12m	118-6	3/24
4	40	Maya LATERZA	#7	Point Park (Pa.)	34.78m	114-1	3/24
5	41	Lena KORTE	#25	Concordia (Mich	34.74m	114-0	3/31
6	51	Gisele SALLADE	#2	Indiana Wesleyan	33.70m	110-7	3/24
7	54	Narpreet SINGH	#5	Siena Heights (N	33.28m	109-2	3/31
8	57	Emma BYRUM	#18	IU Kokomo (Ind.	33.08m	108-7	3/24
9	63	Amber AVERY	#3	Cumberlands (K	32.43m	106-5	3/17
10	68	Riley SCHRECK		Alice Lloyd (Ky.)	31.86m	104-7	3/25

Women's Heptathlon

1	12	Lauren JOLLY	#24	Rio Grande (Ohio	3,531		3/17
2	23	Vanessa TEMPLE		IU East (Ind.)	2,806		3/24



Regional TFRI Event Summary

as of 4/3/2023 8:18:51 AM

Midwest

Women's 100 Meters

1	12	Alyssa BUSKER	#23	Trinity Christian	12.06w	(2.6)	3/10
2	16	Elianna CLARK	#2	Mount Marty (S.I.)	12.10	(1.8)	3/30
3	35	Eden CLIFTON	#9	Graceland (Iowa)	12.26w	(3.3)	3/25
4	60	Jamaya JENKINS	#13	Saint Xavier (Ill.)	12.54w	(2.4)	3/31
5	64	Kimberly BRENT	#6	Olivet Nazarene	12.58w	(3.8)	4/1
6	66	Calli DAVIS	#2	Mount Marty (S.I.)	12.59	(1.3)	3/30
7	69	Alexis EVEN	#2	Mount Marty (S.I.)	12.60	(1.3)	3/30
7	69	Isabel BOTHWELL	#3	Doane (Neb.)	12.60w	(2.4)	4/1
9	74	Tera MILLER	#6	Olivet Nazarene	12.62w	(3.8)	4/1
10	79	Amanda LICHTENSTEIN	#23	Trinity Christian	12.65	(1.7)	3/10

Women's 100 Meter Hurdles

1	7	Hannah ANTKOVIK	#6	Olivet Nazarene A:B	14.36w	(2.5)	4/1
2	9	Adrianna RODENCAL	#1	Concordia (Neb.) A:B	14.40w	(3.0)	4/1
3	20	Kaitlyn MCCOLLY	#4	Dickinson State	14.84cw	(14.80A)	3/31
3	20	Josie GARRETT	#3	Doane (Neb.)	14.84w	(2.3)	4/1
5	23	Wrenzi WRZESINSKI	#4	Dickinson State	14.92cw	(14.88A)	3/31
6	26	Ashinee GEORGE	#2	Mount Marty (S.I.)	15.04	(0.6)	3/30
7	35	Jaida ROWE	#5	Hastings (Neb.)	15.20w	(2.3)	4/1
8	36	Taylor SARGENT	#24	Valley City State	15.25w		3/24
9	38	Kayla SVOBODA	#1	Concordia (Neb.)	15.35w	(3.0)	4/1
10	46	Hope MORKEN	#14	Morningside (Iowa)	15.43	(0.8)	3/31
10	46	Annie LEOPOLD	#10	Mount Mercy (Iowa)	15.43w	(2.9)	4/1

Women's 200 Meters

1	12	Alyssa BUSKER	#23	Trinity Christian B	24.78	(-1.7)	3/10
2	33	Elianna CLARK	#2	Mount Marty (S.I.)	25.37	(1.9)	3/30
3	41	Kamrie DILLAN	#15	York (Neb.)	25.67w	(2.2)	4/1
4	45	Alexis EVEN	#2	Mount Marty (S.I.)	25.78w	(2.1)	3/30
5	50	Kayla KIRCHNER	#1	Concordia (Neb.)	25.81w	(2.2)	4/1
6	60	Eden CLIFTON	#9	Graceland (Iowa)	25.89	(1.2)	3/25
7	78	Calli DAVIS	#2	Mount Marty (S.I.)	26.10w		3/24
8	85	Zelie SORENSEN	#2	Mount Marty (S.I.)	26.18w	(2.1)	3/30
9	95	Ty IRVIN	#15	York (Neb.)	26.31	(1.9)	4/1
10		Caitlyn COTTON	#3	Doane (Neb.)	26.42w	(2.2)	4/1

Women's 400 Meters

1	7	Jenna ESCH	#1	Concordia (Neb.) B	57.08		4/1
2	13	Calli DAVIS	#2	Mount Marty (S.I.)	57.46		3/30
3	14	Kennedy KRAMER	#8	Northwestern (Iowa)	57.48		4/1
4	28	Veronica PINKERTON	#5	Hastings (Neb.)	58.87		4/1
5	29	Trinity TULS	#1	Concordia (Neb.)	58.89		4/1
6	31	Jewel OLSON	#4	Dickinson State	59.01c	(58.90A)	3/31
7	50	Gabbi BUTLER	#16	St. Ambrose (Iowa)	1:00.15		4/1
8	51	Kayla KIRCHNER	#1	Concordia (Neb.)	1:00.38		4/1
9	52	Shelby BUWALDA	#7	Dordt (Iowa)	1:00.44		3/24
10	55	Kiara CARTER	#6	Olivet Nazarene	1:00.55		4/1

Women's 400 Meter Hurdles

1	6	Jordan KOEPKE	#1	Concordia (Neb.) A:B	1:02.71		4/1
2	7	Wrenzi WRZESINSKI	#4	Dickinson State A:B	1:03.26c	(1:03.15A)	3/31
3	12	Kaitlyn MCCOLLY	#4	Dickinson State	1:05.04c	(1:04.93A)	3/31
4	16	Allena ROWLAND	#20	Clarke (Iowa)	1:05.97		3/25
5	28	Rhys MAXEY	#5	Hastings (Neb.)	1:07.80		4/1
6	29	Adrianna RODENCAL	#1	Concordia (Neb.)	1:07.84		4/1
7	33	Jaida ROWE	#5	Hastings (Neb.)	1:08.18		4/1
8	40	Tianna BUMBACA-KUEHL	#2	Mount Marty (S.I.)	1:08.55		3/30
9	42	Anni STIER	#19	Jamestown (N.D.)	1:08.63		3/24
10	43	Abrielle NELSON	#2	Mount Marty (S.I.)	1:08.68		3/30

Women's 800 Meters

1	9	Annika PINGEL	#3	Doane (Neb.)	2:16.78		4/1
2	16	Emilee HEYNEN	#7	Dordt (Iowa)	2:19.42		3/24
3	22	Mika KOOISTRA	#7	Dordt (Iowa)	2:20.17		3/24
4	29	Jenna ESCH	#1	Concordia (Neb.)	2:21.45		4/1
5	37	Emily CHICOINE	#14	Morningside (Iowa)	2:21.86		3/31
6	41	Courtney SPORRER	#14	Morningside (Iowa)	2:22.53		3/31
7	65	Rhaya KASCHINSKE	#1	Concordia (Neb.)	2:24.13		4/1
8	75	Taylor SPORRER	#14	Morningside (Iowa)	2:24.74		3/31
9		Heidi HELDT	#6	Olivet Nazarene	2:27.80		4/1
10		Tori ORTON	#6	Olivet Nazarene	2:28.03		4/1

Women's 1500 Meters

1	6	Rylee HAECKER	#1	Concordia (Neb.)	4:43.00		4/1
2	40	Veronica PINKERTON	#5	Hastings (Neb.)	4:50.80		4/1
3	44	Kylahn FREIBERG	#1	Concordia (Neb.)	4:51.36		4/1
4	56	Morgan LAWSON	#11	Grand View (Iowa)	4:54.74		3/25
5	74	Grace TIMM	#4	Dickinson State	4:57.99c	(5:01.35A)	3/31
6	77	Emily HAVERDINK	#8	Northwestern (Iowa)	4:58.18		4/1
7	83	Keegan BEISEL	#1	Concordia (Neb.)	4:58.68		3/25
8	89	Rhaya KASCHINSKE	#1	Concordia (Neb.)	5:00.60		3/25
9	90	Julie MCINTYRE	#1	Concordia (Neb.)	5:00.75		3/25
10		Caitlin ALBERTS	#8	Northwestern (Iowa)	5:02.11		4/1

Women's Steeplechase

1	14	Keagan PERKINS	#9	Graceland (Iowa)	11:53.18		3/25
2	20	Maria GEESAMAN	#15	York (Neb.)	12:21.54		4/1
3	22	Kaia RICHMOND	#1	Concordia (Neb.)	12:27.87		4/1
4	25	Emma HALEY	#8	Northwestern (Iowa)	12:35.70		4/1
5	36	Jessa DAY	#10	Mount Mercy (Iowa)	12:46.44		4/1
6	38	Lilly GARNSEY	#17	Iowa Wesleyan	12:52.12		4/1
7	44	Abby RINDERKNECHT	#10	Mount Mercy (Iowa)	13:00.50		4/1
8	51	Jocelyn FARHAR	#22	College of Saint	13:14.95		4/1
9	54	Brooke WIGDAHL	#22	College of Saint	13:22.90		4/1
10	59	Faith YOUNCE	#17	Iowa Wesleyan	13:36.42		4/1



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Midwest

Women's 5000 Meters

1	31	Keegan BEISEL	#1	Concordia (Neb.)	18:37.15	4/1
2	36	Allie BINDER	#3	Doane (Neb.)	18:43.25	4/1
3	40	Taylor ANEMA	#7	Dordt (Iowa)	18:47.04	3/24
4	49	Lucy BORKOWSKI	#7	Dordt (Iowa)	18:56.36	3/24
5	63	Elyse KUPERUS	#7	Dordt (Iowa)	19:07.18	3/24
6	68	Madison NELSON		Bellevue (Neb.)	19:14.90	3/24
7	81	Chloe INHELDER	#22	College of Saint	19:26.38	4/1
8	87	Julie MCINTYRE	#1	Concordia (Neb.)	19:31.34	4/1
9	90	J'Lyn KNUTSON	#10	Mount Mercy (Iowa)	19:35.02	3/17
10	97	Jaden HILKEMANN	#3	Doane (Neb.)	19:41.59	4/1

Women's 10,000 Meters

1	34	Daniella NINO	#13	Saint Xavier (Ill.)	43:47.27	3/31
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Women's 5000m Race Walk

1	8	Paige THOMPSON	#11	Grand View (Iowa)	28:27.48	3/25
2	9	Faith YOUNCE	#17	Iowa Wesleyan	29:06.61	3/25
3	11	Lauren DAWSON	#1	Concordia (Neb.)	29:45.12	4/1
4	14	Tristyn DIPENTINO	#5	Hastings (Neb.)	30:06.05	4/1
5	17	Baylee EVARTS	#5	Hastings (Neb.)	31:35.30	4/1
6	18	Allison MORRIS	#17	Iowa Wesleyan	33:11.87	3/25
7	21	Mickenzie FISHER	#9	Graceland (Iowa)	35:27.43	3/25

Women's 4x100 Relay

1	15	Emily LOSEKE, Kayla KIRCHNER, Kellie RHODES, Adrianna RODENCAL	#1	Concordia (Neb.)	48.22	4/1
2	23	Isabel BOTHWELL, Morgan MAHONEY, Annika PINGEL, Caitlyn COTTON	#3	Doane (Neb.)	49.01	4/1
3	27	https://www.tfrrs.org/teams/11799	#6	Olivet Nazarene	49.20	4/1
4	29	Isabelle HARDMEYER, Zelia SORENSEN, Alexis EVEN, Elianna CLARK	#2	Mount Marty (S.D.)	49.32	3/30
5	41	Lana YEAKEL, Claudia SCHUNK, Ashley VERONEN, Breanna IHDE	#12	Viterbo (Wis.)	50.21	4/1
6	43	Allison READ, Raven WILLIAMS, Tabitha ROGERS, Alexandra ROSE	#18	William Penn (Iowa)	50.29	3/31
7	49	Erica NIKKEL, Lydia HERMAN, Isabel DE LAY, Ayda DEN HERDER	#7	Dordt (Iowa)	51.17	3/24
8	55	Laura GREENE, Taylor GREENE, Hope MORKEN, Maddie MORONY	#14	Morningside (Iowa)	52.08	3/31
9	56	Eden CLIFTON, Maryleslie JAVIER, Jacey LEWIS, Ambar FULGENCIO	#9	Graceland (Iowa)	52.19	3/31
10	61	Annie LEOPOLD, Aleksyia LECLERE, Kiah COFFIN, Brooklyn JOHNSON	#10	Mount Mercy (Iowa)	52.51	3/17



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Midwest

Women's 4x400 Relay

1	13	Abigail CLARKE, Savonne STERK, Emma BLUM, Kennedy KRAMER	#8 Northwestern (I	4:00.90	4/1
2	14	Tianna BUMBACA- KUEHL, Elianna CLARK, Abrielle NELSON, Calli DAVIS	#2 Mount Marty (S.	4:01.45	3/30
3	16	Anmarie STUIT, Shelby BUWALDA, Emilee HEYNEN, Mika KOOISTRA	#7 Dordt (Iowa)	4:03.41	3/24
4	18	Annika PINGEL, Kat VOGT, Kristen WALTERS, Morgan BURNETT	#3 Doane (Neb.)	4:04.25	4/1
5	21	Wrenzi WRZESINSKI, Kaitlyn MCCOLLY, Jewel OLSON, Kyle BARNETT	#4 Dickinson State	4:04.85c (4:04.41A)	3/31
6	32	Sarah BOSCH, Courtney SPORRER, Taylor SPORRER, Emily CHICOINE	#14 Morningside (Iowa)	4:13.03	3/31
7	40	Kamrie DILLAN, Maria GEESAMAN, Abigail ZAIGER, Ty IRVIN	#15 York (Neb.)	4:15.68	3/25
8	41	Allena ROWLAND, Anyah RANSON, Isabelle MATTHEWS, Jaycie FRANCO	#20 Clarke (Iowa)	4:16.70	3/25
9	45	Karima KOKO, Ikilas HASAN, Faith NEELEY, Morgan LAWSON	#11 Grand View (Iowa)	4:18.77	3/25
10	47	Eden CLIFTON, Keagan PERKINS, Sidney GILLILAND, Ashlynn PERKINS	#9 Graceland (Iowa)	4:19.47	3/25

Women's 4x800 Relay

1	9	Rylee HAECKER, Rhaya KASCHINSKE, Hannah BEINTEMA, Keegan BEISEL	#1 Concordia (Neb.)	10:02.47	3/25
2	10	Delilah DELGADO, Ailyn GALLARDO, Nayely MARTINEZ, Victoria DOLBNIK	#13 Saint Xavier (Ill.)	10:03.64	3/31
3	12	Tianna BUMBACA- KUEHL, Abrielle NELSON, Emily JOHNSON, Josey WAHLSTROM	#2 Mount Marty (S.	10:10.27	3/30
4	14	Sydney WOODS, Abby RINDERKNECHT, Ruth JENNINGS, Yaqueline HERNANDEZ	#10 Mount Mercy (Iowa)	10:39.55	3/17
5	19	Lilly GARNSEY, Zoi SMITH, Faith YOUNCE, Emily GEHRING	#17 Iowa Wesleyan	11:54.24	3/25

Women's High Jump

1	4	Jacie VANDER WAAL	#8 Northwestern (Iowa)	1.65m	5-5	4/1
1	4	Hannah NEWTON	#1 Concordia (Neb.)	1.65m	5-5	4/1
3	11	Sidney GILLILAND	#9 Graceland (Iowa)	1.62m	5-3¾	3/25
4	24	Ashlynn PERKINS	#9 Graceland (Iowa)	1.57m	5-1¾	3/25
4	24	Avril MAUGHAN	#11 Grand View (Iowa)	1.57m	5-1¾	3/25
6	29	Miranda KENDALL	#12 Viterbo (Wis.)	1.55m	5-1	4/1
6	29	Paige ERHARDT	#19 Jamestown (N.C.)	1.55m	5-1	3/24
8	47	Adarra HAGLUND	#4 Dickinson State	1.52m	4-11¾	3/31
9	51	Lahna MATUCHA	#25 Dakota State (S.D.)	1.50m	4-11	3/24
9	51	Josie GARRETT	#3 Doane (Neb.)	1.50m	4-11	4/1
9	51	Sarah THEILER	#3 Doane (Neb.)	1.50m	4-11	4/1
9	51	Jordynn TOLIVER	#19 Jamestown (N.C.)	1.50m	4-11	3/24
9	51	Alexie STEPHANI	#12 Viterbo (Wis.)	1.50m	4-11	4/1
9	51	Andrea SUCHA	#2 Mount Marty (S.D.)	1.50m	4-11	3/24
9	51	Zailee POULSON	#5 Hastings (Neb.)	1.50m	4-11	4/1
9	51	Amybyer MAREE-DERRICK	#13 Saint Xavier (Ill.)	1.50m	4-11	3/31
9	51	Ashley VERONEN	#12 Viterbo (Wis.)	1.50m	4-11	4/1
9	51	Amanda STEINKE	#1 Concordia (Neb.)	1.50m	4-11	4/1
9	51	Faith ESPINOSA	#1 Concordia (Neb.)	1.50m	4-11	4/1
9	51	Alazey MISHLEAU	Waldorf (Iowa)	1.50m	4-11	4/1
9	51	Krista HARDY	#21 Midland (Neb.)	1.50m	4-11	4/1
9	51	Jastiny JACKSON	#3 Doane (Neb.)	1.50m	4-11	4/1



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Midwest

Women's Pole Vault

1	7	Josie PUELZ	#1	Concordia (Neb.)	A:B 3.70m	12-1½	4/1
2	17	Amira CUMMINGS	#1	Concordia (Neb.)	3.40m	11-1¾	4/1
2	17	Madison WAHL	#4	Dickinson State	3.40m	11-1¾	3/31
2	17	Erin BOGGS	#1	Concordia (Neb.)	3.40m	11-1¾	4/1
2	17	Cassidy JORENSEN	#4	Dickinson State	3.40m	11-1¾	3/31
6	22	Kate SURWILLO	#16	St. Ambrose (Iov	3.36m	11-¼	4/1
7	23	Bailey NUUTINEN	#12	Viterbo (Wis.)	3.30m	10-9¾	4/1
7	23	Emma JOHNSON	#12	Viterbo (Wis.)	3.30m	10-9¾	4/1
9	26	Gracie RIPPEN	#2	Mount Marty (S.I	3.28m	10-9	3/30
10	27	Erin MAPSON	#1	Concordia (Neb.)	3.25m	10-8	4/1

Women's Long Jump

1	16	Abigail BATU-TIAKO	#18	William Penn (Io	5.53m	18-1¾ (0.0	3/25
2	21	Lexie JOHNSON	#16	St. Ambrose (Iov	5.48m	17-11¾ (0.	4/1
3	23	Lana YEAKEL	#12	Viterbo (Wis.)	5.46mw	17-11 (3.9)	4/1
4	31	Brooklyn JOHNSON	#10	Mount Mercy (Io	5.40m	17-8¾ (0.0	3/17
5	51	Grace PEYRON	#12	Viterbo (Wis.)	5.28m	17-4 (0.6)	4/1
6	57	Kaitlyn MCCOLLY	#4	Dickinson State	5.24mw	17-2¼ (3.1	3/31
7	65	Maddison DOREN	#2	Mount Marty (S.I	5.18m	17-0 (1.8)	3/30
7	65	Kaylynn RIDGELY	#8	Northwestern (I	5.18mw	17-0 (3.4)	4/1
9	81	Ayda DEN HERDER	#7	Dordt (Iowa)	5.12mw	16-9¾	3/24
10	84	Emma TERWISCHE	#20	Clarke (Iowa)	5.10mw	16-8¾ (3.9	4/1

Women's Triple Jump

1	22	Jolene MANTOAN	#6	Olivet Nazarene	11.29m	37-½ (0.0)	4/1
2	43	Trinity DOUBLIN	#5	Hastings (Neb.)	10.84m	35-6¾ (1.3	4/1
2	43	Josi NOBLE	#1	Concordia (Neb.)	10.84m	35-6¾ (0.6	4/1
4	47	Isabel SAYLER		Briar Cliff (Iowa)	10.79m	35-4¾	3/24
5	49	Rosalyn ROGGASCH	#3	Doane (Neb.)	10.73m	35-2½ (1.8	4/1
6	59	Shelby BUWALDA	#7	Dordt (Iowa)	10.58m	34-8½	3/24
7	62	Andrea SUCHA	#2	Mount Marty (S.I	10.54m	34-7	3/24
8	65	Liliana OLSEN	#16	St. Ambrose (Iov	10.45m	34-3½ (0.0	4/1
9	66	Hailey PERRINE	#6	Olivet Nazarene	10.43m	34-2¾ (0.0	4/1
10	68	Alivia WEATHERS	#1	Concordia (Neb.)	10.39mw	34-1¼ (2.3	4/1
10	68	Alexie STEPHANI	#12	Viterbo (Wis.)	10.39mw	34-1¼ (2.5	4/1

Women's Shot Put

1	4	Kori NAGEL	#4	Dickinson State	A:B 13.85m	45-5¼	3/31
2	6	Alivia BAUCOM	#3	Doane (Neb.)	A:B 13.57m	44-6¼	4/1
3	10	Hope WAGNER		Briar Cliff (Iowa)	B 13.39m	43-11¼	3/24
4	11	Annah MILLER	#16	St. Ambrose (Iov	B 13.30m	43-7¾	4/1
5	12	Bre NAIL	#10	Mount Mercy (Io	B 13.22m	43-4½	4/1
6	13	Kiara ANDERSON	#5	Hastings (Neb.)	B 13.01m	42-8¼	4/1
7	14	Kady VANDEMARK	#9	Graceland (Iowa	12.95m	42-6	3/25
8	15	Brianna HUNTER	#17	Iowa Wesleyan	12.81m	42-½	3/25
9	17	Claire CASPERSEN	#22	College of Saint	12.75m	41-10	4/1
10	19	Kamryn POKORNEY	#1	Concordia (Neb.)	12.63m	41-5¼	4/1

Women's Discus

1	1	Kori NAGEL	#4	Dickinson State	A:B 46.03m	151-0	3/31
2	2	Kiara ANDERSON	#5	Hastings (Neb.)	A:B 45.00m	147-8	4/1
3	3	Madison GREEN	#11	Grand View (Iow	A:B 44.79m	147-0	3/25
4	8	Annah MILLER	#16	St. Ambrose (Iov	B 43.31m	142-1	4/1
5	11	Alivia BAUCOM	#3	Doane (Neb.)	B 42.59m	139-9	3/24
6	14	Sarah SCHOONMAKER	#6	Olivet Nazarene	42.39m	139-1	4/1
7	15	Jessa EDEN	#5	Hastings (Neb.)	42.00m	137-10	4/1
8	19	Erin PAINTER	#1	Concordia (Neb.)	41.89m	137-5	3/25
9	20	Precious AGUAGYO	#13	Saint Xavier (Ill.)	41.33m	135-7	3/31
10	22	Emma LLOYD	#1	Concordia (Neb.)	41.19m	135-2	4/1

Women's Hammer

1	2	Macy FULLER	#3	Doane (Neb.)	A:B 53.43m	175-4	3/24
2	3	Madison GREEN	#11	Grand View (Iow	A:B 51.65m	169-6	3/25
3	10	Kiara ANDERSON	#5	Hastings (Neb.)	B 49.53m	162-6	4/1
4	12	Jessa EDEN	#5	Hastings (Neb.)	B 49.18m	161-4	4/1
5	15	Courtney HALL	#6	Olivet Nazarene	47.95m	157-4	4/1
6	17	Darby DEFFENBAUGH		Dakota Wesleya	47.62m	156-3	3/24
7	19	Kamryn POKORNEY	#1	Concordia (Neb.)	47.44m	155-8	3/25
8	20	Erin PAINTER	#1	Concordia (Neb.)	47.32m	155-3	4/1
9	22	Tori NYGARD	#4	Dickinson State	47.28m	155-2	3/31
10	23	Precious AGUAGYO	#13	Saint Xavier (Ill.)	47.13m	154-8	3/31

Women's Javelin

1	8	Kendra ODEGARD	#24	Valley City State	A:B 41.58m	136-5	3/24
2	18	Rylee OLSON	#14	Morningside (Io	38.05m	124-10	4/1
3	26	Grace DAMME	#3	Doane (Neb.)	37.10m	121-9	4/1
4	27	Molly VANDER HAMM	#3	Doane (Neb.)	36.50m	119-9	4/1
5	29	Abby HILL	#10	Mount Mercy (Io	36.34m	119-3	4/1
6	33	Madalynn RHODES	#22	College of Saint	36.01m	118-2	4/1
7	36	Gretchen STOTTEMYRE	#1	Concordia (Neb.)	35.69m	117-1	4/1
7	36	Jordynn TOLIVER	#19	Jamestown (N.D	35.69m	117-1	3/24
9	44	Alyssa ANDRESS	#4	Dickinson State	34.50m	113-2	3/31
10	45	Avery SPENCER	#6	Olivet Nazarene	34.33m	112-8	4/1

Women's Heptathlon

1	10	Ashinee GEORGE	#2	Mount Marty (S.I	3,799	3/30
2	14	Andrea SUCHA	#2	Mount Marty (S.I	3,312	3/30
3	22	Shyanne PIPKIN	#21	Midland (Neb.)	2,823	3/23
4	24	Madyson RAY	#21	Midland (Neb.)	2,763	3/23



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South

Women's 100 Meters

1	1	Praise IDAMADUDU	#8	Cumberland (Te	A:B 11.54	(0.3)	3/31
2	2	Latavia JACK	#6	Mobile (Ala.)	A:B 11.70w	(3.6)	3/23
3	3	Kevell BYRD	#9	Dillard (La.)	A:B 11.83w	(2.8)	3/31
4	4	Fredricka MCKENZIE	#3	William Carey (M	A:B 11.88	(1.7)	3/29
5	6	Salieci MYLES	#3	William Carey (M	A:B 11.90	(1.7)	3/23
6	7	Toni CANFALL	#1	Southeastern (F	B 11.93	(1.6)	3/17
7	10	Kynneddy TURNER	#14	Xavier (La.)	12.01w	(2.2)	3/31
8	11	Maya SMITH-SPEED	#5	Life (Ga.)	12.04	(1.9)	3/24
9	13	Anitria SANGSTER	#13	Florida Memoria	12.08w	(3.2)	3/17
9	13	Myla EDWARDS	#6	Mobile (Ala.)	12.08w	(3.7)	3/23

Women's 100 Meter Hurdles

1	1	Salieci MYLES	#3	William Carey (M	A:B 13.43w	(3.7)	3/29
2	5	Paige MANNEY	#12	Tennessee Wes	A:B 14.23w	(2.2)	3/25
3	7	Tashina BEYIOKU-ALASE	#9	Dillard (La.)	A:B 14.36	(2.0)	3/31
4	11	Emerald CARTER	#14	Xavier (La.)	A:B 14.41	(-0.3)	3/31
5	12	Tenae GRIGSBY	#1	Southeastern (F	B 14.46w	(3.0)	3/17
6	13	Daila YOUNG	#9	Dillard (La.)	B 14.50w	(3.6)	3/11
7	14	Emma DIVERONICA	#16	St. Thomas (Fla.	B 14.54w	(2.1)	3/25
8	16	An'Janae LATCHINSON	#3	William Carey (N	B 14.58w	(2.6)	3/23
9	17	Anna CABRERA	#6	Mobile (Ala.)	B 14.60w	(3.1)	3/23
10	18	Doris MENSAH	#8	Cumberland (Te	B 14.70	(1.7)	3/31

Women's 200 Meters

1	1	Praise IDAMADUDU	#8	Cumberland (Te	A:B 23.58w	(2.4)	3/31
2	2	Talayla DAVIS	#5	Life (Ga.)	A:B 23.63w	(2.4)	3/24
3	3	Sabrina RICHMAN	#5	Life (Ga.)	A:B 23.73w	(2.4)	3/24
4	5	Latavia JACK	#6	Mobile (Ala.)	A:B 24.31w	(3.9)	3/23
5	6	Denai WILSON	#13	Florida Memoria	A:B 24.44w	(3.5)	3/24
6	7	Fredricka MCKENZIE	#3	William Carey (M	A:B 24.48w	(3.9)	3/23
7	9	Maya SMITH-SPEED	#5	Life (Ga.)	A:B 24.64w	(3.3)	3/24
8	11	Kevell BYRD	#9	Dillard (La.)	B 24.72	(-0.4)	3/25
9	14	Toni CANFALL	#1	Southeastern (F	24.85w	(3.3)	3/24
10	15	Tori BURTON	#9	Dillard (La.)	24.87	(0.2)	3/31

Women's 400 Meters

1	2	Brianna FLORVILUS	#5	Life (Ga.)	A:B 55.45		3/24
2	4	Kevell BYRD	#9	Dillard (La.)	A:B 56.06		3/25
3	6	Namiah SIMPSON	#1	Southeastern (F	A:B 56.50		3/17
4	9	Oluwafikayomi LAWRENCE	#1	Southeastern (F	B 57.14		3/17
5	11	Maria SIMANCAS	#3	William Carey (N	B 57.24		3/23
6	17	Melissa GRIPACUS	#17	Keiser (Fla.)	57.94		3/24
7	19	Sadiya SHAMSID-DEEN	#6	Mobile (Ala.)	58.06		3/31
8	26	Samaya CAURTHENS	#17	Keiser (Fla.)	58.62		3/24
9	37	Vanessa OLADAPO	#14	Xavier (La.)	59.55		3/31
10	41	Marie MARC	#17	Keiser (Fla.)	59.76		3/24

Women's 400 Meter Hurdles

1	1	Joy ABU	#3	William Carey (M	A:B 59.74		3/29
2	2	Tenae GRIGSBY	#1	Southeastern (F	A:B 1:00.42		3/17
3	4	Namiah SIMPSON	#1	Southeastern (F	A:B 1:02.20		3/24
4	10	Doris MENSAH	#8	Cumberland (Te	1:04.73		3/31
5	17	Qunizel BAZILIO	#13	Florida Memoria	1:06.00		3/24
6	21	Kaylyn TURNER	#9	Dillard (La.)	1:06.40		3/25
7	26	Amaya KIER	#1	Southeastern (F	1:06.97		2/18
8	27	An'Janae LATCHINSON	#3	William Carey (N	1:07.56		3/23
9	32	Kari WATTS	#6	Mobile (Ala.)	1:08.09		3/23
10	38	Crystal JONES	#18	Columbia Intern	1:08.51		4/1

Women's 800 Meters

1	1	Ellen-Mary KEARNEY	#7	Milligan (Tenn.)	A:B 2:11.74		3/23
2	8	Dylan GARCIA	#2	Montreat (N.C.)	2:16.67		3/24
3	12	Yessenia CASTELLANOS	#2	Montreat (N.C.)	2:18.00		3/24
4	14	Kilia HASTY	#2	Montreat (N.C.)	2:18.85		3/24
5	17	Madisyn ACOSTA	#15	Loyola (La.)	2:19.65		3/17
6	19	Alyssa GAGNON	#16	St. Thomas (Fla.	2:19.94		3/25
7	25	Gracie ALLEN	#7	Milligan (Tenn.)	2:20.42		3/24
8	27	Rebecca GLOVER	#7	Milligan (Tenn.)	2:21.35		3/24
9	33	Jillian BLASER	#1	Southeastern (F	2:21.53		3/24
10	34	Monique BROWN	#13	Florida Memoria	2:21.63		3/24

Women's 1500 Meters

1	4	Ellen-Mary KEARNEY	#7	Milligan (Tenn.)	A:B 4:32.13		3/23
2	21	Theresa LONG	#21	Ave Maria (Fla.)	4:47.75		3/17
3	25	Dylan GARCIA	#2	Montreat (N.C.)	4:48.63		3/16
4	26	Gracie ALLEN	#7	Milligan (Tenn.)	4:48.67		3/24
5	28	Kathryn VRADENBURGH	#19	Dalton State (Ga	4:49.02		3/25
6	41	Talia SULLIVAN	#20	SCAD Savannah	4:50.85		3/24
7	43	Julia ROHM	#1	Southeastern (F	4:51.21		3/17
8	48	Mahaley CRONK	#2	Montreat (N.C.)	4:52.13		3/24
9	50	Jillian BLASER	#1	Southeastern (F	4:52.58		3/17
10	53	Jenna MALLORY	#2	Montreat (N.C.)	4:52.97		3/16

Women's Steeplechase

1	3	Catherine TRUEMPER	#23	Blue Mountain (I	B 11:24.87		3/25
2	7	Jenna MALLORY	#2	Montreat (N.C.)	11:34.51		3/24
3	8	Daniela RIVERA	#8	Cumberland (Te	11:48.35		3/31
4	17	Catherine SLACK	#2	Montreat (N.C.)	12:05.49		3/16
5	23	Aubrey BRITT	#23	Blue Mountain (I	12:28.07		3/25
6	27	Lydia WILLHITE	#18	Columbia Intern	12:37.32		3/24
7	28	Ali BURNS	#7	Milligan (Tenn.)	12:39.41		3/24
8	30	Sophie ROBINSON	#1	Southeastern (F	12:39.90		3/24
9	34	Andrea DE LA ROSA		Bethel (Tenn.)	12:44.24		3/24
10	43	Kaelyn SLAUGHTER	#7	Milligan (Tenn.)	12:55.81		3/24



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South

Women's 5000 Meters

1	7	Alyssa BEARZI	#7 Milligan (Tenn.) A:B 17:25.10	3/23
2	8	Caitlin DOMINY	#7 Milligan (Tenn.) B 17:30.19	3/23
3	9	Julia ROHM	#1 Southeastern (F B 17:33.60	3/17
4	28	Mercy KIBIWOTT	#8 Cumberland (Te 18:34.48	3/31
5	30	Belinda CHEPKOSGEI	SCAD Atlanta (Gi 18:37.11	3/25
6	37	Savannah CAMPBELL	#10 Truett-McConne 18:45.29	3/4
7	38	Kathryn VRADENBURGH	#19 Dalton State (Ga 18:45.88	3/16
8	59	Catherine SLACK	#2 Montreat (N.C.) 19:05.22	3/24
9	67	Makayla HOLLIFIELD	#4 Columbia (S.C.) 19:10.32	3/16
10	78	Julia GRALKI	#20 SCAD Savannah 19:23.75	2/25

Women's 10,000 Meters

1	2	Lina MAY	#3 William Carey (M:B 36:56.31	3/23
2	4	Talia SULLIVAN	#20 SCAD Savannah A:B 37:09.73	3/16
3	10	Julia GRALKI	#20 SCAD Savannah B 38:01.78	3/16
4	12	Makayla HOLLIFIELD	#4 Columbia (S.C.) 39:02.08	3/16
5	15	Savannah CAMPBELL	#10 Truett-McConne 39:20.67	3/10
6	20	Giselle DOMINGUEZ	#19 Dalton State (Ga 40:32.64	3/16
7	21	Brooke SIMON	#24 Reinhardt (Ga.) 41:07.46	3/17
8	23	Angeline KRAVITZ	#4 Columbia (S.C.) 41:26.05	3/24
9	24	Erica MORIN-MUGAMBI	#2 Montreat (N.C.) 41:30.61	3/24
10	28	Marlene PAEZ	#19 Dalton State (Ga 42:20.89	3/16

Women's 5000m Race Walk

1	2	Izabelle TREFTS	#4 Columbia (S.C.) A:B 24:49.47	3/17
2	5	Ainhua COLINO	#4 Columbia (S.C.) A:B 27:25.94	3/17
3	6	Victoria HEISER-WHATLEY	#4 Columbia (S.C.) B 27:47.50	3/24
4	7	Jessica HEISER-WHATLEY	#4 Columbia (S.C.) B 28:18.67	3/17
5	19	Maria TALAFUSE	#21 Ave Maria (Fla.) 34:34.36	3/17
6	20	Mina SHULL	#4 Columbia (S.C.) 34:53.03	3/24
7	23	Gabrielle HUGGINS	#4 Columbia (S.C.) 37:06.95	3/17
8	24	Briona BIERKAMP	#11 Brenau (Ga.) 41:00.61	3/24

Women's 4x100 Relay

1	1	Tyeese SMITH, Fredricka MCKENZIE, Salieci MYLES, Machaeda LINTON	#3 William Carey (M:B 45.93	3/29
2	2	Kevell BYRD, Ta'nyia FLOWERS, Ta'nijal MATTHEWS, Meghan JOSHUA	#9 Dillard (La.) A:B 46.39	3/31
3	3	Irmiris MENDEZ, Oluwafikayom LAWRENCE, Namiah SIMPSON, Toni CANFALL	#1 Southeastern (F:A:B 46.42	3/17
4	4	Myla EDWARDS, Samantha MANSUR, Latavia JACK, Jerenie JACKSON	#6 Mobile (Ala.) A:B 46.53	3/23
5	12	Paige MANNEY, Chaggie BASSAR, Lauren GARRISON, Aniecia GOSS	#12 Tennessee Wesl 48.05	3/25
6	13	Ariel FORD, Emerald CARTER, Kynneddy TURNER, Darryan HORTON	#14 Xavier (La.) 48.07	3/31
7	16	Anitria SANGSTER, Yasmyne WILLIAMS, Qunizel BAZILIO, Andreana GRAHAM	#13 Florida Memoria 48.28	3/17
8	17	Staicha LAROSE, Ah'leeyah STRAPPIER, Samaya CAURTHENS, Marie MARC	#17 Keiser (Fla.) 48.34	3/24
9	21	Doris MENSAH, Leesa MUTANDWA, Judah JACKSON, Alana MACK	#8 Cumberland (Te 48.77	3/31
10	22	Emma DIVERONICA, Megan SPRINKMAN, Shakyra COLLIER, Camille BARRON	#16 St. Thomas (Fla. 48.85	3/17



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South

Women's 4x400 Relay

1	1	An'Janae LATCHINSON, Joy ABU, Nevagant JONES, Maria SIMANCAS	#3	William Carey (M)	3:46.18	3/29
2	2	Dagbjort MAGNUSDOTTIR, Brianna FLORVILUS, Maya SMITH-SPEED, Kyja WILLIAMS	#5	Life (Ga.)	3:48.65	3/24
3	3	Tenae GRIGSBY, Oluwafikayom LAWRENCE, Irmiris MENDEZ, Namiah SIMPSON	#1	Southeastern (F)	3:49.97	3/17
4	6	Shanice FLEURIMOND, Samaya CAURTHENS, Marie MARC, Melissa GRIPACUS	#17	Keiser (Fla.)	3:53.75	3/24
5	10	Anitria SANGSTER, Monique BROWN, Qunizel BAZILIO, Yasmyne WILLIAMS	#13	Florida Memoria	3:59.06	3/24
6	11	Emerald CARTER, Darryan HORTON, Kyrsten TURNER, Hannah STOUTMIRE	#14	Xavier (La.)	3:59.78	3/31
7	20	Kevell BYRD, Tori BURTON, Karmyn DOTSON, Ta'nyia FLOWERS	#9	Dillard (La.)	4:04.70	3/25
8	22	Emily STANDIFER, Paris TURNER, Kilia HASTY, Yessenia CASTELLANOS	#2	Montreat (N.C.)	4:09.37	3/24
9	25	Dhenecia PINNOCK, Dhaenia PINNOCK, Amia MONTGOMERY, Shanice BATTLE		Talladega (Ala.)	4:10.30	3/24
10	26	Esther NAKANWAGI, Trenyonna ALLEN, Sarah OWEN, Myesha HALL	#10	Truett-McConne	4:10.51	3/24

Women's 4x800 Relay

1	3	Yessenia CASTELLANOS, Kilia HASTY, Dylan GARCIA, Mahaley CRONK	#2	Montreat (N.C.)	9:31.17	3/16
2	5	https://www.tfrrs.org/teams/6214	#1	Southeastern (F)	9:38.09	2/18
3	11	Makayla BLESSIKE, Aminatta SHERIF, Katie MEEKS, Aubrey BRITT	#23	Blue Mountain (I)	10:06.39	3/25
4	15	Savannah CAMPBELL, Simone CHOCK, Hayden PONCE, Sarah OWEN	#10	Truett-McConne	10:44.46	3/10
5	17	Gabrielle HUGGINS, Angeline KRAVITZ, Makayla HOLLIFIELD, Izabelle TREFTS	#4	Columbia (S.C.)	11:03.50	3/24

Women's High Jump

1	2	Paige MANNEY	#12	Tennessee Wesl	1.73m	5-8	3/25
2	4	Mariam DAVIS	#1	Southeastern (F B	1.65m	5-5	3/17
3	11	Tashina BEYIOKU-ALASE	#9	Dillard (La.)	1.62m	5-3¾	3/11
4	13	Aiana COLAS	#17	Keiser (Fla.)	1.60m	5-3	3/17
5	29	Tyra DARRINGTON	#6	Mobile (Ala.)	1.55m	5-1	3/23
5	29	Kaitlyn BECNEL	#15	Loyola (La.)	1.55m	5-1	3/25
7	51	Anna CABRERA	#6	Mobile (Ala.)	1.50m	4-11	3/23
8	91	Katie DICKEY	#2	Montreat (N.C.)	1.45m	4-9	4/1
8	91	Samantha CRAMER	#24	Reinhardt (Ga.)	1.45m	4-9	3/24
10		Grace WRIGHT	#4	Columbia (S.C.)	1.43m	4-8¼	3/16

Women's Pole Vault

1	27	Halie HAWKINS	#7	Milligan (Tenn.)	3.25m	10-8	3/24
2	63	Anna TASTINGER	#2	Montreat (N.C.)	2.80m	9-2¼	3/24
3	85	Kamryn CHAMBLISS	#11	Brenau (Ga.)	2.50m	8-2½	3/24
4	89	Emelia ASKEW	#11	Brenau (Ga.)	2.35m	7-8½	3/24
4	89	Amari GRAHAM	#1	Southeastern (F	2.35m	7-8½	2/18
6	92	Stephanie HINOJOS	#2	Montreat (N.C.)	2.20m	7-2½	3/24

Women's Long Jump

1	1	Myesha HALL	#10	Truett-McConne	6.00m	19-8¼ (1.3	3/24
2	2	Maisonne JONES		USC Beaufort (SA)	5.84m	19-2 (-2.5)	3/24
3	4	Caitlyn O'BRIEN	#21	Ave Maria (Fla.)	5.78mw	18-11¾ (2.	3/17
4	6	Alana MACK	#8	Cumberland (Te	5.76m	18-10¾ (1.	3/31
5	12	Jhanya QUINONES	#6	Mobile (Ala.)	5.63mw	18-5¾ (3.2	3/17
6	15	Nevagant JONES	#3	William Carey (N	5.55mw	18-2½ (2.4	3/23
7	17	Jessica GAKERI	#2	Montreat (N.C.)	5.52m	18-1½ (0.1	3/24
8	19	Brandy MACKEY		Voorhees (S.C.)	5.50m	18-½ (0.0)	3/23
9	24	Paige MANNEY	#12	Tennessee Wesl	5.45m	17-10¾ (0.	3/17
10	28	Aniecia GOSS	#12	Tennessee Wesl	5.42m	17-9½ (0.9	3/25



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South

Women's Triple Jump

1	1	Paige MANNEY	#12 Tennessee Wesl	A:B 12.58mw	41-3¼ (3.4)	3/25
2	3	Nevagant JONES	#3 William Carey (M	A:B 12.00mw	39-4½ (2.5)	3/23
3	4	Machaeda LINTON	#3 William Carey (M	A:B 11.81mw	38-9 (2.9)	3/23
4	7	Myesha HALL	#10 Truett-McConne	B 11.73m	38-6 (-2.0)	3/10
5	8	Xaniah WILLIAMS	#22 Webber Internat	B 11.72mw	38-5½ (2.2)	3/3
6	12	Aniecia GOSS	#12 Tennessee Wesl	B 11.62mw	38-1½ (4.0)	3/25
7	14	Miyah FORD	#1 Southeastern (F	B 11.56m	37-11¼ (1.	3/24
7	14	Alana MACK	#8 Cumberland (Te	B 11.56m	37-11¼ (0.	3/31
7	14	Zaniyah WILSON	#3 William Carey (M	B 11.56mw	37-11¼ (2.	3/23
10	18	Rachel ROWE	#9 Dillard (La.)	11.45mw	37-6¾ (2.4)	3/31

Women's Shot Put

1	1	Levonis DAVIS	#5 Life (Ga.)	A:B 14.50m	47-7	3/24
2	3	Daveina WATSON	#8 Cumberland (Te	A:B 13.94m	45-9	3/31
3	5	Fedra FLORENTIN	#6 Mobile (Ala.)	A:B 13.58m	44-6¾	3/23
4	18	Mykhala COLEMAN	#15 Loyola (La.)	12.67m	41-7	3/25
5	21	Sha'Nyia WOOLERY	#11 Brenau (Ga.)	12.60m	41-4¼	3/17
6	25	Kloey PICKENS	#18 Columbia Intern	12.57m	41-3	3/24
7	26	Toynelle MING	#16 St. Thomas (Fla.	12.53m	41-1½	3/3
8	37	Bryana BAZILE	#15 Loyola (La.)	12.28m	40-3½	3/25
9	48	Grace JONES	#10 Truett-McConne	11.97m	39-3¼	3/24
9	48	Jennifer COLEMAN	#25 Thomas (Ga.)	11.97m	39-3¼	3/24

Women's Discus

1	10	Bryana BAZILE	#15 Loyola (La.)	B 42.94m	140-11	3/17
2	12	Toynelle MING	#16 St. Thomas (Fla.	B 42.57m	139-8	3/17
3	24	Levonis DAVIS	#5 Life (Ga.)	41.13m	134-11	3/24
4	34	Kacey WEBB	#7 Milligan (Tenn.)	39.29m	128-11	3/24
5	49	Jennifer COLEMAN	#25 Thomas (Ga.)	38.28m	125-7	3/24
6	67	Niesha ALDAJUSTE	#22 Webber Internat	36.90m	121-1	3/3
7	83	Ryeyauni BUSH	#13 Florida Memoria	35.92m	117-10	3/24
8	93	Sha'Nyia WOOLERY	#11 Brenau (Ga.)	35.25m	115-8	3/17
9	94	Angela AUGUSTE	#17 Keiser (Fla.)	35.24m	115-8	3/17
10	95	Shaylah ROBINSON	#15 Loyola (La.)	35.23m	115-7	3/25

Women's Hammer

1	1	Jennifer BATU	#5 Life (Ga.)	A:B 54.87m	180-0	3/24
2	18	Danielle ALBRIGHT	#5 Life (Ga.)	47.49m	155-10	3/24
3	29	Dazanni HINTON	#18 Columbia Intern	46.03m	151-0	4/1
4	52	Sophiat OMIZI	#8 Cumberland (Te	43.56m	142-11	3/31
5	64	Grace JONES	#10 Truett-McConne	42.54m	139-7	4/1
6		Niesha ALDAJUSTE	#22 Webber Internat	39.48m	129-7	3/24
7		Zaida CARSON	#4 Columbia (S.C.)	38.74m	127-1	3/16
8		Anaya CANTY	#4 Columbia (S.C.)	38.68m	126-11	3/24
9		Mersadies FOOTE	#5 Life (Ga.)	38.13m	125-1	3/24
10		Diamond ATKINS	#5 Life (Ga.)	37.94m	124-6	3/24

Women's Javelin

1	7	Katilyn BABB	#10 Truett-McConne	A:B 41.59m	136-6	3/4
2	23	Rian BOUB	#16 St. Thomas (Fla.	37.35m	122-7	3/25
3	34	Abigail CRUZ	#24 Reinhardt (Ga.)	35.90m	117-10	3/24
4	35	Anna CABRERA	#6 Mobile (Ala.)	35.72m	117-2	3/17
5	47	Grace JONES	#10 Truett-McConne	34.02m	111-8	3/10
6	71	Katherine FOURIE	#11 Brenau (Ga.)	31.74m	104-2	3/24
7	80	Kloey PICKENS	#18 Columbia Intern	31.08m	102-0	4/1
8	81	Emma TERRY	#1 Southeastern (F	30.95m	101-7	3/24
9	86	Ariana MADISON	#5 Life (Ga.)	30.24m	99-2½	3/24
10	88	A'Blessin WILSON	#14 Xavier (La.)	30.23m	99-2¼	3/31

Women's Heptathlon

1	11	Emma BARNES	#2 Montreat (N.C.)	3,644	3/16
2	16	Anna TASTINGER	#2 Montreat (N.C.)	3,174	3/16
3	17	Laila REED	#11 Brenau (Ga.)	3,158	3/17
4	21	Zykirah DAVIS	#4 Columbia (S.C.)	2,843	3/16



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South Central

Women's 100 Meters

1	5	Gizel CLAYTON	#1 Central Methodist	A:B 11.89w	(2.4)	3/31
2	8	Jaelynn WILLIAMS	#8 Texas Wesleyan	B 11.96	(1.7)	3/24
3	16	Kiana KEBBI	#6 Our Lady of the I	12.10w	(3.1)	3/29
4	20	Malaisha CARTWRIGHT	#18 UNT Dallas	12.13	(1.7)	3/24
5	23	Jaylen KNIGHT	#3 Friends (Kan.)	12.15	(1.4)	3/30
6	32	Darnee WILLIAMS	Wiley (Texas)	12.21	(0.7)	3/17
7	37	Larrisa MCHENRY	#6 Our Lady of the I	12.28	(1.0)	3/3
8	40	Kiana JOHNSON	#21 Jarvis Christian	12.32	(0.6)	3/4
9	42	Shawna SMITH	#19 Oklahoma City	12.34w	(2.2)	3/24
10	44	Christina GREEN	Huston-Tillotson	12.37	(0.8)	3/29

Women's 100 Meter Hurdles

1	2	Gizel CLAYTON	#1 Central Methodist	A:B 13.83	(0.8)	3/24
2	6	Tre'Breh SCOTT	#1 Central Methodist	A:B 14.26	(0.8)	3/24
3	9	Tajanique BELL	#10 Baker (Kan.)	A:B 14.40	(0.8)	3/31
4	15	Keiana NEWMAN	#3 Friends (Kan.)	B 14.56	(-0.1)	3/30
5	31	JayOnna PERRY	#9 Ottawa (Kan.)	15.13	(0.6)	3/23
6	40	Irian PADULLES	#3 Friends (Kan.)	15.38c	(15.34A) (1	3/18
7	43	Renee FINKE	#1 Central Methodist	15.40	(0.8)	3/31
8	45	Shavonte HARRIS	#3 Friends (Kan.)	15.42c	(15.38A) (1	3/18
9	52	Jocelyn JENKINS	#4 MidAmerica Naz	15.62	(-0.4)	3/31
10	56	Shanai SWEETING	#14 Park (Mo.)	15.67	(1.9)	3/30
10	56	Moriah SHAW	#3 Friends (Kan.)	15.67	(1.9)	3/30

Women's 200 Meters

1	9	Jaelynn WILLIAMS	#8 Texas Wesleyan	A:B 24.64	(1.2)	3/24
2	13	Malaisha CARTWRIGHT	#18 UNT Dallas	24.83	(1.9)	3/24
3	18	Gizel CLAYTON	#1 Central Methodist	24.90	(1.4)	3/31
4	20	Kiana KEBBI	#6 Our Lady of the I	24.96	(0.6)	3/24
4	20	Darly CAMILO-MONTENEGRO	#1 Central Methodist	24.96	(1.4)	3/31
6	24	Jaylen KNIGHT	#3 Friends (Kan.)	25.09c	(25.02A) (0	3/18
7	34	Darnee WILLIAMS	Wiley (Texas)	25.40w	(2.2)	3/17
8	46	Halle NAGEL	#3 Friends (Kan.)	25.79w	(2.1)	3/30
9	49	Larrisa MCHENRY	#6 Our Lady of the I	25.80	(0.4)	3/24
10	52	Garlanesha HICKMAN-GILBERT	#21 Jarvis Christian	25.82	(0.1)	3/31

Women's 400 Meters

1	8	Darly CAMILO-MONTENEGRO	#1 Central Methodist	B 57.12		3/24
2	10	Jaylen KNIGHT	#3 Friends (Kan.)	B 57.20		3/24
3	18	Ayanna ALLEN	#24 Philander Smith	58.03		3/4
4	20	Jaymee YELTON	Huston-Tillotson	58.10		3/24
5	25	Autumn ROBERTS	#6 Our Lady of the I	58.56		3/24
6	27	Vanessa PEREZ	Oklahoma Wesleyan	58.66		3/30
7	35	Daizy SOLIR	#4 MidAmerica Naz	59.47		3/25
8	38	Lexi WARDLOW	#7 Saint Mary (Kan.)	59.56		3/30
9	43	Janiah NICHOLSON	#4 MidAmerica Naz	59.91		3/31
10	53	Azucena CARRILLO	Oklahoma Panhandle State	1:00.45		3/30

Women's 400 Meter Hurdles

1	5	JayOnna PERRY	#9 Ottawa (Kan.)	A:B 1:02.66		3/23
2	8	Tajanique BELL	#10 Baker (Kan.)	B 1:04.30		3/25
3	15	Lasharia GORDON	#8 Texas Wesleyan	1:05.94		3/24
4	19	Moriah SHAW	#3 Friends (Kan.)	1:06.34		3/30
4	19	Abigail GOOD	#11 Evangel (Mo.)	1:06.34		3/31
6	22	Stella WHALEN	#4 MidAmerica Naz	1:06.68		3/31
7	23	Jessica BAILEY	#1 Central Methodist	1:06.80		3/24
8	24	Cayna LOVE	#2 Benedictine (Kan.)	1:06.86		3/25
9	25	Yanira DEANA PANINKA	#1 Central Methodist	1:06.88		3/31
10	34	Destiny ESCOBAR	#9 Ottawa (Kan.)	1:08.23		3/23

Women's 800 Meters

1	2	Jena HAHLBECK	#14 Park (Mo.)	B 2:15.18		3/30
2	6	Caroline COBO	#2 Benedictine (Kan.)	2:16.10		3/23
3	13	Deandra IBARRA	#6 Our Lady of the I	2:18.69		3/24
4	15	Alyssa ARMENDARIZ	#7 Saint Mary (Kan.)	2:19.00		3/25
5	18	Kennedy VILLALPANDO	#6 Our Lady of the I	2:19.80		3/24
6	35	Rianna VIDALES	#8 Texas Wesleyan	2:21.69		3/17
7	40	Kjirsten GUILFORD	#1 Central Methodist	2:22.51		3/31
8	43	Maddy WALTER-SHERRETTS	#7 Saint Mary (Kan.)	2:22.73		3/23
9	50	Madalenn FEE	Cotter (Mo.)	2:23.18		3/25
10	53	Ellie DIMOND	#5 William Woods (Mo.)	2:23.44		3/24

Women's 1500 Meters

1	10	Danielle ALLISON	#15 Tabor (Kan.)	4:45.24		3/23
2	13	Maddy WALTER-SHERRETTS	#7 Saint Mary (Kan.)	4:45.76		3/23
3	24	Caroline GILES	#3 Friends (Kan.)	4:48.29		3/30
4	27	Riley HIEBERT	#7 Saint Mary (Kan.)	4:49.01		3/23
5	29	Caroline COBO	#2 Benedictine (Kan.)	4:49.19		3/25
6	30	Kate MADSEN	#7 Saint Mary (Kan.)	4:49.33		3/23
7	38	Alyssa ARMENDARIZ	#7 Saint Mary (Kan.)	4:50.64		3/25
8	51	Deandra IBARRA	#6 Our Lady of the I	4:52.86		3/17
9	57	Natasha ORTIZ	#2 Benedictine (Kan.)	4:55.00		3/25
10	66	Ashlei MCDONALD	#8 Texas Wesleyan	4:56.36		3/24

Women's Steeplechase

1	4	Caroline GILES	#3 Friends (Kan.)	B 11:29.27		3/24
2	5	Caroline COBO	#2 Benedictine (Kan.)	11:30.54		3/23
3	11	Brooke WIEBE	#15 Tabor (Kan.)	11:50.22		3/23
4	13	Harley NALE	#5 William Woods (Mo.)	11:52.01		3/31
5	16	Ashlei MCDONALD	#8 Texas Wesleyan	12:04.94		3/30
6	42	Claire DINGLER	#3 Friends (Kan.)	12:53.05		3/24
7	53	Samantha THOMPSON	McPherson (Kan.)	13:22.42		3/30
8	55	Viridiana ZUNIGA	#6 Our Lady of the I	13:23.04		3/24
9	64	Kaylee LAMBE	Lyon (Ark.)	13:57.08		3/17



Regional TFRI Event Summary

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South Central

Women's 5000 Meters

1	17	Caroline GILES	#3	Friends (Kan.)	18:09.33c	18:26.30A	3/18
2	25	Natasha ORTIZ	#2	Benedictine (Ka)	18:20.91		3/23
3	27	Alicia ENGELBRECHT	#5	William Woods (I	18:32.63		3/24
4	35	Emily HARRIS	#11	Evangel (Mo.)	18:41.60		3/31
5	42	Mekayla GIBSON	#5	William Woods (I	18:49.51		3/24
6	52	Mary ROLWES	#2	Benedictine (Ka)	18:57.98		3/23
7	54	Julia MCLAUGHLIN	#2	Benedictine (Ka)	19:01.35		3/23
8	55	Josie KOPPES	#20	Kansas Wesleyan	19:01.63		3/23
9	62	Madisyn EHRlich	#20	Kansas Wesleyan	19:06.99		3/30
10	65	Isabella GUERRA	#2	Benedictine (Ka)	19:09.19		3/23

Women's 10,000 Meters

1	26	Kyia WEISBROD	#13	Williams Baptist	41:47.11		3/31
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Women's 5000m Race Walk

1	10	Baileigh MORRIS	#1	Central Methodi	29:40.11		3/31
2	25	Olivia SIEFKER	#4	MidAmerica Naz	42:19.47		3/31
3	26	Gracie ENOCHS	#4	MidAmerica Naz	42:19.58		3/31

Women's 4x100 Relay

1	5	Alondra TOLEDO, Kiana KEBBI, Autumn ROBERTS, Larrisa MCHENRY	#6	Our Lady of the A:	47.03		3/3
2	10	Kiana JOHNSON, Laci CAMPBELL, Tennille FRENCH, Dezeria BOOKER	#21	Jarvis Christian A:	47.63		3/4
3	18	Jasmine HENDERSON, Zaira SPENCER, Lexi WARDLOW, Gretchen RANEY	#7	Saint Mary (Kan.	48.53		3/30
4	19	Alysa HENDERSON, Yarnia EVANS, Lasharia GORDON, Jaelynn WILLIAMS	#8	Texas Wesleyan	48.54		3/24
5	20	Lily BLANKENSHIP, Rachel BOOKER, Kyah HILL, Lauryn TERRY	#17	Southwestern (t	48.64		3/30
6	26	Calijah PEAY, Teran ROGERS, Layla JEMERSON, Malaisha CARTWRIGHT	#18	UNT Dallas	49.11		3/17
7	32	Alyssa WINTERSTEIN, Savannah LEWIS, Evelyn MORALES, Jaci STONE	#22	Saint Mary-of-th	49.71		3/31
8	36	Madeline BURTON, Gracie SCHULTZ, Makenzie SCHWARTZ, Lily ASHRAFZADEH	#12	Columbia (Mo.)	49.80		3/24
9	47	Keyana TREKELL, Cassie COLONG, Haley DOWNING, Sarafina YOUNGBLOOD	#23	Southwestern C	50.93		3/30
10	48	Arianna MADDOCK, Liberty WILES, McKenzie ROBBINS, Delaney WEIMER	#11	Evangel (Mo.)	50.99		3/24



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South Central

Women's 4x400 Relay

1	4	Darly CAMILO-MONTENEGRO, Tre'Breh SCOTT, Sakoya JOHNSON, Kijrsten GUILFORD	#1 Central Methodist	3:49.98	3/24
2	8	Destiny ESCOBAR, Jordyn WEEMS, JayOnna PERRY, Mumina MILLINGTON	#9 Ottawa (Kan.)	3:58.07	3/23
3	9	Kiana KEBBI, Autumn ROBERTS, Brianna PANTOJA, Kennedy VILLALPANDO	#6 Our Lady of the I	3:58.43	3/3
4	12	Daizy SOLIR, Nikiwe MONGWE, Jocelyn JENKINS, Stella WHALEN	#4 MidAmerica Naz	4:00.35	3/31
5	17	Ayanna ALLEN, Ja'Niesha COLLINS, Jasmin JOHNSON, Dajanae SHAW	#24 Philander Smith	4:03.84	3/24
6	23	Lasharia GORDON, Jaelynn WILLIAMS, Rianna VIDALES, Allison DALZELL	#8 Texas Wesleyan	4:09.82	3/17
7	24	Alison AMBUUL, Antonia SMITH, Tatiana SMITH, Brynna GORMLEY	#2 Benedictine (Ka)	4:10.08	3/25
8	27	Carissa MARTIN, Zaira SPENCER, Gretchen RANEY, Lexi WARDLOW	#7 Saint Mary (Kan.)	4:10.67	3/30
9	29	Tajanique BELL, Rachel STERNER, Naomi KILSON, Lauren HAVLIK	#10 Baker (Kan.)	4:11.27	3/25
10	34	Allison ANDERSON, Solange CARTER, Jena HAHLEBECK, Shanai SWEETING	#14 Park (Mo.)	4:14.01	3/30

Women's 4x800 Relay

1	13	Harley NALE, Ellie DIMOND, Emma CLIFFORD, Alicia ENGELBRECHT	#5 William Woods (	10:20.13	3/31
2	16	Rachel STERNER, Jana LANDRETH, Samantha SLIFE, Haley THOMPSON	#10 Baker (Kan.)	10:54.89	3/25
3	18	Mikaela FABEY, Kiana GARCIA, Tessa FEAZEL, Hannah HAYDUK	Cottey (Mo.)	11:29.99	3/25

Women's High Jump

1	13	Kaylee CLARK	#13 Williams Baptist	1.60m	5-3	3/31
1	13	Delaney MILLER	#1 Central Methodist	1.60m	5-3	3/31
3	19	Renee FINKE	#1 Central Methodist	1.59m	5-2½	3/25
4	29	Hannah EVANS	#11 Evangel (Mo.)	1.55m	5-1	3/31
5	41	Nykeriah ALLEN	#2 Benedictine (Ka)	1.54m	5-½	3/25
5	41	Carly LINDENMEYER	#4 MidAmerica Naz	1.54m	5-½	3/25
7	47	Jordyn LOWRIE	#15 Tabor (Kan.)	1.52m	4-11¾	3/30
8	51	Ayanna ALLEN	#24 Philander Smith	1.50m	4-11	3/17
9	77	Brooklyn TAYLOR	SAGU (Texas)	1.48m	4-10¼	3/24
10	80	Nia HAWKINS	#5 William Woods (	1.47m	4-9¾	3/24
10	80	Mia ROMAN	Bethel (Kan.)	1.47m	4-9¾	3/30
10	80	Meliah HANNA	#17 Southwestern (t	1.47m	4-9¾	3/30

Women's Pole Vault

1	29	Alaina SCOTT	Missouri Baptist	3.20m	10-6	3/24
1	29	Krislynn BAILEY	#22 Saint Mary-of-th	3.20m	10-6	3/31
3	37	Aaliyah RAMIREZ	#3 Friends (Kan.)	3.13m	10-3¼	3/30
4	44	Brynna HALATA	#3 Friends (Kan.)	3.00m	9-10	3/24
5	46	Maci HUBBARD	John Brown (Ar)	2.98m	9-9¼	3/30
6	47	Carter HAWKINS	#1 Central Methodist	2.95m	9-8	3/31
7	57	Kloie SIMONS	#17 Southwestern (t	2.89m	9-5¾	3/25
8	63	Allyson MARLOW	#13 Williams Baptist	2.80m	9-2¼	3/31
8	63	Amara REICHERT	#1 Central Methodist	2.80m	9-2¼	3/31
10	69	Heather HARBISON	#5 William Woods (	2.75m	9-¼	3/24

Women's Long Jump

1	3	Carly LINDENMEYER	#4 MidAmerica Naz	5.83m	19-1½	3/25
2	9	Kelsey DRAPEAU	#23 Southwestern C B	5.68m	18-7¾ (0.0)	3/24
3	12	Reanna GREEN	#4 MidAmerica Naz	5.63m	18-5¾	3/25
4	18	Lily ASHRAFAZDEH	#12 Columbia (Mo.)	5.51m	18-1 (0.1)	3/24
5	24	Alysa HENDERSON	#8 Texas Wesleyan	5.45m	17-10¾ (0.)	3/24
6	32	Meeyasha TUTT-MOOTOUO	Wiley (Texas)	5.38m	17-8 (2.0)	3/24
7	40	Chasity VEALS	#16 Langston (Okla.)	5.33m	17-6 (0.0)	3/24
8	42	Maegan SALEH	Missouri Baptist	5.32m	17-5½ (2.0)	3/24
8	42	Cassie COOLONG	#23 Southwestern C	5.32m	17-5½ (0.0)	3/24
10	45	Madeline BURTON	#12 Columbia (Mo.)	5.30m	17-4¾ (0.5)	3/24

Women's Triple Jump

1	6	Chasity VEALS	#16 Langston (Okla.)	11.74m	38-6¼ (0.7)	3/30
2	13	Ahmia DORSEY	#16 Langston (Okla.)	11.60m	38-¾ (0.0)	3/30
3	28	Hayley LOEWEN	#4 MidAmerica Naz	11.19m	36-8½	3/25
4	31	Nyah EARL	Harris-Stowe St	11.11m	36-5½ (1.0)	3/24
5	33	Madeline BURTON	#12 Columbia (Mo.)	11.07m	36-4 (0.7)	3/24
6	37	Reanna GREEN	#4 MidAmerica Naz	10.96m	35-11½	3/25
7	38	Carissa MARTIN	#7 Saint Mary (Kan.)	10.94m	35-10¾ (0.)	3/23
7	38	Jacee WILSON	#11 Evangel (Mo.)	10.94mw	35-10¾ (3.)	3/17
9	41	Karsen DUNHAM	Bethel (Kan.)	10.89m	35-8¾ (0.0)	3/30
10	42	Aaliyah TARVER	#3 Friends (Kan.)	10.85m	35-7¼ (1.3)	3/30



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South Central

Women's Shot Put

1	7	Katie FRENCH	#5	William Woods (B	13.49m	44-3¼	3/24
2	8	Baylee BEARD	#1	Central Methodi B	13.40m	43-11¾	3/31
3	20	Daryn BATTS	#19	Oklahoma City	12.62m	41-5	3/30
4	24	Kaylyn POWERS		Hannibal-LaGra	12.58m	41-3¼	3/31
5	28	Danielle NOBLE	#23	Southwestern Cl	12.44m	40-9¾	3/24
6	43	Madison SUTTON	#2	Benedictine (Ka	12.05m	39-6½	3/25
7	47	Nicole HOLADAY	#20	Kansas Wesleya	12.00m	39-4½	3/30
8	51	Victoria LOTZ	#4	MidAmerica Naz	11.91m	39-1	3/25
8	51	Caitlin WITT	#4	MidAmerica Naz	11.91m	39-1	3/31
10	53	Evie SCOLES		John Brown (Ar	11.89m	39-¼	3/30

Women's Discus

1	4	Victoria LOTZ	#4	MidAmerica NazA:B	44.65m	146-6	3/31
2	5	Madison SUTTON	#2	Benedictine (KaA:B	44.43m	145-9	3/25
3	13	Katie FRENCH	#5	William Woods (B	42.56m	139-8	3/31
4	29	Deja DELAINE	#9	Ottawa (Kan.)	39.80m	130-7	3/23
5	33	Keshuna BYRD	#21	Jarvis Christian	39.54m	129-9	3/31
6	41	Kali BROWN	#1	Central Methodi	38.55m	126-6	3/31
7	44	Kaylyn POWERS		Hannibal-LaGra	38.36m	125-10	3/24
8	48	Jacy ANDERSON	#10	Baker (Kan.)	38.30m	125-8	3/25
9	56	Colbie FAIRLEY	#10	Baker (Kan.)	37.59m	123-4	3/25
10	64	Jaine JOHNSON	#9	Ottawa (Kan.)	37.17m	122-0	3/23

Women's Hammer

1	5	Baylee BEARD	#1	Central MethodiA:B	51.20m	168-0	3/31
2	7	Madison SUTTON	#2	Benedictine (KaB	50.27m	164-11	3/25
3	20	Katie FRENCH	#5	William Woods (	47.32m	155-3	3/31
4	24	Macie ABLES	#25	Missouri Valley	46.71m	153-3	3/24
5	35	Abby GREEN	#3	Friends (Kan.)	45.42m	149-0	3/30
6	42	Victoria LOTZ	#4	MidAmerica Naz	44.50m	146-0	3/25
7	45	Naiyah LANDRUM	#14	Park (Mo.)	44.34m	145-6	3/23
8	51	Karli WOLFE	#1	Central Methodi	43.70m	143-5	3/25
9	57	Deja DELAINE	#9	Ottawa (Kan.)	42.97m	141-0	3/23
10	59	Kylie LINSON	#25	Missouri Valley	42.87m	140-8	3/31

Women's Javelin

1	2	Laurel BARBER	#9	Ottawa (Kan.) A:B	44.08m	144-8	3/23
2	4	Madeline BURTON	#12	Columbia (Mo.) A:B	42.73m	140-2	3/24
3	6	Taylor CLAUSSEN		Bethany (Kan.) A:B	42.11m	138-2	3/25
4	12	Natalie THOMAS	#5	William Woods (B	39.55m	129-9	3/24
5	19	Kiana ORTIZ		Culver-Stockton	37.91m	124-5	3/25
6	21	Ellie EMERSON	#5	William Woods (	37.42m	122-9	3/24
7	43	Grace GODARD	#2	Benedictine (Ka	34.60m	113-6	3/25
8	48	Konlynn DRUSE	#7	Saint Mary (Kan.	33.93m	111-4	3/23
9	50	Melanie HUBBS		Culver-Stockton	33.78m	110-10	3/31
10	52	Evelyn ROLAND	#12	Columbia (Mo.)	33.54m	110-1	3/24

Women's Heptathlon

1	13	Paige SCHMID	#2	Benedictine (Ka	3,458	3/23
2	18	Leah SATTler	#2	Benedictine (Ka	3,144	3/23
3	19	Stephanie TOWLE	#19	Oklahoma City	3,072	3/24
4	25	Madison BLANCH		SAGU (Texas)	2,647	3/24



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West

Women's 100 Meters

1	18	Hanna SOBKOWICH	#1	British Columbia	12.12	(0.4)	3/18
2	29	Dorothy JACKSON	#2	Vanguard (Calif.	12.19w	(2.1)	3/25
2	29	Armiyah JOHNSON	#2	Vanguard (Calif.	12.19w	(2.1)	3/25
4	39	Eryn BURKE	#2	Vanguard (Calif.	12.30w	(2.1)	3/25
5	44	Charlotte WILLIAMS	#6	Westmont (Calif	12.37	(1.5)	3/18
6	51	Nohemi ANDERSON	#2	Vanguard (Calif.	12.46w	(2.6)	3/25
7	54	Jordyn BURKE	#2	Vanguard (Calif.	12.47	(1.3)	3/11
8	60	Madigan KELLY	#5	Lewis-Clark Stat	12.54	(0.5)	3/18
9	81	Kellan WAHL	#15	Rocky Mountain	12.67c	(12.64A) (2	3/19
10	87	Yahaira CHAVARRIA	#3	Eastern Oregon	12.71	(0.2)	3/24

Women's 100 Meter Hurdles

1	4	Madigan KELLY	#5	Lewis-Clark Stat	14.22	(-1.5)	3/18
2	22	Rebecca DUTCHAK	#1	British Columbia	14.85	(-0.2)	3/18
3	25	Penelopi LEACH	#2	Vanguard (Calif.	15.03	(1.7)	3/18
4	29	Nia COLLINS	#4	Southern Orego	15.10	(0.7)	3/17
5	32	Sara HATHAWAY	#5	Lewis-Clark Stat	15.15	(0.7)	3/23
6	34	Morgan BAYES	#3	Eastern Oregon	15.18	(-0.3)	3/24
7	38	Ashley BRITT	#5	Lewis-Clark Stat	15.35	(-1.5)	3/18
8	41	Erica WASEQ	#10	William Jessup (	15.39	(2.0)	3/30
9	48	Abi STEVENS	#4	Southern Orego	15.53	(0.7)	3/30
10	54	Lily SWEEN	#6	Westmont (Calif	15.65w	(3.9)	3/23

Women's 200 Meters

1	8	Eryn BURKE	#2	Vanguard (Calif.	24.49	(1.3)	3/18
2	25	Hanna SOBKOWICH	#1	British Columbia	25.17	(0.1)	3/25
3	27	Jordyn BURKE	#2	Vanguard (Calif.	25.20	(1.7)	3/18
4	36	Charlotte WILLIAMS	#6	Westmont (Calif	25.45	(0.4)	3/18
5	50	Anika GROGAN	#5	Lewis-Clark Stat	25.81	(0.8)	3/23
6	56	Nohemi ANDERSON	#2	Vanguard (Calif.	25.86	(1.0)	3/18
7	64	Elizabeth BETTEN	#2	Vanguard (Calif.	25.96	(-1.0)	2/3
8	65	Cayla SMITH	#1	British Columbia	25.97	(1.8)	3/25
9	72	Sage WOOD	#8	College of Idaho	26.01	(0.2)	3/24
10	77	Jaiden RODRIGUES	#6	Westmont (Calif	26.06	(-2.2)	3/25

Women's 400 Meters

1	1	Eryn BURKE	#2	Vanguard (Calif.	55.43		3/18
2	15	Jordyn BURKE	#2	Vanguard (Calif.	57.52		3/18
3	16	Cayla SMITH	#1	British Columbia	57.53		3/25
4	21	Emily COLLINS	#5	Lewis-Clark Stat	58.12		3/23
5	23	Anika GROGAN	#5	Lewis-Clark Stat	58.40		3/23
6	40	Siena KECK	#6	Westmont (Calif	59.64		3/25
7	43	Alexis JONES	#10	William Jessup (	59.91		3/3
7	43	Janea ROBERTSON	#11	Bushnell (Ore.)	59.91		3/30
9	48	Paige BAXSTRESSER	#14	Carroll (Mont.)	1:00.02c	(59.91A)	3/31
10	56	Tracey HATCH		Menlo (Calif.)	1:00.60		2/18

Women's 400 Meter Hurdles

1	3	Jordyn BURKE	#2	Vanguard (Calif.	1:01.99		3/25
2	9	Ashley BRITT	#5	Lewis-Clark Stat	1:04.41		3/18
3	11	Morgan BAYES	#3	Eastern Oregon	1:04.92		3/24
4	13	Nia COLLINS	#4	Southern Orego	1:05.37		3/17
5	14	India ORTIZ	#4	Southern Orego	1:05.84		3/17
6	18	Sara HATHAWAY	#5	Lewis-Clark Stat	1:06.29		3/18
7	31	Abigail STRICKLAND	#16	Evergreen State	1:07.93		3/10
8	36	Sydney PECK	#3	Eastern Oregon	1:08.40		3/18
9	39	Olleca SEVERSON	#9	Montana Tech	1:08.52c	(1:08.41A)	3/24
10	46	Sierra JANIKOWSKI	#11	Bushnell (Ore.)	1:09.19		3/30

Women's 800 Meters

1	3	Sydney LITTLE LIGHT	#15	Rocky Mountain B	2:15.21c	(2:15.58A)	3/19
2	4	Abbey SHIRTS	#8	College of Idaho B	2:15.22		3/18
3	7	Geraldin CORREA	#5	Lewis-Clark Stat	2:16.39		3/23
4	11	Lauryn MITCHELL	#3	Eastern Oregon	2:17.82		3/24
5	26	Hannah FREDERICKS	#7	The Master's (Ca	2:20.66		3/18
6	28	Suzie JOHNSON	#7	The Master's (Ca	2:21.36		3/18
7	30	Eva BRADY	#13	Oregon Tech	2:21.49		3/17
8	31	Grace TIEGS	#5	Lewis-Clark Stat	2:21.51		3/18
8	31	MaryAlice MITCHELL	#18	Arizona Christia	2:21.51		3/30
10	39	Katie Jo GEBHARDT	#3	Eastern Oregon	2:22.39		3/24

Women's 1500 Meters

1	1	Rachel MORTIMER	#1	British Columbia	4:21.41		3/25
2	2	Hannah FREDERICKS	#7	The Master's (Ca	4:30.40		3/11
3	3	Abbey SHIRTS	#8	College of Idaho	4:31.97		3/24
4	5	Michelle HERBES	#3	Eastern Oregon	4:40.56		3/24
5	9	Ellen PALMGREN	#7	The Master's (Ca	4:45.22		3/11
6	12	Jaxon SLANEY	#1	British Columbia	4:45.72		3/25
7	14	Madden HUNDLEY	#6	Westmont (Calif	4:45.77		3/25
8	16	Brooklyn SHELL	#5	Lewis-Clark Stat	4:45.93		3/18
9	17	Emma TIMMERMANS	#23	Hope Internatio	4:46.01		3/25
10	18	Kate BARANSKI	#2	Vanguard (Calif.	4:46.13		3/18

Women's Steeplechase

1	1	Jamie HENNESSEY	#1	British Columbia	10:35.77		3/25
2	2	Lauren FORSTER	#4	Southern Orego	11:17.13		3/30
3	9	Josephine GREGORY	#19	Embry-Riddle (A	11:48.84		3/11
4	10	Ariz DUARTE	#18	Arizona Christia	11:50.03		3/17
5	12	Savannah GANTER	#19	Embry-Riddle (A	11:50.64		3/11
6	15	Carlin MANNING	#9	Montana Tech	12:04.17c	(12:12.92A)	3/24
7	21	Skylar COONEY	#19	Embry-Riddle (A	12:26.13		3/24
8	24	Hannah SEMPF	#14	Carroll (Mont.)	12:31.55c	(12:40.63A)	3/24
9	29	Kira MORROW	#13	Oregon Tech	12:39.85		3/17
10	31	Brooke CREGAN	#7	The Master's (Ca	12:41.63		3/18



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West

Women's 5000 Meters

1	1	Kiana GIBSON	#1	British ColumbiaA:B	16:22.04	3/25
2	2	Katie NEWLOVE	#1	British ColumbiaA:B	16:27.09	3/25
3	3	Marley BECKETT	#1	British ColumbiaA:B	16:28.58	3/25
4	4	Kyla BECKER	#1	British ColumbiaA:B	16:33.40	3/25
5	5	Sage MARTIN	#8	College of IdahoA:B	16:48.00	3/24
6	6	Sydney LITTLE LIGHT	#15	Rocky MountainA:B	17:21.93c (17:35.16A)	3/31
7	12	Autumn NOOTBAAR	#7	The Master's (Ca	17:45.67	3/11
8	13	Kahea FIGUEIRA	#8	College of Idaho	17:51.70	3/24
9	16	Kaylea HARTMAN	#21	Northwest (Was	18:05.11	3/18
10	18	Jessina MORALES	#2	Vanguard (Calif.	18:10.30	3/11

Women's 10,000 Meters

1	1	Ellyse TINGELSTAD	#8	College of IdahoA:B	35:41.88	3/30
2	3	Autumn NOOTBAAR	#7	The Master's (Ca	37:09.50	3/24
3	5	Haylee BRODAHL	#4	Southern OregoA:B	37:16.19	3/30
4	6	Alejandra LOPEZ	#4	Southern OregoA:B	37:24.97	3/30
5	8	Kimberly PAGE	#7	The Master's (Ca B	37:44.68	3/24
6	9	Azalea PRINCE	#10	William Jessup (B	37:48.05	3/30
7	11	Sydnee KIZZIAR	#4	Southern Orego	38:47.05	3/30
8	14	Brooke MILAM	#7	The Master's (Ca	39:20.41	3/24
9	16	India MOORS	#2	Vanguard (Calif.	39:28.95	3/11
10	18	Chloe OVERBERG	#5	Lewis-Clark Stat	39:59.68	3/23

Women's 5000m Race Walk

1	1	Olivia LUNDMAN	#1	British ColumbiaA:B	23:03.90	3/25
2	3	Joan LU	#1	British ColumbiaA:B	25:20.60	3/25
3	4	Cassidy CARDLE	#1	British ColumbiaA:B	25:28.71	3/25
4	13	Mariah HILDEBRANDT	#7	The Master's (Ca	29:58.14	3/25
5	15	Allie METHUM	#7	The Master's (Ca	30:30.95	3/25

Women's 4x100 Relay

1	11	Jordyn BURKE, Eryn BURKE, Elizabeth BETTEN, Nohemi ANDERSON	#2	Vanguard (Calif.A:B	47.73	3/11
2	14	Rebecca DUTCHAK, Sonya URBANOWICZ, Cayla SMITH, Hanna SOBKOWICH	#1	British ColumbiaA:B	48.15	3/18
3	28	Charlotte BOWMAN, Sage WOOD, Jada KISNER, Chloe BARYLSKI	#8	College of Idaho	49.26	3/18
4	30	McKenna PHILLIPS, Jaiden RODRIGUES, Olivia CLARK, Charlotte WILLIAMS	#6	Westmont (Calif	49.64	3/25
5	34	Adrienne MAI, Janea ROBERTSON, Madeline DESEMONE, Sarah PHILLIPS	#11	Bushnell (Ore.)	49.72	3/30
6	38	India COLLINS, India ORTIZ, Nia COLLINS, Aayzia DUMAS	#4	Southern Orego	50.04	4/1
7	39	Erica WASEQ, Alexis JONES, Julissa CASILLAS, Eleanor KANIA	#10	William Jessup (	50.06	3/30
8	40	Emily RATZ, Mollee CONLAN, Jadyn VERMILLION, Natylia JACOBSON	#9	Montana Tech	50.14c (50.02A)	3/24
9	53	Lizzy BEHNKE, Anya BOHUTA, Kayla SODERSTROM, Gracie VANASSCHE	#21	Northwest (Was	51.78	3/24
10	54	Jaiden CANADY, Zhanna EDWARDS, Jordyn ESPINOZA, Nardia PADILLA	#22	Park (Ariz.)	51.98	3/24



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Women's 4x400 Relay

1	7	Elizabeth BETTEN, Jordyn BURKE, Penelopi LEACH, Eryn BURKE	#2	Vanguard (Calif.)	A: 3:53.81	3/11
2	19	Adrienne MAI, Olivia BAILON, Madeline DESEMONE, Janea ROBERTSON	#11	Bushnell (Ore.)	4:04.45	3/30
3	28	Julissa CASILLAS, Alexis JONES, Jennifer PEDRETTI, Jayden JACKSON	#10	William Jessup (	4:11.21	3/30
4	31	Lauren FORSTER, Aayzia DUMAS, India COLLINS, India ORTIZ	#4	Southern Orego	4:12.40	3/11
5	42	Kellan WAHL, Jenna HILLMAN, Tyne STOKES, Rylie SCHOENFELD	#15	Rocky Mountain	4:17.84c (4:17.40A)	3/19
6	44	Paige BAXSTRESSER, London LAMBRECHT, Brooklyn SCHULTZ, Kate PICANCO	#14	Carroll (Mont.)	4:18.28c (4:17.84A)	3/31
7	46	Juliana BROWN, Kristi HIRTE, Jenna MILLER, Hero PETERS	#17	Corban (Ore.)	4:18.97	3/22
8	52	Olleca SEVERSON, Emily RATZ, Hailee STILES, Abby CLARK	#9	Montana Tech	4:21.38c (4:20.94A)	3/31
9	53	Madden HUNDLEY, Abigail HUNDLEY, Landon TORRES, Kari ANEMA	#6	Westmont (Calif	4:23.14	3/25
10	55	Jaiden CANADY, Zhanna EDWARDS, Nardia PADILLA, Madison TURNER	#22	Park (Ariz.)	4:23.47	3/17

Women's 4x800 Relay

1	1	Hannah FREDERICKS, Suzie JOHNSON, Rebekah NIEDNAGEL, Ellen PALMGREN	#7	The Master's (Ca	A: 9:12.55	3/25
2	2	Katie NEWLOVE, Kyla BECKER, Holly MACGILLIVRAY, Rachel MORTIMER	#1	British Columbia	A: 9:15.27	3/25
3	4	Kate BARANSKI, Jessina MORALES, Karla SANCHEZ- RUIZ, Olivia FINCH	#2	Vanguard (Calif.	9:35.25	3/25
4	6	Siena KECK, Landon TORRES, Kari ANEMA, Abigail HUNDLEY	#6	Westmont (Calif	9:40.86	3/25
5	8	Kyle OLSON, Madalen SHIPMAN, London LAMBRECHT, Natalie YOCUM	#14	Carroll (Mont.)	9:50.64c (9:52.93A)	3/31

Women's High Jump

1	20	Abi STEVENS	#4	Southern Orego	1.58m	5-2¼	3/30
1	20	Lizzy GRANDLE	#3	Eastern Oregon	1.58m	5-2¼	3/30
1	20	Corona PARKER	#16	Evergreen State	1.58m	5-2¼	3/10
4	26	Sara HATHAWAY	#5	Lewis-Clark Stat	1.56m	5-1¼	3/23
5	29	Karli BEDARD	#3	Eastern Oregon	1.55m	5-1	3/30
5	29	Lily SWEEN	#6	Westmont (Calif	1.55m	5-1	3/23
7	46	Sarah PIMBLETT	#1	British Columbia	1.53m	5-¼	3/25
8	47	Brooke WIRKKALA	#15	Rocky Mountain	1.52m	4-11¾	3/31
8	47	Abby CLARK	#9	Montana Tech	1.52m	4-11¾	3/31
10	51	Olivia PRETTYMAN	#7	The Master's (Ca	1.50m	4-11	3/18
10	51	Madde BOLES	#14	Carroll (Mont.)	1.50m	4-11	3/24
10	51	Hayden PRIDE	#9	Montana Tech	1.50m	4-11	3/24
10	51	Morgan HARRISON	#8	College of Idaho	1.50m	4-11	3/18
10	51	Keyedence BRUNER	#18	Arizona Christian	1.50m	4-11	3/23
10	51	Ally ODELL	#13	Oregon Tech	1.50m	4-11	3/17

Women's Pole Vault

1	2	Sonya URBANOWICZ	#1	British Columbia	A: 3.80m	12-5½	3/25
2	10	Abby RUMOHR	#6	Westmont (Calif	B 3.55m	11-7¾	3/10
3	13	India ORTIZ	#4	Southern Orego	3.45m	11-3¾	3/17
3	13	Cynthia SMITH	#5	Lewis-Clark Stat	3.45m	11-3¾	3/18
5	17	Moriah CHIANG	#6	Westmont (Calif	3.40m	11-1¾	3/10
6	25	Britain POLK	#6	Westmont (Calif	3.29m	10-9½	3/18
7	32	Jayden JACKSON	#10	William Jessup (	3.18m	10-5¼	3/30
8	42	Emberlynn MACK	#5	Lewis-Clark Stat	3.05m	10-0	3/18
9	47	Faith WAGNER	#3	Eastern Oregon	2.95m	9-8	3/18
10	58	Desiree WINSLOW	#5	Lewis-Clark Stat	2.86m	9-4½	3/23



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Women's Long Jump

1	4	Emma RASTAD	#1	British Columbia A	5.78m	18-11¾ (0.3)	3/18
2	10	Rebecca DUTCHAK	#1	British Columbia B	5.67m	18-7¼ (0.2)	3/18
3	19	Jadyn VERMILLION	#9	Montana Tech	5.50mw	18-½ (2.1)	3/31
4	22	Allison MACDONALD	#1	British Columbia	5.47m	17-11½ (-0)	3/18
5	24	Lily SWEEN	#6	Westmont (Calif	5.45m	17-10¾ (1)	3/23
6	29	Mayah PAPPAS	#11	Bushnell (Ore.)	5.41m	17-9 (2.0)	3/11
7	37	Abi STEVENS	#4	Southern Orego	5.36m	17-7 (0.4)	3/30
8	48	Janea ROBERTSON	#11	Bushnell (Ore.)	5.29mw	17-4¼ (2.1)	3/11
9	56	Abby CLARK	#9	Montana Tech	5.25m	17-2¾ (0.0)	3/24
10	61	Naiya BEAUDIN	#9	Montana Tech	5.22m	17-1½ (1.7)	3/31

Women's Triple Jump

1	5	Princess BROWNE	#20	Multnomah (Ore)	11.80m	38-8¾ (0.0)	3/17
2	10	Allison MACDONALD	#1	British Columbia B	11.64m	38-2¼ (1.6)	3/18
3	21	Alexis JONES	#10	William Jessup (	11.39mw	37-4½ (2.2)	3/3
4	30	Sienna BAUER	#4	Southern Orego	11.14mw	36-6¾ (3.8)	4/1
5	32	Naiya BEAUDIN	#9	Montana Tech	11.08m	36-4¼ (0.5)	3/31
6	43	Sydney ZYWINA	#5	Lewis-Clark Stat	10.84m	35-6¾ (0.2)	3/18
7	64	Faith HUNT	#2	Vanguard (Calif.	10.47mw	34-4¼ (2.5)	3/25
8	70	Anika PLOEGER	#9	Montana Tech	10.38m	34-¾ (0.7)	3/31
9	78	Alexa HORSLEY	#5	Lewis-Clark Stat	10.27m	33-8½ (1.1)	3/23
10	80	Talana MITCHELL	#24	Ottawa (Ariz.)	10.26m	33-8 (1.1)	3/25

Women's Shot Put

1	2	Maggie LEDBETTER	#3	Eastern Oregon A	14.11m	46-3½	3/24
2	16	Michelle DADSON	#1	British Columbia	12.79m	41-11½	3/25
3	31	Kenna WOODWARD	#3	Eastern Oregon	12.35m	40-6¼	3/18
4	35	Jessica PEDRETTI	#10	William Jessup (	12.30m	40-4¼	3/24
5	58	Star HERRON	#8	College of Idaho	11.80m	38-8¾	3/24
6	60	Andrea OSBON	#4	Southern Orego	11.78m	38-7¾	4/1
7	61	Jaelah BUTLER	#2	Vanguard (Calif.	11.77m	38-7½	3/25
8	67	Rebecca DUTCHAK	#1	British Columbia	11.71m	38-5	3/25
9	70	Libby MATHIS	#11	Bushnell (Ore.)	11.68m	38-4	3/17
10	72	Allyson CONNER	#12	Providence (Mo	11.61m	38-1¼	3/24

Women's Discus

1	18	Calla HALDORSON	#12	Providence (Mo	41.92m	137-7	3/24
2	21	Jessica PEDRETTI	#10	William Jessup (	41.31m	135-7	3/30
3	30	tatiana MARTINEZ	#12	Providence (Mo	39.76m	130-6	3/24
4	31	Jaelah BUTLER	#2	Vanguard (Calif.	39.65m	130-1	3/18
5	38	Maggie LEDBETTER	#3	Eastern Oregon	38.58m	126-7	3/18
6	61	Allyson CONNER	#12	Providence (Mo	37.35m	122-7	3/24
7	66	Aaliyah ESPINOZA	#2	Vanguard (Calif.	37.07m	121-8	3/25
8	69	Trinity HILL	#3	Eastern Oregon	36.73m	120-6	3/18
9	76	Jalyn SACKRIDER	#16	Evergreen State	36.48m	119-8	3/18
10	80	Grace OSBORNE	#5	Lewis-Clark Stat	36.22m	118-10	3/18

Women's Hammer

1	4	Michelle DADSON	#1	British Columbia A	51.30m	168-4	3/18
2	6	Bella HALL	#1	British Columbia A	50.84m	166-10	3/25
3	8	Kenna WOODWARD	#3	Eastern Oregon B	50.20m	164-9	3/18
4	9	Allyson CONNER	#12	Providence (Mo	49.81m	163-5	3/24
5	14	Maggie LEDBETTER	#3	Eastern Oregon	48.41m	158-10	3/18
6	34	Star HERRON	#8	College of Idaho	45.63m	149-9	3/18
7	37	Lauren FRIESEN	#1	British Columbia	44.95m	147-6	3/18
8	38	Jaelah BUTLER	#2	Vanguard (Calif.	44.89m	147-4	3/11
9	40	Jessica PEDRETTI	#10	William Jessup (	44.81m	147-0	3/10
10	55	Katie MULL	#13	Oregon Tech	43.15m	141-7	3/17

Women's Javelin

1	1	Micaiah SCOTT	#7	The Master's (Ca	45.66m	149-10	3/18
2	3	Giovanna JANES	#1	British Columbia A	43.18m	141-8	3/18
3	5	Brittan BRATSCHER	#13	Oregon Tech	42.24m	138-7	3/17
4	9	Jenna JORDAN	#9	Montana Tech	41.38m	135-9	3/31
5	10	Aarika BROOKS	#13	Oregon Tech	40.33m	132-4	3/17
6	11	Mckenzie CLARK	#12	Providence (Mo	40.27m	132-2	3/24
7	13	Kea STIEGLITZ	#5	Lewis-Clark Stat	38.90m	127-8	3/18
8	14	Jenae USSELMAN	#11	Bushnell (Ore.)	38.87m	127-7	3/11
9	17	Allie BEST	#3	Eastern Oregon	38.09m	125-0	3/18
10	20	Sammy CONLEY	#3	Eastern Oregon	37.86m	124-3	3/18

Women's Heptathlon

1	1	Abi STEVENS	#4	Southern Orego B	4,435	3/30
2	2	Lily SWEEN	#6	Westmont (Calif B	4,433	3/23
3	3	Lizzy GRANDLE	#3	Eastern Oregon B	4,180	3/30
4	4	Sammy CONLEY	#3	Eastern Oregon B	4,119	3/30
5	5	Penelopi LEACH	#2	Vanguard (Calif. B	4,101	3/23
6	6	Ally ODELL	#13	Oregon Tech	4,028	3/30
7	7	Jenna HODGES	#4	Southern Orego B	4,018	3/30
8	8	Sara HATHAWAY	#5	Lewis-Clark Stat B	3,986	3/23
9	9	Karli BEDARD	#3	Eastern Oregon B	3,984	3/30
10	15	Sarah PIMBLETT	#1	British Columbia	3,260	3/25