



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

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:38:17 AM

Atlantic

Women's 100 Meters

1	33	Alyssa DYETT	#3	Monroe-New Ro	DI 12.26	(-0.3)	3/30
2	41	Imya ALLEN	#10	Denmark Tech (	DI 12.35	(-0.8)	4/14
3	43	Lynette SCUTARI	#9	Tallahassee (Fla	DI 12.38	(0.0)	4/8
4	44	Haniyyah JOHNSON	#6	Richard Bland (V	DI 12.39	(0.0)	4/1
5	46	Abigail DYETT	#3	Monroe-New Ro	DI 12.41	(1.2)	3/24
6	50	Lexi WHEELER	#2	Lansing (Mich.)	DI 12.48	(1.0)	4/14
7	69	Swayne CLENNON	#6	Richard Bland (V	DI 12.79	(1.1)	4/1
8	71	Kiana CASIMIR	#1	Essex County (N	DI 12.88	(0.1)	3/31
9	81	Brooklyn SIMMONS	#6	Richard Bland (V	DI 13.06	(0.0)	4/1
10	90	Dayvione BRIGGS	#4	Cuyahoga (Ohio)	DI 13.16w	(2.3)	4/6

Women's 100 Meter Hurdles

1	16	Dayvione BRIGGS	#4	Cuyahoga (Ohio)	DI 15.28w	(2.5)	4/6
2	19	Jelese ALEXANDER	#1	Essex County (N	DI 15.36	(0.2)	3/31
3	26	Myasia MATTHEWS	#4	Cuyahoga (Ohio)	DI 15.59	(-0.4)	4/14
4	55	Reva LANCE	#2	Lansing (Mich.)	DI 18.31	(1.4)	4/8
5	58	Ashanti GORDON	#1	Essex County (N	DI 18.80	(0.0)	4/7
6	67	Rylie BJORKMAN	#2	Lansing (Mich.)	DI 21.80	(0.3)	4/14

Women's 200 Meters

1	41	Jelese ALEXANDER	#1	Essex County (N	DI 25.65	(0.0)	4/7
2	44	Abigail DYETT	#3	Monroe-New Ro	DI 25.79	(1.3)	3/30
3	46	Swayne CLENNON	#6	Richard Bland (V	DI 25.83	(0.1)	4/1
4	72	Lexi WHEELER	#2	Lansing (Mich.)	DI 26.21	(0.2)	4/14
5	77	Lynette SCUTARI	#9	Tallahassee (Fla	DI 26.42	(1.3)	3/24
6	87	Kahliyah SMITH	#3	Monroe-New Ro	DI 26.71	(1.5)	3/24
7	89	Dayvione BRIGGS	#4	Cuyahoga (Ohio)	DI 26.79	(0.5)	4/15
8	92	Myasia MATTHEWS	#4	Cuyahoga (Ohio)	DI 26.92	(0.3)	4/15
9	93	Fanta SANGOO	#1	Essex County (N	DI 26.93w	(2.1)	4/7
10	94	thomyka VALCENT	#1	Essex County (N	DI 27.04	(0.1)	3/31

Women's 400 Meters

1	14	Jelese ALEXANDER	#1	Essex County (N	DI 56.14		2/10
2	37	Swayne CLENNON	#6	Richard Bland (V	DI 58.08		3/3
3	47	Kahliyah SMITH	#3	Monroe-New Ro	DI 59.08		3/30
4	58	Ashanti GORDON	#1	Essex County (N	DI 1:00.18		1/16
5	62	Kayla JOHNSON	#3	Monroe-New Ro	DI 1:00.55		3/24
6	64	thomyka VALCENT	#1	Essex County (N	DI 1:00.64		3/31
7	67	Morgan HETHERINGTON	#2	Lansing (Mich.)	DI 1:00.82		3/31
8	70	Fanta SANGOO	#1	Essex County (N	DI 1:00.94		2/19
9	72	Dayvione BRIGGS	#4	Cuyahoga (Ohio)	DI 1:01.00		2/9
10	76	Vegonia JEAN BAPTISTE	#3	Monroe-New Ro	DI 1:01.42		3/30

Women's 400 Meter Hurdles

1	16	Dayvione BRIGGS	#4	Cuyahoga (Ohio)	DI 1:06.31		4/14
2	23	Ashanti GORDON	#1	Essex County (N	DI 1:07.57		4/7
3	27	Myasia MATTHEWS	#4	Cuyahoga (Ohio)	DI 1:09.85		4/14

Women's 800 Meters

1	10	Kayla JOHNSON	#3	Monroe-New Ro	Q 2:17.84		3/3
2	21	Shaquka TYRELL	#3	Monroe-New Ro	Q 2:19.90		3/30
3	28	Morgan HETHERINGTON	#2	Lansing (Mich.)	DI 2:22.48		4/14
4	48	Gabrielle METZGER	#2	Lansing (Mich.)	DI 2:27.03		4/14
5	50	thomyka VALCENT	#1	Essex County (N	DI 2:27.26		4/7
6	52	Brittany PAGE	#5	Vincennes (Ind.)	DI 2:27.52		4/13
7	62	Faith CLARK	#7	Muskegon (Mich	DI 2:28.82		1/21
8	64	Jana STIFFLER	#2	Lansing (Mich.)	DI 2:29.08		3/31
9	79	Jelese ALEXANDER	#1	Essex County (N	DI 2:31.78		3/3
10	85	Emilia ZAVALA	#4	Cuyahoga (Ohio)	DI 2:32.59		4/6

Women's 1500 Meters

1	19	Zothile Jesica MBHAMALI	#3	Monroe-New Ro	Q 4:54.96		3/24
2	21	Kayla JOHNSON	#3	Monroe-New Ro	Q 4:55.03		1/27
3	27	Shaquka TYRELL	#3	Monroe-New Ro	Q 4:57.33		3/30
4	34	Jana STIFFLER	#2	Lansing (Mich.)	DI 4:59.48		3/31
5	46	Haley ELLIS	#2	Lansing (Mich.)	DI 5:03.45		4/14
6	71	Gabrielle METZGER	#2	Lansing (Mich.)	DI 5:13.64		3/31
7	79	Arielle VALDES	#9	Tallahassee (Fla	DI 5:18.39		4/8
8	91	Brittany PAGE	#5	Vincennes (Ind.)	DI 5:21.56		1/20
9	92	Hope LAUGHLIN	#5	Vincennes (Ind.)	DI 5:22.01		1/27
10	94	Alyssa WILLIAMS	#2	Lansing (Mich.)	DI 5:22.69		4/14

Women's 5000 Meters

1	10	Jana STIFFLER	#2	Lansing (Mich.)	Q 18:27.86		4/8
2	13	Zothile Jesica MBHAMALI	#3	Monroe-New Ro	Q 18:38.01		3/30
3	29	Daisie KINNETT	#5	Vincennes (Ind.)	DI 19:05.98		3/3
4	38	Haley ELLIS	#2	Lansing (Mich.)	DI 19:28.73		4/8
5	41	Alyssa WILLIAMS	#2	Lansing (Mich.)	DI 19:40.09		4/8
6	48	Haley BELL	#2	Lansing (Mich.)	DI 20:13.08		4/8
7	55	Emilia ZAVALA	#4	Cuyahoga (Ohio)	DI 20:56.24		3/31
8	61	Arielle VALDES	#9	Tallahassee (Fla	DI 21:12.44		3/4
9	62	Ashleigh DUFFY	#4	Cuyahoga (Ohio)	DI 21:13.21		3/31

Women's 10,000 Meters

1	6	Jana STIFFLER	#2	Lansing (Mich.)	Q 39:38.02		4/14
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Women's 4x100 Relay

1	11	Jelese ALEXANDER, Kiana CASIMIR, Ashanti GORDON, Fanta SANGOO	#1	Essex County (N	Q 48.12		4/14
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USTFCCA NJCAA Division I Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:38:18 AM

Atlantic

Women's 4x400 Relay

1	9	https://www.tfrrs.org/teams/690	#1 Essex County (NJ):Q 3:53.30	3/3
2	13	https://www.tfrrs.org/teams/59475	#3 Monroe-New Rol:Q 3:59.41	2/17
3	26	Haley ELLIS, Katelyn SLOANE, Jana STIFFLER, Morgan HETHERINGTON	#2 Lansing (Mich.):Q 4:30.12	3/31
4	29	https://www.tfrrs.org/teams/77902	#7 Muskegon (Mich):DI 4:34.79	1/13
5	30	https://www.tfrrs.org/teams/104650	#8 Marion Military I:DI 4:45.88	2/11

Women's 4x800 Relay

1	13	Elizabeth HETZLER, Jamison SEVILLA, Kristalyn STEADMAN, Hannah GRIFFITH	#8 Marion Military I:DI 11:21.25	3/24
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Women's High Jump

1	7	Jelesse ALEXANDER	#1 Essex County (NJ):Q 1.70m	5-7	1/13
2	12	Josey REINEMAN	#11 Hagerstown (Md):Q 1.66m	5-5½	3/3
3	19	Gabrielle COOK	#11 Hagerstown (Md):DI 1.60m	5-3	3/31
4	23	Kimmerly JOHNSON	#10 Denmark Tech (I):DI 1.58m	5-2½	3/23
5	32	Akayla PICKERSGILL	#3 Monroe-New Ro:DI 1.52m	4-11¾	2/24
6	47	Mia MILANO	#4 Cuyahoga (Ohio):DI 1.44m	4-8¾	4/14
7	48	Ashanti GORDON	#1 Essex County (NJ):DI 1.43m	4-8¼	4/7
8	54	Dayvione BRIGGS	#4 Cuyahoga (Ohio):1.38m	4-6¼	2/9
9	55	Madison STEPANIK	#4 Cuyahoga (Ohio):1.37m	4-6	1/14
10	68	Tori VANTAMELEN	#7 Muskegon (Mich):1.28m	4-2¼	2/9

Women's Pole Vault

1	1	Julia DO AMARAL SALVI	#5 Vincennes (Ind.):Q 3.80m	12-5½	3/3
2	6	Ysnaira DOS SANTOS VIEIRA	#5 Vincennes (Ind.):Q 3.50m	11-5¾	3/3
3	7	Mikaila EK	#11 Hagerstown (Md):Q 3.25m	10-8	2/3
4	10	Abby MAKARA	#4 Cuyahoga (Ohio):DI 3.00m	9-10	2/17
5	16	Jillian CARRICK	#4 Cuyahoga (Ohio):DI 2.62m	8-7	3/24

Women's Long Jump

1	16	Haniyyah JOHNSON	#6 Richard Bland (Va):DI 5.47m	17-11½ (1.1)	4/7
2	22	Brooklyn SIMMONS	#6 Richard Bland (Va):DI 5.34m	17-6¼ (0.9)	4/1
3	26	Jelesse ALEXANDER	#1 Essex County (NJ):DI 5.24m	17-2¼ (1.8)	4/7
4	37	Alyssa DYETT	#3 Monroe-New Ro:DI 5.00m	16-5 (-2.6)	3/24
5	56	Reva LANCE	#2 Lansing (Mich.):Q 4.55m	14-11¼ (-0.4)	4/14
6	59	Lainey CANAN	#7 Muskegon (Mich):4.50m	14-9¼ (1.0)	4/7
7	60	Ashanti GORDON	#1 Essex County (NJ):4.46m	14-7¾ (0.0)	4/7
8	63	Imya ALLEN	#10 Denmark Tech (I):4.38m	14-4½ (-2.0)	4/1
9	65	Akayla PICKERSGILL	#3 Monroe-New Ro:4.36m	14-3¾ (0.3)	3/24
10	67	Madison WEST	#14 Montgomery (Md):4.31m	14-1¾ (-0.1)	3/31

Women's Triple Jump

1	6	Alyssa DYETT	#3 Monroe-New Rol:Q 11.70m	38-4¾ (1.6)	3/30
2	11	Jelesse ALEXANDER	#1 Essex County (NJ):DI 11.40m	37-5 (1.6)	3/31
2	11	Haniyyah JOHNSON	#6 Richard Bland (Va):DI 11.40m	37-5 (1.2)	4/1

Women's Shot Put

1	20	Madison DAVIS	#5 Vincennes (Ind.):DI 12.17m	39-11¼	2/18
2	34	Madison STEPANIK	#4 Cuyahoga (Ohio):DI 11.31m	37-1¼	4/14
3	47	Aliyah WILLIAMS	#8 Marion Military I:DI 10.35m	33-11½	4/8
4	50	Jelesse ALEXANDER	#1 Essex County (NJ):DI 10.18m	33-4¾	3/3
5	53	Akyla WALCOTT	#1 Essex County (NJ):DI 10.04m	32-11¼	4/7
6	59	De'Janaeia JOHNSON	#13 Spartanburg Me:DI 9.96m	32-8¼	3/4
7	63	Alex FECKNER	#4 Cuyahoga (Ohio):DI 9.87m	32-4¾	4/6
8	73	Brianna MOBLEY	#9 Tallahassee (Fla):DI 9.54m	31-3¾	3/24
9	74	Cameron KLEIN	#12 Carroll (Md.) CC:DI 9.52m	31-2¾	4/15
10	90	Rahmat SHOWA	#3 Monroe-New Ro:8.97m	29-5¼	2/10

Women's Discus

1	17	Karleigh JEFFRIES	#7 Muskegon (Mich):DI 37.44m	122-10	4/7
2	22	Aliyah WILLIAMS	#8 Marion Military I:DI 36.08m	118-5	3/24
3	23	Madison STEPANIK	#4 Cuyahoga (Ohio):DI 36.04m	118-3	4/6
4	43	Madison DAVIS	#5 Vincennes (Ind.):DI 30.78m	101-0	3/24
5	45	Brianna MOBLEY	#9 Tallahassee (Fla):DI 29.99m	98-4¾	3/24
6	61	Cameron KLEIN	#12 Carroll (Md.) CC:26.94m	88-4¾	4/8
7	62	Olivia KELLER	#14 Montgomery (Md):26.64m	87-5	3/31
8	63	Mariella SEBASTIAN	#8 Marion Military I:26.50m	86-11½	4/8
9	70	Jakayia WILLIAMS	#10 Denmark Tech (I):22.89m	75-1¼	2/25
10	71	De'Janaeia JOHNSON	#13 Spartanburg Me:22.74m	74-7¼	3/17

Women's Hammer

1	29	Karleigh JEFFRIES	#7 Muskegon (Mich):DI 39.40m	129-3	4/14
2	48	Madison STEPANIK	#4 Cuyahoga (Ohio):DI 32.50m	106-8	4/6

Women's Javelin

1	11	Giorgia FINO	#5 Vincennes (Ind.):Q 37.41m	122-9	3/24
2	42	Jelesse ALEXANDER	#1 Essex County (NJ):DI 26.37m	86-6¼	4/7
3	43	Madison STEPANIK	#4 Cuyahoga (Ohio):DI 26.01m	85-4	4/6
4	44	Natalie WAGLER	#5 Vincennes (Ind.):DI 25.53m	83-9¼	4/13
5	48	Madison DAVIS	#5 Vincennes (Ind.):23.97m	78-7¾	3/24
6	55	Reva LANCE	#2 Lansing (Mich.):Q 21.15m	69-4¾	4/14
7	56	Rylie BJORKMAN	#2 Lansing (Mich.):Q 20.89m	68-6½	4/8
8	63	Cameron KLEIN	#12 Carroll (Md.) CC:19.59m	64-3¼	4/15
9	73	Alex FECKNER	#4 Cuyahoga (Ohio):16.68m	54-8¾	4/6
10	74	Madi HARPER	#12 Carroll (Md.) CC:16.38m	53-9	4/8

Women's Heptathlon

1	5	Jelesse ALEXANDER	#1 Essex County (NJ):4,169	4/7
2	14	Ashanti GORDON	#1 Essex County (NJ):3,016	4/7



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Central

Women's 100 Meters

1	1	oarabile TSHOSA	#1	Barton (Kan.) CQ:Q 11.49c	(11.46A) (1)	4/6
2	6	Troynelle MILLER	#7	Colby (Kan.) CC I:Q 11.72w	(2.6)	3/25
3	7	Antiana WALSH	#1	Barton (Kan.) CQ:Q 11.74cw	(11.71A) (2)	4/6
4	8	Naiya MORGAN	#1	Barton (Kan.) CQ:Q 11.75w	(2.6)	3/29
5	9	Damazvia DAMES	#6	Fort Scott (Kan.):Q 11.76w	(2.7)	3/29
6	10	Miracle THOMPSON	#2	Cloud County (Kl:Q 11.77	(1.8)	3/30
7	12	Chaniqua TONGE	#6	Fort Scott (Kan.):Q 11.82	(2.0)	4/13
8	16	Jalia BUNN	#9	Coffeyville (Kan.):Q 11.92w	(2.6)	3/25
9	17	Keyann WILSON	#6	Fort Scott (Kan.):Q 11.94w	(3.0)	3/29
10	24	Serenity JACKSON	#12	Pratt (Kan.) CC DI 12.10w	(3.4)	3/18
10	24	Isabella KUPKA	#3	Cowley (Kan.) DI 12.10	(1.8)	3/30

Women's 100 Meter Hurdles

1	2	Miracle THOMPSON	#2	Cloud County (Kl:Q 13.50w	(3.6)	4/7
2	5	Joda CAMPBELL	#4	Butler (Kan.) CCI:Q 14.15	(-0.1)	3/30
3	6	Ana COUTO	#1	Barton (Kan.) CQ:Q 14.20c	(14.16A) (2)	4/6
4	7	Kay-Lagay CLARKE	#1	Barton (Kan.) CQ:Q 14.29cw	(14.25A) (2)	4/6
5	12	Madelyn HERNANDEZ	#5	Hutchinson (Kar DI 14.96w	(2.4)	4/7
6	17	Kaylee JAMES	#5	Hutchinson (Kar DI 15.30	(-0.2)	3/25
7	20	kayleigh PRENTISS	#1	Barton (Kan.) CC DI 15.44c	(15.40A) (1)	4/6
8	22	L'Oreal JONES	#6	Fort Scott (Kan.) DI 15.48	(0.6)	3/23
9	25	Ahniesha PRESULME	#1	Barton (Kan.) CC DI 15.55c	(15.51A) (1)	4/6
10	27	Vanessa MERCERA	#2	Cloud County (Kl DI 15.73	(-0.2)	3/25

Women's 200 Meters

1	2	Naiya MORGAN	#1	Barton (Kan.) CQ:Q 23.64c	(23.57A) (1)	4/6
2	7	Damazvia DAMES	#6	Fort Scott (Kan.):Q 23.78	(2.0)	3/30
3	9	Vimbayi MAISOVOREWA	#2	Cloud County (Kl:Q 24.12	(0.3)	3/25
4	15	Antiana WALSH	#1	Barton (Kan.) CQ:Q 24.53cw	(24.46A) (2)	4/6
5	22	Keyann WILSON	#6	Fort Scott (Kan.) DI 24.81	(1.6)	4/8
6	23	Troynelle MILLER	#7	Colby (Kan.) CC DI 24.84	(0.3)	3/25
7	25	Miracle THOMPSON	#2	Cloud County (Kl DI 24.89w	(2.5)	4/7
8	27	Isabella KUPKA	#3	Cowley (Kan.) DI 24.98	(0.3)	3/25
9	28	Jalia BUNN	#9	Coffeyville (Kan.) DI 25.05	(0.0)	4/14
10	31	Serenity JACKSON	#12	Pratt (Kan.) CC DI 25.18	(0.5)	4/8

Women's 400 Meters

1	3	Vimbayi MAISOVOREWA	#2	Cloud County (Kl:Q 53.50		3/3
2	9	Naiya MORGAN	#1	Barton (Kan.) CQ:Q 55.09		2/18
3	12	Dy'Mond WILEY	#1	Barton (Kan.) CQ:Q 55.57		2/10
4	17	Trishanie WARNER	#4	Butler (Kan.) CC DI 56.36		3/30
5	19	Serenity JACKSON	#12	Pratt (Kan.) CC DI 56.49		2/18
6	23	Isabella KUPKA	#3	Cowley (Kan.) DI 57.02		3/3
7	26	Star MPAMA	#4	Butler (Kan.) CC DI 57.28		3/3
8	30	Antiana WALSH	#1	Barton (Kan.) CC DI 57.62		3/30
9	31	Passion CREWS	#2	Cloud County (Kl DI 57.71		3/30
10	33	oarabile TSHOSA	#1	Barton (Kan.) CC DI 57.91		3/30

Women's 400 Meter Hurdles

1	10	Vanessa MERCERA	#2	Cloud County (Kl:Q 1:04.47		3/25
2	14	Miracle THOMPSON	#2	Cloud County (Kl:Q 1:05.81		3/25
3	15	Tashira EDWARDS	#4	Butler (Kan.) CCI:Q 1:06.04		3/30
4	17	Ashley ROBINSON	#14	Allen (Kan.) CC DI 1:06.53		3/30
5	21	Vionce OLIVARES	#4	Butler (Kan.) CC DI 1:07.13		4/7
6	22	Landrea SEARS	#11	Neosho County DI 1:07.41		4/8
7	24	Keneah ROMNEY	#5	Hutchinson (Kar DI 1:08.93		4/7
8	25	Justyce THOMAS	#12	Pratt (Kan.) CC DI 1:09.27		3/24
9	26	Icey GREEN	#6	Fort Scott (Kan.) DI 1:09.51		3/23
10	29	Danielle HARTWELL	#7	Colby (Kan.) CC DI 1:12.44		4/7

Women's 800 Meters

1	8	Passion CREWS	#2	Cloud County (Kl:Q 2:16.76		3/3
2	9	Tara BERT	#7	Colby (Kan.) CC I:Q 2:17.83		3/3
3	15	Abigail PINNOCK	#3	Cowley (Kan.) I:Q 2:19.16		4/7
4	17	Ann BADAWE	#6	Fort Scott (Kan.):Q 2:19.35		4/8
5	18	Star MPAMA	#4	Butler (Kan.) CCI:Q 2:19.44		3/23
6	20	Gracie LAMBERT	#5	Hutchinson (Kar:Q 2:19.73		3/3
7	22	Elif POYRAZ	#7	Colby (Kan.) CC I:Q 2:20.10		2/10
8	26	Vanessa MERCERA	#2	Cloud County (Kl DI 2:21.15		3/3
9	29	Chrystal OSAKWE	#6	Fort Scott (Kan.) DI 2:23.01		3/17
10	35	Ana COUTO	#1	Barton (Kan.) CC DI 2:24.65c	(2:25.07A)	3/24

Women's 1500 Meters

1	3	Elif POYRAZ	#7	Colby (Kan.) CC I:Q 4:39.37		4/7
2	4	Emily DIERCKS	#7	Colby (Kan.) CC I:Q 4:39.55		3/3
3	14	Melody OCHANA	#2	Cloud County (Kl:Q 4:52.91		4/13
4	16	Asli ATAN	#7	Colby (Kan.) CC I:Q 4:53.62		4/7
5	23	Lucy NDUNGU	#2	Cloud County (Kl:Q 4:55.46		4/13
6	25	Tara BERT	#7	Colby (Kan.) CC I:Q 4:56.46		4/7
7	30	Ann BADAWE	#6	Fort Scott (Kan.):Q 4:57.97		3/30
8	31	Nonhlanhla MABUZA	#7	Colby (Kan.) CC I:Q 4:58.07		4/7
9	35	Khloi BIRD	#4	Butler (Kan.) CC DI 4:59.91		2/3
10	38	Andrea GARCIA-GONZALEZ	#3	Cowley (Kan.) DI 5:01.01		4/13

Women's Steeplechase

1	4	Melody OCHANA	#2	Cloud County (Kl:Q 11:36.60		4/7
2	10	Jamaira ROSS	#12	Pratt (Kan.) CC I:Q 12:14.76		3/30
3	11	Naomi SALIL	#11	Neosho County I:Q 12:15.88		4/8
4	15	Shareen CHERUIYOT	#8	Garden City (Kar DI 12:28.86		3/25
5	17	Heidi GRIMMETT	#4	Butler (Kan.) CC DI 12:42.85		4/7
6	18	Denise DOMINGUEZ	#10	Dodge City (Kan.) DI 12:43.68		3/31
7	20	Sydney GRAUER	#5	Hutchinson (Kar DI 13:00.80		4/7
8	21	Andrea SERRANO	#8	Garden City (Kar DI 13:21.86c	(13:33.36A)	3/18
9	22	Daisy KORIR	#11	Neosho County DI 13:23.41		4/8
10	23	Nevaeh CARRIZAL	#10	Dodge City (Kan.) DI 13:50.29		3/31



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WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:38:18 AM

Central

Women's 5000 Meters

1	2	Emily DIERCKS	#7 Colby (Kan.) CC I:Q 17:27.26	4/13
2	3	Lucy NDUNGU	#2 Cloud County (Kl:Q 17:27.53	4/7
3	8	Khloi BIRD	#4 Butler (Kan.) CCl:Q 18:26.76	3/23
4	19	Serenity LARSON	#5 Hutchinson (Karl:Q 18:53.82	2/3
5	20	Jamaira ROSS	#12 Pratt (Kan.) CC I:Q 18:54.47	4/8
6	26	Andrea GARCIA-GONZALEZ	#3 Cowley (Kan.) DI 19:01.85	2/18
7	27	Denise DOMINGUEZ	#10 Dodge City (Kan) DI 19:03.80	2/18
8	32	Melody OCHANA	#2 Cloud County (Kl DI 19:11.83	3/30
9	36	Yazmin REYES	#3 Cowley (Kan.) DI 19:18.94	2/18
10	37	Maissane JOUEN	#7 Colby (Kan.) CC DI 19:23.12	2/3

Women's 10,000 Meters

1	4	Khloi BIRD	#4 Butler (Kan.) CCl:Q 39:04.11	4/7
2	15	Naomi SALIL	#11 Neosho County DI 41:37.73	3/30
3	16	Mallory BODEN	#4 Butler (Kan.) CC DI 42:29.72	4/7

Women's 4x100 Relay

1	5	Antiana WALSH, Naiya MORGAN, Deborah LOWE, oarabile TSHOSA	#1 Barton (Kan.) CCl:Q 46.06c (45.94A)	4/6
2	6	Keyann WILSON, Chaniqua TONGE, Brandi DRAKE, Damazvia DAMES	#6 Fort Scott (Kan.):Q 46.07	4/8
3	9	Gartasia CRAWLEY, Takiria BROWN, Jalia BUNN, Teonia WHITELOW	#9 Coffeyville (Kan):Q 47.54	4/8
4	10	Miracle THOMPSON, Vanessa MERCERA, Ariyah SMITH, Vimbayi MAISVOREWA	#2 Cloud County (Kl:Q 48.07	3/25
5	13	Akeera ESELLE, Vionce OLIVARES, Deanna MILLER, Joda CAMPBELL	#4 Butler (Kan.) CC DI 49.08	3/23
6	14	Jade FELLER, Jha-Di MEKHI, Varaie DABNEY, Ashley ROBINSON	#14 Allen (Kan.) CC DI 49.33	4/8
7	16	Sequoya MCADOO, Gabriela ELIZALDE, Ondrae'yah DAVIS, Deslyne COOPER	#10 Dodge City (Kan) DI 51.57	4/15
8	18	Kanya CAMPBELL, Maya WHITE EAGLE, Sara CHAPA, Kerrishma WILLIAMS	#8 Garden City (Kar DI 52.94	3/25
9	19	Joana VAKASOBUDURU, Landrea SEARS, Ezra WOOD, Lauryn PETERSON	#11 Neosho County DI 56.31	3/10

Women's 4x400 Relay

1	4	https://www.tfrrs.org/teams/545	#2 Cloud County (Kl:Q 3:46.99	3/3
2	5	https://www.tfrrs.org/teams/537	#1 Barton (Kan.) CCl:Q 3:47.28	2/10
3	10	https://www.tfrrs.org/teams/541	#4 Butler (Kan.) CCl:Q 3:54.05	3/3
4	14	https://www.tfrrs.org/teams/8048	#6 Fort Scott (Kan.) DI 4:01.39	2/18
5	15	Isabella KUPKA, Abigail PINNOCK, Alyssa BRIDGES, Layla INGALLS	#3 Cowley (Kan.) DI 4:02.94	3/25
6	17	https://www.tfrrs.org/teams/978	#5 Hutchinson (Kar DI 4:05.92	2/18
7	19	https://www.tfrrs.org/teams/678	#10 Dodge City (Kan) DI 4:10.33	2/18
8	23	https://www.tfrrs.org/teams/992	#11 Neosho County DI 4:24.54	2/18
9	24	https://www.tfrrs.org/teams/547	#9 Coffeyville (Kan) DI 4:28.50	1/28
10	25	https://www.tfrrs.org/teams/549	#7 Colby (Kan.) CC DI 4:28.55	2/3

Women's 4x800 Relay

1	1	https://www.tfrrs.org/teams/545	#2 Cloud County (Kl:Q 9:29.19	4/1
2	2	https://www.tfrrs.org/teams/978	#5 Hutchinson (Karl:Q 9:42.96	3/3
3	3	https://www.tfrrs.org/teams/4654	#3 Cowley (Kan.) I:Q 9:49.72	3/3
4	5	Star MPAMA, Trishanie WARNER, Gabriella GORDON, Khloi BIRD	#4 Butler (Kan.) CCl:Q 9:57.51	4/13
5	6	https://www.tfrrs.org/teams/8048	#6 Fort Scott (Kan.) DI 10:01.60	2/19
6	11	https://www.tfrrs.org/teams/992	#11 Neosho County DI 10:23.21	2/18
7	12	https://www.tfrrs.org/teams/678	#10 Dodge City (Kan) DI 10:29.47	2/18
8	14	Andrea SERRANO, Shareen CHERUIYOT, Breanna CLEMENS, Meagan BURKHART	#8 Garden City (Kar DI 11:26.40	3/31
9	15	https://www.tfrrs.org/teams/547	#9 Coffeyville (Kan) DI 12:05.64	2/18



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

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:38:18 AM

Central

Women's High Jump

1	2	Shackala HENRY	#2	Cloud County (KI):Q 1.74m	5-8½	1/21
2	3	Vanessa MERCERA	#2	Cloud County (KI):Q 1.72m	5-7¾	3/3
3	4	jazmine WILLIAMSON	#1	Barton (Kan.) CQ:Q 1.71m	5-7¼	2/18
4	9	Dayjahney HIBBERT	#13	Highland (Kan.) I:Q 1.67m	5-5¾	4/14
4	9	Madelyn HERNANDEZ	#5	Hutchinson (Kar):Q 1.67m	5-5¾	3/25
6	12	kayleigh PRENTISS	#1	Barton (Kan.) CQ:Q 1.66m	5-5¼	3/3
7	15	Gartasia CRAWLEY	#9	Coffeyville (Kan.):Q 1.63m	5-4¼	4/8
8	16	Liberty LIMON	#5	Hutchinson (Kar):Q 1.62m	5-3¾	3/25
9	19	Ana COUTO	#1	Barton (Kan.) CQ DI 1.60m	5-3	3/3
9	19	LaShae' SMITH	#3	Cowley (Kan.) DI 1.60m	5-3	3/3

Women's Pole Vault

1	3	Arantxa CORTEZ	#3	Cowley (Kan.) I:Q 3.70m	12-1½	3/3
2	4	Jasmine SAKAGUCHI	#2	Cloud County (KI):Q 3.59m	11-9¼	1/27
3	5	Mia MANLEY	#2	Cloud County (KI):Q 3.57m	11-8½	4/13
4	8	Violet MARTINEZ	#5	Hutchinson (Kar):Q 3.23m	10-7	4/15
5	9	Carla SANTOS	#3	Cowley (Kan.) DI 3.05m	10-0	1/21
6	10	Kayla ORTMAN	#4	Butler (Kan.) CC DI 3.00m	9-10	2/18
7	13	Alivia NOLL	#5	Hutchinson (Kar) DI 2.98m	9-9¼	3/30
8	14	Jacie CARSON	#3	Cowley (Kan.) DI 2.85m	9-4¼	2/18
9	16	Kiana BROWN	#5	Hutchinson (Kar) DI 2.62m	8-7	3/25
10	18	Raylee JOHNSON	#5	Hutchinson (Kar) DI 2.47m	8-1¼	3/25

Women's Long Jump

1	1	jazmine WILLIAMSON	#1	Barton (Kan.) CQ:Q 6.13m	20-1½ (3.7)	4/6
2	4	Kay-Lagay CLARKE	#1	Barton (Kan.) CQ:Q 5.83m	19-1½ (3.7)	4/6
3	9	Genesis BAUTISTA	#3	Cowley (Kan.) I:Q 5.69m	18-8 (0.0)	3/25
4	11	Ahniesha PRESULME	#1	Barton (Kan.) CQ DI 5.57m	18-3¼ (1.9)	4/6
5	12	Ana COUTO	#1	Barton (Kan.) CQ DI 5.52m	18-1½ (1.4)	4/6
6	17	Chaniqua TONGE	#6	Fort Scott (Kan.) DI 5.44m	17-10¼ (0.)	4/8
7	19	Vanessa MERCERA	#2	Cloud County (K) DI 5.41m	17-9 (2.1)	3/30
7	19	Kamerin CARTER	#6	Fort Scott (Kan.) DI 5.41m	17-9 (3.4)	4/13
9	21	Kerrishma WILLIAMS	#8	Garden City (Kar) DI 5.36m	17-7 (2.5)	3/18
10	24	Mikayla HENRY	#12	Pratt (Kan.) CC DI 5.29m	17-4¼ (0.9)	4/8

Women's Triple Jump

1	1	Brittania INGRAM	#1	Barton (Kan.) CQ:Q 12.29m	40-4 (3.4)	4/6
2	7	Genesis BAUTISTA	#3	Cowley (Kan.) I:Q 11.66m	38-3¼ (1.8)	3/25
3	9	Dayjahney HIBBERT	#13	Highland (Kan.) DI 11.46m	37-7¼ (2.4)	4/14
3	9	Saniyah HAMMOND	#9	Coffeyville (Kan.) DI 11.46m	37-7¼ (1.8)	4/14
5	14	Shackala HENRY	#2	Cloud County (K) DI 11.18m	36-8¼ (1.2)	3/30
6	15	Brandi DUNN	#13	Highland (Kan.) DI 11.04m	36-2¼ (1.4)	3/30
7	18	Abby RUESCHHOFF	#3	Cowley (Kan.) DI 10.65m	34-11¼ (1.)	3/30
8	19	Liberty LIMON	#5	Hutchinson (Kar) DI 10.60m	34-9½ (2.0)	4/7
9	26	Teonia WHITELOW	#9	Coffeyville (Kan.) DI 9.97m	32-8½ (0.0)	3/18
10	27	Emme WATKINS	#5	Hutchinson (Kar) DI 9.72m	31-10¾ (1.)	4/7

Women's Shot Put

1	1	Kelsie MURRELL-ROSS	#1	Barton (Kan.) CQ:Q 16.30m	53-5¾	2/18
2	2	Treneese HAMILTON	#1	Barton (Kan.) CQ:Q 15.05m	49-4½	3/3
3	6	Beatriz FERRIERA	#8	Garden City (Kar):Q 13.63m	44-8¾	2/3
4	7	Ana COUTO	#1	Barton (Kan.) CQ:Q 13.21m	43-4¼	3/3
5	13	Efe LATHAM	#1	Barton (Kan.) CQ DI 12.61m	41-4½	4/6
6	16	Tamara THOMPSON	#2	Cloud County (K) DI 12.37m	40-7	4/13
7	17	Jamilet BAUTISTA INFANTE	#3	Cowley (Kan.) DI 12.35m	40-6¼	1/21
8	21	Mallory CALLIHAN	#2	Cloud County (K) DI 12.13m	39-9¾	2/18
9	23	Tahisha THOMPSON	#2	Cloud County (K) DI 11.97m	39-3¼	2/18
10	26	Serena DEGOLLADO	#8	Garden City (Kar) DI 11.76m	38-7	3/31

Women's Discus

1	5	Kelsie MURRELL-ROSS	#1	Barton (Kan.) CQ:Q 45.68m	149-11	4/6
2	6	Tamara THOMPSON	#2	Cloud County (KI):Q 45.63m	149-9	4/7
3	8	Kadine BROWN	#4	Butler (Kan.) CQ:Q 42.44m	139-3	4/13
4	9	Treneese HAMILTON	#1	Barton (Kan.) CQ DI 40.76m	133-9	4/6
5	10	Angela SANCHEZ	#9	Coffeyville (Kan.) DI 40.61m	133-3	3/25
6	11	Tahisha THOMPSON	#2	Cloud County (K) DI 40.50m	132-11	4/7
7	13	Kayla MCCLELLAN	#3	Cowley (Kan.) DI 39.19m	128-7	4/7
8	14	Lushous DAVIS	#5	Hutchinson (Kar) DI 38.53m	126-5	3/25
9	16	Cloe KALANICK	#8	Garden City (Kar) DI 37.67m	123-7	3/25
10	18	Mallory CALLIHAN	#2	Cloud County (K) DI 36.90m	121-1	3/25

Women's Hammer

1	2	Kayla MCCLELLAN	#3	Cowley (Kan.) I:Q 49.32m	161-10	4/13
2	3	Efe LATHAM	#1	Barton (Kan.) CQ:Q 48.39m	158-9	3/24
3	4	Sarah ROBINSON	#3	Cowley (Kan.) I:Q 48.05m	157-8	4/13
4	8	Serena DEGOLLADO	#8	Garden City (Kar):Q 45.21m	148-4	3/31
5	9	Cloe KALANICK	#8	Garden City (Kar):Q 44.12m	144-9	3/31
6	10	Kelsie MURRELL-ROSS	#1	Barton (Kan.) CQ:Q 43.80m	143-9	3/24
7	12	Beatriz FERRIERA	#8	Garden City (Kar):Q 43.50m	142-9	3/31
8	15	Mallory CALLIHAN	#2	Cloud County (K) DI 42.18m	138-5	4/15
9	19	Lushous DAVIS	#5	Hutchinson (Kar) DI 41.10m	134-10	4/15
10	21	Treneese HAMILTON	#1	Barton (Kan.) CQ DI 41.04m	134-8	4/6

Women's Javelin

1	2	Jamilet BAUTISTA INFANTE	#3	Cowley (Kan.) I:Q 40.65m	133-5	4/7
2	3	Jessi BRUMMETT	#2	Cloud County (KI):Q 40.53m	133-0	4/7
3	4	Treneese HAMILTON	#1	Barton (Kan.) CQ:Q 38.58m	126-7	3/24
4	7	Efe LATHAM	#1	Barton (Kan.) CQ:Q 38.13m	125-1	3/24
5	14	Alexis O'FARRELL	#13	Highland (Kan.) I:Q 36.55m	119-11	4/7
6	18	Ana COUTO	#1	Barton (Kan.) CQ DI 34.02m	111-8	4/6
7	19	Hanna SCHULTZ	#10	Dodge City (Kan.) DI 33.19m	108-11	3/25
8	20	Mercedes GLOVER	#3	Cowley (Kan.) DI 32.57m	106-10	3/25
9	22	Hailey SHARP	#2	Cloud County (K) DI 31.30m	102-8	4/7
10	25	Emily PUNCHES	#2	Cloud County (K) DI 31.12m	102-1	4/15



Regional TFRI Event Summary

as of 4/17/2023 6:38:19 AM

Central

Women's Heptathlon

1	1	Ana COUTO	#1	Barton (Kan.) CC	5,117A	4/6
2	2	Vanessa MERCERA	#2	Cloud County (K	4,792	3/30
3	3	kayleigh PRENTISS	#1	Barton (Kan.) CC	4,256A	4/6
4	8	Ahniesha PRESULME	#1	Barton (Kan.) CC	3,701A	4/6
5	10	Jasmine CARSON	#1	Barton (Kan.) CC	3,614A	4/6
6	15	Mercedes GLOVER	#3	Cowley (Kan.)	2,680	3/30
7	17	Gracie SHIRE	#3	Cowley (Kan.)	2,570	3/30



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

WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:38:19 AM

Midwest

Women's 100 Meters

1	20	Kiersten CLARK	#6	Hinds (Miss.) CC	DI 12.01w	(2.8)	3/31
2	21	Ethel AMISSAH	#1	Iowa Western CC	DI 12.03w	(2.1)	3/23
3	22	Shanice COX	#3	Indian Hills (Iowa)	DI 12.05	(1.8)	3/30
4	30	Zyaire ROBINSON	#3	Indian Hills (Iowa)	DI 12.22	(1.8)	3/30
5	32	Zakiya PORTER	#3	Indian Hills (Iowa)	DI 12.25w	(2.1)	3/23
6	35	Queanna TAYLOR	#2	Iowa Central CC	DI 12.28w	(4.0)	3/24
7	36	Marquetta BERLIN-BURNS	#1	Iowa Western CC	DI 12.30w	(2.5)	4/14
8	37	Mya HIPPOLYTE	#3	Indian Hills (Iowa)	DI 12.31w	(2.1)	3/23
9	40	Zaniya KING	#3	Indian Hills (Iowa)	DI 12.34w	(2.1)	3/23
10	42	Briana GREEN	#3	Indian Hills (Iowa)	DI 12.37w	(2.1)	3/23

Women's 100 Meter Hurdles

1	4	Adeyah BREWSTER	#2	Iowa Central CC	CI:Q 13.98w	(3.0)	4/13
2	8	Arryona SIMMONS	#5	Meridian (Miss.)	I:Q 14.43	(0.6)	4/8
3	11	Kalli HUSBAND	#6	Hinds (Miss.) CC	I:Q 14.71	(1.2)	3/25
4	13	Antonia SEALY	#1	Iowa Western CC	DI 15.04	(1.2)	4/14
5	24	Abigail FREY	#2	Iowa Central CC	DI 15.50	(0.3)	3/24
6	33	Jade JACKSON	#2	Iowa Central CC	DI 16.01	(-3.8)	4/14
7	34	Paige CONDON	#2	Iowa Central CC	DI 16.03	(1.4)	4/1
8	38	Saria OLIVER	#2	Iowa Central CC	DI 16.28	(0.3)	3/24
9	42	Kallie MINCKS	#4	Hawkeye (Iowa)	DI 17.06w	(2.6)	4/7
10	47	Zaya DOVE	#13	State Fair (Mo.)	DI 17.20	(-0.3)	3/31

Women's 200 Meters

1	10	Jahzara HART	#3	Indian Hills (Iowa)	Q 24.34	(0.9)	4/7
2	12	Ethel AMISSAH	#1	Iowa Western CC	Q 24.40w	(2.6)	3/23
3	18	Zaniya KING	#3	Indian Hills (Iowa)	DI 24.67	(1.9)	3/30
4	19	Adalin ROBINSON	#3	Indian Hills (Iowa)	DI 24.68	(1.9)	3/30
5	20	Arryona SIMMONS	#5	Meridian (Miss.)	DI 24.74w	(2.1)	3/23
6	26	Shanice COX	#3	Indian Hills (Iowa)	DI 24.92	(0.9)	4/7
7	29	Taliyah LINDSEY	#5	Meridian (Miss.)	DI 25.12	(2.0)	3/23
8	45	Ja'Dashia CATLIN	#3	Indian Hills (Iowa)	DI 25.80w	(2.1)	3/30
9	54	Taniera HAYNES	#10	Bryant & Stratto	DI 25.94w	(3.7)	4/15
10	56	Queanna TAYLOR	#2	Iowa Central CC	DI 25.98	(-1.6)	4/14

Women's 400 Meters

1	4	Ethel AMISSAH	#1	Iowa Western CC	Q 54.54		4/7
2	7	JodyAnn DIXON	#6	Hinds (Miss.) CC	I:Q 54.78		3/3
3	15	Adalin ROBINSON	#3	Indian Hills (Iowa)	Q 56.18		3/23
4	22	Daniella DEER	#1	Iowa Western CC	DI 56.92		2/17
5	27	Brynesha BOURRAGE	#6	Hinds (Miss.) CC	DI 57.31		3/31
6	34	Kaylin ROBINSON	#6	Hinds (Miss.) CC	DI 57.96		3/31
7	48	Privilege CHIKARA	#5	Meridian (Miss.)	DI 59.09		3/31
8	49	Ja'Dashia CATLIN	#3	Indian Hills (Iowa)	DI 59.13		3/30
9	53	Jordan GALLENTINE	#4	Hawkeye (Iowa)	DI 59.62		4/7
10	54	Brooke GRAY	#6	Hinds (Miss.) CC	DI 59.70		2/17

Women's 400 Meter Hurdles

1	11	Arryona SIMMONS	#5	Meridian (Miss.)	I:Q 1:05.30		3/31
2	20	Abigail FREY	#2	Iowa Central CC	DI 1:07.05		4/14
3	37	Melody KREMER	#4	Hawkeye (Iowa)	DI 1:18.91		4/14

Women's 800 Meters

1	3	Privilege CHIKARA	#5	Meridian (Miss.)	I:Q 2:11.59		4/8
2	7	Chloe GARCIA GRAFING	#2	Iowa Central CC	I:Q 2:16.68		1/21
3	30	Aisha RAMONE	#7	Southeastern (Ia)	DI 2:23.02		4/7
4	32	Taylor MCCREEDY	#2	Iowa Central CC	DI 2:23.08		3/24
5	36	Bethany STACEY	#1	Iowa Western CC	DI 2:24.75		2/10
6	39	Shakira WATERS	#5	Meridian (Miss.)	DI 2:25.12		3/31
7	43	Paige SPENCER	#13	State Fair (Mo.)	DI 2:25.85		4/14
8	46	Paige CONDON	#2	Iowa Central CC	DI 2:26.33		1/21
9	58	Callie ARNOLD	#1	Iowa Western CC	DI 2:28.38		4/14
10	71	Arianna PAUL	#2	Iowa Central CC	DI 2:30.24		1/21

Women's 1500 Meters

1	2	Privilege CHIKARA	#5	Meridian (Miss.)	I:Q 4:37.88		3/3
2	5	Chloe GARCIA GRAFING	#2	Iowa Central CC	I:Q 4:41.58		3/3
3	6	Taylor MCCREEDY	#2	Iowa Central CC	I:Q 4:41.88		3/3
4	12	Aisha RAMONE	#7	Southeastern (Ia)	Q 4:51.80		3/3
5	13	Mercy BIWOTT	#1	Iowa Western CC	Q 4:52.81		3/3
6	36	Elle KNAPP	#9	Heartland (Ill.)	Q 5:00.07		4/15
7	57	Allie SIMPSON	#7	Southeastern (Ia)	DI 5:09.87		4/14
8	60	Bethany STACEY	#1	Iowa Western CC	DI 5:10.90		1/14
9	70	Callie ARNOLD	#1	Iowa Western CC	DI 5:12.95		4/1
10	73	Addysen CLARK	#9	Heartland (Ill.)	Q 5:15.74		2/17

Women's Steeplechase

1	1	Taylor MCCREEDY	#2	Iowa Central CC	I:Q 11:17.45		4/14
2	2	Aisha RAMONE	#7	Southeastern (Ia)	Q 11:23.04		4/14
3	14	Bethany STACEY	#1	Iowa Western CC	DI 12:27.19		3/30
4	16	Josey FRENCH	#1	Iowa Western CC	DI 12:33.88		4/7
5	19	Lauren PIERSON	#1	Iowa Western CC	DI 12:49.38		4/7

Women's 5000 Meters

1	1	Mercy BIWOTT	#1	Iowa Western CC	Q 17:24.09		1/21
2	6	Taylor MCCREEDY	#2	Iowa Central CC	I:Q 18:12.56		4/7
3	11	Zinash VALEN	#2	Iowa Central CC	I:Q 18:34.64		3/3
4	12	Privilege CHIKARA	#5	Meridian (Miss.)	I:Q 18:37.46		3/23
5	25	Chloe GARCIA GRAFING	#2	Iowa Central CC	DI 19:01.80		4/13
6	28	Grace SPOONHOUR	#9	Heartland (Ill.)	Q 19:04.08		4/15
7	34	Addysen CLARK	#9	Heartland (Ill.)	Q 19:16.94		4/15
8	39	Bethany STACEY	#1	Iowa Western CC	DI 19:30.04		1/21
9	50	Sheila JEPKOECH	#1	Iowa Western CC	DI 20:33.14		2/17
10	52	Josey FRENCH	#1	Iowa Western CC	DI 20:42.81		4/14

Women's 10,000 Meters

1	7	Zinash VALEN	#2	Iowa Central CC	I:Q 39:43.23		3/31
2	10	Addysen CLARK	#9	Heartland (Ill.)	Q 40:26.27		3/31
3	17	Korry DAVIS	#13	State Fair (Mo.)	DI 44:56.20		4/14



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WOMEN — 2023 Week #4, April 17

as of 4/17/2023 6:38:19 AM

Midwest

Women's 4x100 Relay

1	1	Diandrenique GAINES, Brianna CHARLES, JodyAnn DIXON, Kiersten CLARK	#6 Hinds (Miss.) CCI:Q 44.77	3/31
2	7	Zakiya PORTER, Zyaire ROBINSON, Shanice COX, Zaniya KING	#3 Indian Hills (Iowa):Q 46.79	4/7
3	17	Mattie JANSSEN, Jordan GALLENTEINE, Hailey EITZENHEFER, Maddi VAWTER	#4 Hawkeye (Iowa): DI 51.82	4/1

Women's 4x400 Relay

1	3	JodyAnn DIXON, Brianna CHARLES, Diandrenique GAINES, Brynesha BOURRAGE	#6 Hinds (Miss.) CCI:Q 3:45.86	3/31
2	11	https://www.tfrrs.org/teams/85621	#3 Indian Hills (Iowa):Q 3:55.73	3/3
3	12	https://www.tfrrs.org/teams/59718	#1 Iowa Western CCI:Q 3:57.47	2/17
4	18	https://www.tfrrs.org/teams/20051	#2 Iowa Central CC: DI 4:07.49	2/10
5	22	https://www.tfrrs.org/teams/95006	#4 Hawkeye (Iowa): DI 4:19.98	1/27
6	27	https://www.tfrrs.org/teams/104138	#7 Southeastern (Ia): DI 4:31.49	1/27
7	31	https://www.tfrrs.org/teams/28039	#11 North Iowa Area: DI 4:50.66	1/20
8	32	https://www.tfrrs.org/teams/104607	#9 Heartland (Ill.): C: DI 4:52.60	2/11

Women's 4x800 Relay

1	7	https://www.tfrrs.org/teams/59718	#1 Iowa Western CCI: DI 10:03.11	2/21
2	8	https://www.tfrrs.org/teams/20051	#2 Iowa Central CC: DI 10:09.99	2/17
3	9	https://www.tfrrs.org/teams/104138	#7 Southeastern (Ia): DI 10:10.21	2/17
4	16	https://www.tfrrs.org/teams/95006	#4 Hawkeye (Iowa): 13:36.16	2/17

Women's High Jump

1	1	Miracle AILES	#1 Iowa Western CCI:Q 1.87m	6-1½	1/21
2	4	Haleigh HADLEY	#3 Indian Hills (Iowa):Q 1.71m	5-7¼	3/3
3	12	Teagan MEYERS	#12 Sauk Valley (Ill.):Q 1.66m	5-5½	3/3
4	22	Ritchina STALLMAN	#1 Iowa Western CCI: DI 1.59m	5-2½	1/27
5	24	Jade JACKSON	#2 Iowa Central CC: DI 1.57m	5-1¾	3/3
6	27	Jordan SWENSON	#11 North Iowa Area: DI 1.56m	5-1¼	3/3
7	29	Antonia SEALY	#1 Iowa Western CCI: DI 1.54m	5-½	3/3
8	30	Paige CONDON	#2 Iowa Central CC: DI 1.53m	5-¼	2/17
9	38	Patricia HANK	#7 Southeastern (Ia): DI 1.50m	4-11	1/27
10	49	Carlie HOPPE	#4 Hawkeye (Iowa): DI 1.42m	4-7¾	2/4

Women's Pole Vault

1	18	Baylee HORNER	#1 Iowa Western CCI: DI 2.47m	8-1¼	4/14
2	21	Victoria MCCRANEY	#4 Hawkeye (Iowa): DI 1.95m	6-4¾	4/1

Women's Long Jump

1	3	Miracle AILES	#1 Iowa Western CCI:Q 5.91m	19-4¾ (1.4)	3/29
2	6	Briana GREEN	#3 Indian Hills (Iowa):Q 5.79mw	19-0 (2.9)	3/30
3	12	Zaria PURIFOY	#10 Bryant & Stratton: DI 5.52m	18-1½ (0.5)	4/15
4	14	Antonia SEALY	#1 Iowa Western CCI: DI 5.49mw	18-¼ (3.7)	4/14
5	15	Nyadhol THICHOT	#2 Iowa Central CC: DI 5.48m	17-11¾ (1.)	4/7
6	23	Brandi ECHOLS	#6 Hinds (Miss.) CCI: DI 5.30m	17-4¾ (0.9)	3/25
7	25	Callie COWAN	#5 Meridian (Miss.): DI 5.26m	17-3¼ (0.2)	3/23
8	29	Kamdyn STANLEY	#1 Iowa Western CCI: DI 5.16mw	16-11¼ (3.)	4/14
9	34	Arianna PAUL	#2 Iowa Central CC: DI 5.10m	16-8¾ (1.0)	4/1
10	36	Sofia RUMBOLZ	#12 Sauk Valley (Ill.): DI 5.03mw	16-6 (3.2)	4/7

Women's Triple Jump

1	3	Nyadhol THICHOT	#2 Iowa Central CCI:Q 12.12mw	39-9¼ (2.7)	3/24
2	17	Saria OLIVER	#2 Iowa Central CC: DI 10.71m	35-1¾ (1.3)	4/7
3	20	Sofia RUMBOLZ	#12 Sauk Valley (Ill.): DI 10.51mw	34-5¾ (3.7)	4/7
4	22	Teagan MEYERS	#12 Sauk Valley (Ill.): DI 10.38mw	34-¾ (2.8)	4/7
5	23	Sadie LENZ	#12 Sauk Valley (Ill.): DI 10.13m	33-3 (1.6)	4/15
6	24	Kamdyn STANLEY	#1 Iowa Western CCI: DI 10.09mw	33-1¼ (3.3)	4/1
7	28	Nahli SMITH	#10 Bryant & Stratton: DI 9.45m	31-0 (0.5)	4/6

Women's Shot Put

1	3	Jazmyn JAMES	#1 Iowa Western CCI:Q 14.79m	48-6¼	2/17
2	4	Shakera WILLIAMS	#1 Iowa Western CCI:Q 14.38m	47-2¼	2/10
3	8	Molly VENTEICHER	#8 Southwestern (Il):Q 13.20m	43-3¾	1/21
4	12	Abby BARTZ	#4 Hawkeye (Iowa): DI 12.65m	41-6	3/3
5	14	Lexi WOOD	#2 Iowa Central CC: DI 12.52m	41-1	3/3
6	15	Natalie ALBERT	#1 Iowa Western CCI: DI 12.51m	41-½	1/7
7	18	Antonia SEALY	#1 Iowa Western CCI: DI 12.22m	40-1¼	1/13
8	19	Carlie HOPPE	#4 Hawkeye (Iowa): DI 12.18m	39-11½	2/4
9	22	Tyjah THOMPSON	#1 Iowa Western CCI: DI 11.99m	39-4	1/27
10	25	Sara DIEW	#2 Iowa Central CC: DI 11.80m	38-8¾	2/4

Women's Discus

1	4	Jazmyn JAMES	#1 Iowa Western CCI:Q 46.52m	152-8	4/14
2	12	Tyjah THOMPSON	#1 Iowa Western CCI: DI 40.17m	131-10	4/14
3	20	Natalie ALBERT	#1 Iowa Western CCI: DI 36.41m	119-6	4/14
4	21	Elyse TRUNCK	#4 Hawkeye (Iowa): DI 36.39m	119-5	4/14
5	27	Shakera WILLIAMS	#1 Iowa Western CCI: DI 35.38m	116-1	3/30
6	28	Molly VENTEICHER	#8 Southwestern (Il): DI 35.30m	115-10	4/1
7	36	Charity FINAU	#1 Iowa Western CCI: DI 33.65m	110-5	4/14
8	37	Kierra SCHMIEDING	#1 Iowa Western CCI: DI 33.42m	109-8	4/14
9	40	Khersa MORGAN	#10 Bryant & Stratton: DI 31.65m	103-10	4/2
10	48	Lexi WOOD	#2 Iowa Central CC: DI 29.57m	97-¼	4/7



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Midwest

Women's Hammer

1	13	Tyjah THOMPSON	#1	Iowa Western CC:Q	43.06m	141-3	4/14
2	20	Chloe LARSEN	#1	Iowa Western CC:DI	41.06m	134-9	4/14
3	22	Abby BARTZ	#4	Hawkeye (Iowa):DI	40.96m	134-5	4/14
4	25	Khera MORGAN	#10	Bryant & Stratton:DI	40.12m	131-8	3/16
5	26	Molly VENTEICHER	#8	Southwestern (I.):DI	39.88m	130-10	4/1
6	28	Natalie ALBERT	#1	Iowa Western CC:DI	39.65m	130-1	3/23
7	33	Charity FINAU	#1	Iowa Western CC:DI	36.89m	121-1	4/1
8	42	Elyse TRUNCK	#4	Hawkeye (Iowa):DI	33.54m	110-1	4/14
9	43	Jada WESTOVER	#11	North Iowa Area:DI	33.38m	109-6	4/7
10	50	Madelyn WILSON	#11	North Iowa Area:DI	31.68m	103-11	3/25

Women's Javelin

1	6	Natalie ALBERT	#1	Iowa Western CC:Q	38.19m	125-4	4/7
2	8	Antonia SEALY	#1	Iowa Western CC:Q	37.68m	123-8	4/14
3	16	Molly VENTEICHER	#8	Southwestern (I.):DI	35.37m	116-1	4/14
4	17	Brianna OSTERSON	#8	Southwestern (I.):DI	34.25m	112-5	4/14
5	23	Maya GARTIN	#12	Sauk Valley (Ill.):DI	31.20m	102-5	4/15
6	28	Paige CONDON	#2	Iowa Central CC:DI	29.44m	96-7¼	3/24
7	37	Malori LEONARD	#8	Southwestern (I.):DI	26.84m	88-¾	4/1
8	38	Carlie HOPPE	#4	Hawkeye (Iowa):DI	26.70m	87-7¼	4/14
9	39	Taylor MCCREEDY	#2	Iowa Central CC:DI	26.60m	87-3¼	3/24
10	45	Samira BAADE	#8	Southwestern (I.):DI	25.47m	83-6¾	3/25

Women's Heptathlon

1	7	Paige CONDON	#2	Iowa Central CC	4,023w	3/24
2	12	Arianna PAUL	#2	Iowa Central CC	3,367	4/7



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West

Women's 100 Meters

1	2	Success UMUKORO	#2	South Plains (Tel:Q 11.57c (11.54A) (1 3/24
2	3	Ashantai BOLLERS	#1	New Mexico JC I:Q 11.63c (11.60A) (1 4/6
3	4	Tijuanique MORTON	#1	New Mexico JC I:Q 11.66w (2.9) 3/29
4	5	Ese AWUSA	#1	New Mexico JC I:Q 11.70c (11.67A) (1 4/14
5	11	Juvonna CORNETTE	#4	Central Arizona I:Q 11.79 (0.8) 3/24
6	13	Brandy HALL	#2	South Plains (Tel:Q 11.87c (11.84A) (1 4/14
7	14	Grace OBOUR	#8	Western Texas I:Q 11.88w (2.1) 3/29
8	15	Breanna CLARKE	#2	South Plains (Tel:Q 11.91w (2.3) 4/7
9	18	Kishawna WALLACE	#1	New Mexico JC I:Q 11.96c (11.93A) (1 4/14
10	19	Soniya JONES	#4	Central Arizona DI 11.98 (-0.1) 3/17

Women's 100 Meter Hurdles

1	1	Ese AWUSA	#1	New Mexico JC I:Q 13.44c (13.40A) (1 4/6
2	3	Ashyria SAVAGE	#2	South Plains (Tel:Q 13.96cw (13.92A) (2 4/14
3	9	Leila BARMORE	#7	Glendale (Ariz.) I:Q 14.44 (1.0) 3/24
4	10	Katherine LEMISH	#3	Mesa (Ariz.) CC I:Q 14.58 (0.9) 4/7
5	14	Breanna CLARKE	#2	South Plains (Tel:Q 15.21c (15.17A) (- 3/24
6	15	Mikelia STRONG	#4	Central Arizona DI 15.22 (-1.4) 3/31
7	18	Silet GRAY	#4	Central Arizona DI 15.33 (-0.6) 3/24
8	21	Mia SIRIMARCO	#3	Mesa (Ariz.) CC DI 15.47 (-1.4) 3/31
9	22	Amber SIMPSON	#2	South Plains (Tel:Q 15.48cw (15.44A) (2 4/14
10	29	Jacklyn TRICE	#5	Pima (Ariz.) CC DI 15.76 (-0.9) 3/17

Women's 200 Meters

1	1	Deshana SKEETE	#1	New Mexico JC I:Q 23.53c (23.46A) (1 4/6
2	3	Lacarthea COOPER	#1	New Mexico JC I:Q 23.65c (23.58A) (0 4/14
3	4	Grace OBOUR	#8	Western Texas I:Q 23.73 (1.8) 4/7
3	4	Success UMUKORO	#2	South Plains (Tel:Q 23.73c (23.66A) (1 4/14
5	6	Tijuanique MORTON	#1	New Mexico JC I:Q 23.77c (23.70A) (0 4/6
6	8	Ashantai BOLLERS	#1	New Mexico JC I:Q 23.94c (23.87A) (0 4/14
7	11	Soniya JONES	#4	Central Arizona I:Q 24.36 (1.0) 3/24
8	13	Cece CHARLES	#4	Central Arizona I:Q 24.41 (1.0) 3/24
9	14	Ese AWUSA	#1	New Mexico JC I:Q 24.52c (24.45A) (0 3/24
10	15	Maria UMOIBANG	#2	South Plains (Tel:Q 24.53c (24.46A) (1 4/14

Women's 400 Meters

1	1	Deshana SKEETE	#1	New Mexico JC I:Q 52.87c (52.76A) 3/24
2	2	Grace OBOUR	#8	Western Texas I:Q 53.38 4/7
3	5	Dejona SIMPSON	#1	New Mexico JC I:Q 54.70 3/3
4	6	Calisha TAYLOR	#1	New Mexico JC I:Q 54.74c (54.63A) 3/24
5	8	Lacarthea COOPER	#1	New Mexico JC I:Q 54.85 2/10
6	10	Cece CHARLES	#4	Central Arizona I:Q 55.33 3/24
7	11	Safhia HINDS	#2	South Plains (Tel:Q 55.36 3/3
8	13	Leticia QUINGOSTAS	#2	South Plains (Tel:Q 56.11c (56.00A) 3/24
9	16	Michaliliah VASSELL	#1	New Mexico JC I:Q 56.29 2/17
10	18	Asia FOSTER	#8	Western Texas DI 56.46 3/17

Women's 400 Meter Hurdles

1	1	Calisha TAYLOR	#1	New Mexico JC I:Q 58.89c (58.78A) 4/14
2	2	Shenell TUCKER	#2	South Plains (Tel:Q 59.70c (59.59A) 4/14
3	3	Michaliliah VASSELL	#1	New Mexico JC I:Q 1:00.27c (1:00.16A) 4/14
4	4	Leticia QUINGOSTAS	#2	South Plains (Tel:Q 1:01.27c (1:01.16A) 4/14
5	5	Shackelia GREEN	#8	Western Texas I:Q 1:02.39c (1:02.28A) 4/14
6	6	Safhia HINDS	#2	South Plains (Tel:Q 1:02.68 4/7
7	7	Silet GRAY	#4	Central Arizona I:Q 1:02.99 4/7
7	7	Corlasia SCOTT	#2	South Plains (Tel:Q 1:02.99 4/7
9	9	Katherine LEMISH	#3	Mesa (Ariz.) CC I:Q 1:04.02 3/31
10	12	Leila BARMORE	#7	Glendale (Ariz.) I:Q 1:05.65 3/31

Women's 800 Meters

1	1	Rushana DWYER	#2	South Plains (Tel:Q 2:09.51c (2:09.89A) 3/24
1	81	Mallory MCCARTER	#1	Salt Lake (Utah) DI 2:32.05A 2/24
2	2	Letlhogonolo MAGORO	#1	New Mexico JC I:Q 2:10.11c (2:10.55A) 4/14
3	4	Lilliana GUERRERO	#2	South Plains (Tel:Q 2:12.72c (2:13.11A) 3/24
4	5	Taylor JACOBS	#3	Mesa (Ariz.) CC I:Q 2:13.46 4/7
5	6	Calisha TAYLOR	#1	New Mexico JC I:Q 2:13.87A 1/27
6	11	Jeniel JONES	#2	South Plains (Tel:Q 2:18.08c (2:18.48A) 3/24
7	12	Jaresa JACKSON	#9	Southern Idaho I:Q 2:18.80A 2/17
8	13	Kate BROCKMAN	#3	Mesa (Ariz.) CC I:Q 2:19.02 3/17
9	14	Sancia SMITH	#8	Western Texas I:Q 2:19.07 4/7
10	16	Ashlen CLEM	#11	North Central Tel:Q 2:19.21 4/14

Women's 1500 Meters

1	26	Molly JENSEN	#1	Salt Lake (Utah) I:Q 4:56.60 3/3
1	1	Letlhogonolo MAGORO	#1	New Mexico JC I:Q 4:31.39 3/30
2	44	Mallory MCCARTER	#1	Salt Lake (Utah) DI 5:02.76 1/27
2	7	Jazmin ESTRADA	#6	Paradise Valley I:Q 4:47.01 4/13
3	8	Damaris CHEWON	#1	New Mexico JC I:Q 4:48.96c (4:52.45A) 3/24
3	52	Kennedy SWAIN	#1	Salt Lake (Utah) DI 5:06.13 4/14
4	9	Joan KIMALEL	#1	New Mexico JC I:Q 4:49.22c (4:53.10A) 4/6
4	63	Zaylie PARAS	#1	Salt Lake (Utah) DI 5:11.92A 1/12
5	66	Grace TIPTON	#1	Salt Lake (Utah) DI 5:12.52 4/14
5	10	Anna HARMON	#3	Mesa (Ariz.) CC I:Q 4:49.94 3/3
6	72	Karli JENSEN	#1	Salt Lake (Utah) DI 5:15.03c (5:21.75A) 4/7
6	11	Rushana DWYER	#2	South Plains (Tel:Q 4:51.71c (4:55.89A) 4/14
7	15	Lilliana GUERRERO	#2	South Plains (Tel:Q 4:53.15c (4:57.35A) 4/14
8	17	Rushell JOHNSON	#8	Western Texas I:Q 4:53.76c (4:57.31A) 3/24
9	18	Vanessa GALLEGOS	#1	New Mexico JC I:Q 4:54.14c (4:57.69A) 3/24
10	20	Kate BROCKMAN	#3	Mesa (Ariz.) CC I:Q 4:54.98 3/24



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West

Women's Steeplechase

1	6	Zaylie PARAS	#1	Salt Lake (Utah) I:Q	11:59.42	3/30
1	3	Kate BROCKMAN	#3	Mesa (Ariz.) CC I:Q	11:32.00	3/31
2	5	Story ALEXANDER	#3	Mesa (Ariz.) CC I:Q	11:46.71	4/7
3	7	Jazmin ESTRADA	#6	Paradise Valley I:Q	12:01.16	3/23
4	8	Lisbet PORRAS	#4	Central Arizona I:Q	12:11.29	4/7
5	9	Emberlyn HOFFMAN-GASCHK	#12	Dawson (Mont.) I:Q	12:14.40	4/16
6	12	MaKena THORNTON	#3	Mesa (Ariz.) CC DI	12:22.81	3/17
7	13	Rushell JOHNSON	#8	Western Texas DI	12:23.14	2/25

Women's 5000 Meters

1	14	Madison LOPEZ	#1	Salt Lake (Utah) I:Q	18:40.62	3/30
1	4	Damaris CHEWON	#1	New Mexico JC I:Q	17:37.75	3/29
2	15	Zaylie PARAS	#1	Salt Lake (Utah) I:Q	18:47.31	1/27
2	5	Carolyn KIMAIYO	#1	New Mexico JC I:Q	18:01.14c(18:17.98A)	4/6
3	21	Molly JENSEN	#1	Salt Lake (Utah) I:Q	18:54.56	1/27
3	7	Lydia FELIX	#9	Southern Idaho I:Q	18:17.98	3/3
4	22	Kennedy SWAIN	#1	Salt Lake (Utah) DI	18:55.89	1/27
4	9	Jazmin ESTRADA	#6	Paradise Valley I:Q	18:27.72	4/14
5	16	Abigail CASE	#9	Southern Idaho I:Q	18:47.97A	1/28
6	17	Beatrice KEDITUKEI	#4	Central Arizona I:Q	18:48.56	4/7
7	18	Marryn POLL	#9	Southern Idaho I:Q	18:50.90	3/3
8	23	Daisy JEROP	#1	New Mexico JC DI	18:55.98	3/3
9	24	Rushell JOHNSON	#8	Western Texas DI	19:00.81	3/17
10	30	Loryn TRUJILLO	#14	Trinidad State (C) DI	19:06.87	4/14

Women's 10,000 Meters

1	2	Madison LOPEZ	#1	Salt Lake (Utah) I:Q	38:49.43	4/14
1	1	Damaris CHEWON	#1	New Mexico JC I:Q	37:13.21c(37:57.68A)	4/14
2	8	Zaylie PARAS	#1	Salt Lake (Utah) I:Q	40:05.37	4/14
2	3	Lydia FELIX	#9	Southern Idaho I:Q	39:01.72	4/7
3	5	Carolyn KIMAIYO	#1	New Mexico JC I:Q	39:32.52c(40:19.76A)	4/14
3	12	Karli JENSEN	#1	Salt Lake (Utah) I:Q	40:54.34	4/14
4	9	Marryn POLL	#9	Southern Idaho I:Q	40:15.92	4/7
5	11	Loryn TRUJILLO	#14	Trinidad State (C) I:Q	40:31.90c(41:47.60A)	3/17
6	13	Daisy JEROP	#1	New Mexico JC DI	41:04.70c(41:53.78A)	4/14
7	14	Lisbet PORRAS	#4	Central Arizona DI	41:06.39	3/23

Women's 4x100 Relay

1	2	Success UMUKORO, Corlasia SCOTT, Brandy HALL, Breanna CLARKE	#2	South Plains (Tel:Q)	45.13	3/29
2	3	Kishawna WALLACE, Tijuanique MORTON, Dejona SIMPSON, Ashantai BOLLERS	#1	New Mexico JC I:Q	45.23c (45.11A)	3/24
3	4	Silet GRAY, Juvonna CORNETTE, Soniya JONES, Cece CHARLES	#4	Central Arizona I:Q	45.69	3/24
4	8	Katherine LEMISH, Diane ONDOBO, Zaria HAMILTON, Zana RYAN	#3	Mesa (Ariz.) CC I:Q	47.31	3/31
5	12	Indiah FIELDS, Suraia AMER, Kylie FIRRILOLO, Nevaeh COLE	#7	Glendale (Ariz.) DI	48.44	3/31
6	15	Brooke WARREN, Trinity BETHEA, Naomi HEREIM, Madison WARREN	#5	Pima (Ariz.) CC DI	49.47	3/31

Women's 4x400 Relay

1	1	Michaliliah VASSELL, Deshana SKEETE, Calisha TAYLOR, Lacarthea COOPER	#1	New Mexico JC I:Q	3:35.95	3/29
2	2	Saffia HINDS, Success UMUKORO, Leticia QUINGOSTAS, Rushana DWYER	#2	South Plains (Tel:Q)	3:37.22	3/29
3	6	Silet GRAY, Juvonna CORNETTE, Soniya JONES, Cece CHARLES	#4	Central Arizona I:Q	3:48.60	3/24
4	7	Asia FOSTER, Shackelia GREEN, Anurika SINCLAIR, Grace OBOUR	#8	Western Texas I:Q	3:49.85	3/17
5	8	Taylor JACOBS, Diane ONDOBO, Katherine LEMISH, Zaria HAMILTON	#3	Mesa (Ariz.) CC I:Q	3:50.51	3/31
6	16	https://www.tfrrs.org/teams/553	#7	Glendale (Ariz.) DI	4:05.20	1/21
7	20	https://www.tfrrs.org/teams/567	#5	Pima (Ariz.) CC DI	4:11.32	2/3
8	21	Katlyn CLEM, Anjelica ABRAHAM, Maria BURGOS, Ashlen CLEM	#11	North Central Tel:Q	4:16.28	4/14
9	33	Alexis RICKS, Brooklyn GERMAN, Abby HAGEN, Zoe PLUMMER	#16	Colorado Mount	5:18.99c (5:18.55A)	3/31



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West

Women's 4x800 Relay

1	10	https://www.tfrs.org/teams/108254	#1	Salt Lake (Utah) DI	10:16.83	3/3
1	4	Anjelica ABRAHAM, Maria BURGOS, Katlyn CLEM, Ashlen CLEM	#11	North Central Te	9:51.33	3/24

Women's High Jump

1	4	Achol MAYWIN	#1	New Mexico JC	I:Q 1.71m	5-7¼	2/17
2	7	Amaya BROWN	#2	South Plains (Te)	Q 1.70m	5-7	4/7
3	9	Daniel HINDS	#1	New Mexico JC	I:Q 1.67m	5-5¾	4/6
4	16	Natalia BRZEZNIAK	#3	Mesa (Ariz.) CC	I:Q 1.62m	5-3¾	3/31
4	16	Zamesha MYLE	#4	Central Arizona	I:Q 1.62m	5-3¾	3/31
6	24	Leila BARMORE	#7	Glendale (Ariz.)	DI 1.57m	5-1¾	3/16
7	28	Taylynd STUHR	#5	Pima (Ariz.) CC	DI 1.55m	5-1	2/3
8	30	Aaliyah LINDSAY	#1	New Mexico JC	DI 1.53m	5-1	1/19
9	32	Maliyah ROSS	#3	Mesa (Ariz.) CC	DI 1.52m	4-11¾	2/17
10	36	Amber SIMPSON	#2	South Plains (Te)	DI 1.51m	4-11½	3/3

Women's Pole Vault

1	2	Peterson BROOKE	#5	Pima (Ariz.) CC	I:Q 3.75m	12-3½	1/28
2	10	Candice POCase	#5	Pima (Ariz.) CC	DI 3.00m	9-10	2/3
3	15	Michiru KAWAMOTO	#3	Mesa (Ariz.) CC	DI 2.82m	9-3	3/17
4	20	Briannah PEREIRA	#3	Mesa (Ariz.) CC	DI 2.25m	7-4½	2/3

Women's Long Jump

1	2	Aaliyah LINDSAY	#1	New Mexico JC	I:Q 6.11m	20-½ (3.1)	4/14
2	5	Paula Ann CHAMBERS	#2	South Plains (Te)	Q 5.80m	19-½ (0.6)	3/24
3	7	Jacklyn TRICE	#5	Pima (Ariz.) CC	I:Q 5.71m	18-8¾ (0.0)	4/7
3	7	Zamesha MYLE	#4	Central Arizona	I:Q 5.71m	18-8¾ (1.7)	4/7
5	10	Patience BOAHEMAA	#4	Central Arizona	I:Q 5.66m	18-7 (0.9)	3/31
6	18	Maliyah ROSS	#3	Mesa (Ariz.) CC	DI 5.43m	17-9¾ (1.3)	3/31
7	29	Zamirah PARKER	#3	Mesa (Ariz.) CC	DI 5.16m	16-11¼ (2)	3/31
8	32	Psalm JOHNSON	#5	Pima (Ariz.) CC	DI 5.12m	16-9¾ (1.0)	3/31
9	38	Amber SIMPSON	#2	South Plains (Te)	DI 4.97m	16-3¾ (2.8)	4/14
10	41	Leila BARMORE	#7	Glendale (Ariz.)	DI 4.89m	16-½ (1.2)	3/16

Women's Triple Jump

1	2	Aaliyah LINDSAY	#1	New Mexico JC	I:Q 12.20m	40-½ (2.9)	4/14
2	4	Leila BARMORE	#7	Glendale (Ariz.)	I:Q 12.04m	39-6 (0.0)	3/24
3	5	Zamesha MYLE	#4	Central Arizona	I:Q 12.00m	39-4½ (0.0)	3/31
4	8	Paula Ann CHAMBERS	#2	South Plains (Te)	DI 11.58m	38-0 (2.7)	4/14
5	13	Tianna MOSLEY	#5	Pima (Ariz.) CC	DI 11.33m	37-2¼ (0.7)	3/31
6	16	Psalm JOHNSON	#5	Pima (Ariz.) CC	DI 10.88m	35-8½ (1.0)	3/31
7	21	Zamirah PARKER	#3	Mesa (Ariz.) CC	DI 10.47m	34-4¼ (0.8)	3/31
8	25	Breena SAND	#10	Bismarck State	DI 10.00m	32-9¾ (0.3)	4/7

Women's Shot Put

1	5	Karsten DEAKIN	#6	Paradise Valley	I:Q 14.20m	46-7¼	3/3
2	9	Shakera KIK	#4	Central Arizona	I:Q 12.90m	42-4	3/31
3	10	Ronelle PLAZA	#2	South Plains (Te)	Q 12.87m	42-2¾	4/7
4	11	Catherine GREEN	#2	South Plains (Te)	Q 12.79m	41-11½	4/14
5	24	Patience BOAHEMAA	#4	Central Arizona	DI 11.89m	39-¼	2/3
6	27	Alison HOFF	#10	Bismarck State	DI 11.69m	38-4¼	2/18
7	28	Kimola HINES	#2	South Plains (Te)	DI 11.61m	38-1¼	2/17
8	29	Leslie GUILLEN LOPEZ	#6	Paradise Valley	DI 11.54m	37-10½	3/23
9	33	Victoria MALAKI	#3	Mesa (Ariz.) CC	DI 11.33m	37-2¼	3/31
10	45	Audrey ARMSTRONG	#6	Paradise Valley	DI 10.45m	34-3½	1/21

Women's Discus

1	1	Kimola HINES	#2	South Plains (Te)	Q 48.70m	159-10	4/14
2	2	Shakera KIK	#4	Central Arizona	I:Q 47.34m	155-4	4/7
3	3	Victoria MALAKI	#3	Mesa (Ariz.) CC	I:Q 46.54m	152-8	3/24
4	7	Karsten DEAKIN	#6	Paradise Valley	I:Q 43.58m	143-0	3/31
5	15	Audrey ARMSTRONG	#6	Paradise Valley	DI 38.35m	125-10	3/23
6	19	Angelina THIEL	#7	Glendale (Ariz.)	DI 36.83m	120-10	3/31
7	26	Alison HOFF	#10	Bismarck State	DI 35.59m	116-9	4/16
8	33	Patience BOAHEMAA	#4	Central Arizona	DI 34.53m	113-4	3/31
9	34	Catherine GREEN	#2	South Plains (Te)	DI 34.45m	113-0	4/14
10	38	Ronelle PLAZA	#2	South Plains (Te)	DI 32.59m	106-11	4/7

Women's Hammer

1	1	Audrey ARMSTRONG	#6	Paradise Valley	I:Q 54.80m	179-10	3/23
2	5	Karsten DEAKIN	#6	Paradise Valley	I:Q 46.45m	152-5	3/17
3	6	Ronelle PLAZA	#2	South Plains (Te)	Q 46.35m	152-1	3/24
4	7	Kimola HINES	#2	South Plains (Te)	Q 45.40m	149-0	4/14
5	11	Victoria MALAKI	#3	Mesa (Ariz.) CC	I:Q 43.62m	143-2	3/31
6	14	Kaprice FARACI	#3	Mesa (Ariz.) CC	I:Q 42.91m	140-10	3/17
7	16	Kapualani MAGNANI	#5	Pima (Ariz.) CC	DI 42.17m	138-4	3/31
8	17	Annika ARVAYO	#5	Pima (Ariz.) CC	DI 41.67m	136-9	3/31
9	18	Madison HERNANDEZ	#3	Mesa (Ariz.) CC	DI 41.18m	135-1	4/7
10	32	Sarah SHEITELMAN	#7	Glendale (Ariz.)	DI 37.32m	122-5	3/31

Women's Javelin

1	1	Anisha GIBBONS	#1	New Mexico JC	I:Q 51.27m	168-3	3/24
2	5	Jessica BRIGHT-SHADE	#5	Pima (Ariz.) CC	I:Q 38.47m	126-3	3/17
3	9	Kaprice FARACI	#3	Mesa (Ariz.) CC	I:Q 37.61m	123-5	3/17
4	10	Ariana LUERA	#6	Paradise Valley	I:Q 37.47m	122-11	3/17
5	12	Patience BOAHEMAA	#4	Central Arizona	I:Q 36.99m	121-4	3/31
6	13	Brynn HYTTINEN	#10	Bismarck State	I:Q 36.69m	120-5	3/31
7	15	Kimola HINES	#2	South Plains (Te)	DI 35.82m	117-6	4/14
8	21	Maliyah ROSS	#3	Mesa (Ariz.) CC	DI 31.34m	102-10	3/16
9	24	Jacklyn TRICE	#5	Pima (Ariz.) CC	DI 31.19m	102-4	3/17
10	26	Alison HOFF	#10	Bismarck State	DI 31.05m	101-11	4/7



Regional TFRI Event Summary

as of 4/17/2023 6:38:20 AM

West

Women's Heptathlon

1	4	Leila BARMORE	#7	Glendale (Ariz.)	4,234	3/16
2	6	Maliyah ROSS	#3	Mesa (Ariz.) CC	4,052	3/16
3	9	Natalia BRZEZNIAK	#3	Mesa (Ariz.) CC	3,668	3/16
4	11	Amber SIMPSON	#2	South Plains (Te	3,499	4/7
5	13	Psalm JOHNSON	#5	Pima (Ariz.) CC	3,095	3/16
6	16	Ryley OLSON	#13	Phoenix (Ariz.)	2,633	3/16