



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:46:27 AM

Central

Women's 100 Meters

1	3	Emma GERSTNER	#4 Mineral Area (Mo.) DI	12.90w	(2.3)	4/15
2	4	Julianne HANSEN	#6 St. Charles (Mo.) DI	12.92w	(2.9)	4/15
3	5	Katelyn MCCANN	#2 Joliet (Ill.) JC	DI 13.10	(-0.5)	4/7
4	6	Patrycja KARPIESIUKE	#3 DuPage (Ill.)	DI 13.11	(2.0)	4/1
5	8	Samira ROSENFELD	#1 Harper (Ill.)	DI 13.20	(0.7)	4/22
6	9	Laine COTTRELL	#4 Mineral Area (Mo.) DI	13.29	(1.9)	3/24
7	13	Svetlozara UVAKOVA	#1 Harper (Ill.)	DI 13.52w	(3.5)	4/15
8	14	Hope LOHMANN	#2 Joliet (Ill.) JC	DI 13.53w	(2.9)	4/22
9	15	Blessing OMONIYI	#5 Howard (Md.) CC	DI 13.54	(0.8)	3/31
10	16	Katie MAJORS	#6 St. Charles (Mo.) DI	13.58w	(2.9)	4/15

Women's 100 Meter Hurdles

1	2	Samira ROSENFELD	#1 Harper (Ill.)	DI 16.16	(1.4)	4/7
2	6	Chloe WINTERGERST	#1 Harper (Ill.)	DI 17.07w	(2.8)	4/15
3	7	Morgan CLIFFORD	#3 DuPage (Ill.)	DI 17.36w	(6.0)	4/22
4	8	Meg SULKEY	#2 Joliet (Ill.) JC	DI 17.39w	(6.0)	4/22
5	11	Kiera FINN	#4 Mineral Area (Mo.) DI	18.59	(0.4)	4/15
6	16	Patrycja KARPIESIUKE	#3 DuPage (Ill.)	DI 19.21	(-0.2)	4/14

Women's 200 Meters

1	4	Laine COTTRELL	#4 Mineral Area (Mo.) DI	26.67	(2.0)	4/15
2	5	Patrycja KARPIESIUKE	#3 DuPage (Ill.)	DI 26.75	(0.4)	4/14
3	7	Julianne HANSEN	#6 St. Charles (Mo.) DI	27.08w	(3.3)	4/15
4	10	Lexi CLARKE	#2 Joliet (Ill.) JC	DI 27.31w	(5.3)	4/22
5	11	Samira ROSENFELD	#1 Harper (Ill.)	DI 27.59		2/4
6	12	Paulina STACHURA	#3 DuPage (Ill.)	DI 27.62w	(4.4)	4/22
7	14	Katelyn MCCANN	#2 Joliet (Ill.) JC	DI 27.83		2/4
8	16	Hope LOHMANN	#2 Joliet (Ill.) JC	28.00w	(3.0)	4/22
9	18	Meg SULKEY	#2 Joliet (Ill.) JC	28.22w	(5.0)	4/22
10	19	Araxi BOGHOSSIAN	#1 Harper (Ill.)	28.23	(1.9)	4/7

Women's 400 Meters

1	1	Lilly ALBERTS	#1 Harper (Ill.)	DI 57.47		4/22
2	3	Lexi CLARKE	#2 Joliet (Ill.) JC	DI 1:01.01		2/4
3	4	Patrycja KARPIESIUKE	#3 DuPage (Ill.)	DI 1:01.37		4/7
4	9	Araxi BOGHOSSIAN	#1 Harper (Ill.)	DI 1:03.35		2/17
5	10	Hope LOHMANN	#2 Joliet (Ill.) JC	DI 1:03.74		4/14
6	11	Lillan BUZANI	#3 DuPage (Ill.)	DI 1:03.93		4/14
7	13	Laine COTTRELL	#4 Mineral Area (Mo.) DI	1:04.16		2/11
8	20	Katie MAJORS	#6 St. Charles (Mo.) DI	1:05.04		4/15
9	21	Meg SULKEY	#2 Joliet (Ill.) JC	DI 1:05.27		4/22
10	22	Julianne HANSEN	#6 St. Charles (Mo.) DI	1:05.39		4/7

Women's 400 Meter Hurdles

1	3	Samira ROSENFELD	#1 Harper (Ill.)	DI 1:09.07		4/7
2	6	Morgan CLIFFORD	#3 DuPage (Ill.)	DI 1:12.92		4/14
3	10	Meg SULKEY	#2 Joliet (Ill.) JC	DI 1:15.05		4/14
4	14	Kiera FINN	#4 Mineral Area (Mo.) DI	1:19.92		4/22
5	15	Kayla WILLIAMS	#2 Joliet (Ill.) JC	DI 1:21.64		4/22
6	17	Blessing OMONIYI	#5 Howard (Md.) CC	DI 1:25.43		4/8

Women's 800 Meters

1	1	Lilly ALBERTS	#1 Harper (Ill.)	I:Q 2:19.17		4/15
2	2	Fiona METZO	#1 Harper (Ill.)	DI 2:20.97		4/7
3	3	Lillan BUZANI	#3 DuPage (Ill.)	DI 2:24.03		4/7
4	4	Lexi CLARKE	#2 Joliet (Ill.) JC	DI 2:25.23		2/11
5	9	Bailey HARRIS	#2 Joliet (Ill.) JC	DI 2:29.78		2/11
6	10	Brianna RUIZ	#1 Harper (Ill.)	DI 2:30.58		4/15
7	11	Kylynn FRANKFORT	#12 Thaddeus Steve	DI 2:30.79		4/15
8	13	Kaili DECKER	#1 Harper (Ill.)	DI 2:33.17		4/15
9	14	Melanie KEHR	#1 Harper (Ill.)	DI 2:33.74		4/22
10	15	Belle ADDUCI	#3 DuPage (Ill.)	DI 2:35.17		4/22

Women's 1500 Meters

1	1	Lillan BUZANI	#3 DuPage (Ill.)	I:Q 4:56.70		4/14
2	4	Fiona METZO	#1 Harper (Ill.)	DI 5:07.62		2/11
3	7	Brianna RUIZ	#1 Harper (Ill.)	DI 5:14.60		4/7
4	8	Kelly KIBLER	#3 DuPage (Ill.)	DI 5:14.93		4/14
5	10	Belle ADDUCI	#3 DuPage (Ill.)	DI 5:20.48		4/14
6	11	Kaili DECKER	#1 Harper (Ill.)	DI 5:22.97		4/7
7	12	Bailey HARRIS	#2 Joliet (Ill.) JC	DI 5:24.13		2/17
8	14	Riley PETSCH	#4 Mineral Area (Mo.) DI	5:29.77		4/22
9	15	Rachel WILSON	#4 Mineral Area (Mo.) DI	5:31.87		4/15
10	18	Emma CECICH	#2 Joliet (Ill.) JC	DI 5:38.67		4/7

Women's 5000 Meters

1	1	Lillan BUZANI	#3 DuPage (Ill.)	I:Q 18:47.03		4/22
2	4	Kaili DECKER	#1 Harper (Ill.)	DI 19:56.28		4/22
3	5	Riley PETSCH	#4 Mineral Area (Mo.) DI	20:11.21		4/15
4	8	Kelly KIBLER	#3 DuPage (Ill.)	DI 20:35.23		4/7
5	9	Laura MADDOX	#4 Mineral Area (Mo.) DI	20:56.89		3/24
6	11	Emilia KADIYALA	#3 DuPage (Ill.)	DI 21:19.02		4/22
7	12	Abigail DEAN	#4 Mineral Area (Mo.) DI	21:36.34		1/27
8	13	Alheli RAMOS-GARCIA	#8 Patrick & Henry	DI 21:42.85		4/8
9	14	Emma CECICH	#2 Joliet (Ill.) JC	DI 21:42.94		4/22

Women's 10,000 Meters

1	1	Riley PETSCH	#4 Mineral Area (Mo.) DI	43:30.68		3/31
2	3	Laura MADDOX	#4 Mineral Area (Mo.) DI	45:51.28		3/31

Women's 4x100 Relay

1	1	Araxi BOGHOSSIAN, Lily WINTERGERST, Samira ROSENFELD, Lilly ALBERTS	#1 Harper (Ill.)	DI 50.49		4/15
2	3	Larissa EICK, Hope LOHMANN, Lindsey HATTEBERG, Katelyn MCCANN	#2 Joliet (Ill.) JC	DI 52.23		4/14
3	4	Paulina STACHURA, Morgan CLIFFORD, Tessa BLEERS, Patrycja KARPIESIUKE	#3 DuPage (Ill.)	DI 52.25		4/14
4	11	Jessie DUPRE, Aidan GEIGER, Neysha MEDINA, Olivia MORTON	#11 Manor (Pa.)	1:06.51		4/15



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Central

Women's 4x400 Relay

1	1	Araxi BOGHOSSIAN, Samira ROSENFELD, Fiona METZO, Lilly ALBERTS	#1	Harper (Ill.)	DI 4:02.92	4/7
2	2	https://www.tfrrs.org/teams/106228	#2	Joliet (Ill.) JC	DI 4:17.10	2/17
3	3	https://www.tfrrs.org/teams/686	#3	DuPage (Ill.)	DI 4:23.32	2/11
4	9	Alize LITTON, Kiera FINN, Melayna BROWN, Riley PETSCH	#4	Mineral Area (Mo.)	DI 4:50.12	4/22

Women's 4x800 Relay

1	1	https://www.tfrrs.org/teams/742	#1	Harper (Ill.)	I:Q 9:46.46	4/12
2	2	https://www.tfrrs.org/teams/686	#3	DuPage (Ill.)	DI 10:34.26	4/15
3	4	https://www.tfrrs.org/teams/98374	#4	Mineral Area (Mo.)	DI 11:19.33	4/7

Women's High Jump

1	1	Samira ROSENFELD	#1	Harper (Ill.)	DI 1.55m	5-1	4/15
2	3	Patrycja KARPIESIUKE	#3	DuPage (Ill.)	DI 1.53m	5-1/4	2/17
2	3	Katie MAJORS	#6	St. Charles (Mo.)	DI 1.53m	5-1/4	4/15
4	5	Pola KUBRAK	#1	Harper (Ill.)	DI 1.52m	4-11 3/4	2/11
4	5	Paulina STACHURA	#3	DuPage (Ill.)	DI 1.52m	4-11 3/4	2/11
6	8	Ashley STEELE	#9	CC of Philadelphia	DI 1.46m	4-9 1/2	4/21
7	11	Larissa EICK	#2	Joliet (Ill.) JC	DI 1.44m	4-8 3/4	2/17
7	11	Lindsey HATTEBERG	#2	Joliet (Ill.) JC	DI 1.44m	4-8 3/4	2/17
9	14	Chloe WINTERGERST	#1	Harper (Ill.)	DI 1.40m	4-7	3/3
10	17	Serena PRINCE	#7	Prince George's	1.32m	4-4	4/8

Women's Pole Vault

1	1	Patrycja KARPIESIUKE	#3	DuPage (Ill.)	DI 2.82m	9-3	2/11
2	2	Lily WINTERGERST	#1	Harper (Ill.)	DI 2.75m	9-1/4	4/7
3	4	Chloe WINTERGERST	#1	Harper (Ill.)	DI 2.29m	7-6	4/15

Women's Long Jump

1	3	Lily WINTERGERST	#1	Harper (Ill.)	DI 5.40m	17-8 3/4 (0.0)	4/15
2	4	Katelyn MCCANN	#2	Joliet (Ill.) JC	DI 5.34m	17-6 1/4 (0.6)	4/7
3	5	Emma GERSTNER	#4	Mineral Area (Mo.)	DI 5.33m	17-6 (1.6)	4/15
4	6	Samira ROSENFELD	#1	Harper (Ill.)	DI 5.21m	17-1 1/4 (0.8)	4/15
5	9	Paulina STACHURA	#3	DuPage (Ill.)	DI 4.94m		4/1
6	10	Ashley STEELE	#9	CC of Philadelphia	DI 4.93m	16-2 1/4 (0.0)	4/21
7	14	Lindsey HATTEBERG	#2	Joliet (Ill.) JC	DI 4.67m	15-4	2/11
8	15	Serena PRINCE	#7	Prince George's	4.58m	15-1/2 (-0.3)	4/8
9	16	Blessing OMONIYI	#5	Howard (Md.) CC	4.56m	14-11 1/2 (0.)	3/3
10	19	Tessa BLEERS	#3	DuPage (Ill.)	4.39m	14-5	2/17

Women's Triple Jump

1	1	Emma GERSTNER	#4	Mineral Area (Mo.)	DI 10.86m	35-7 3/4	2/17
2	3	Serena PRINCE	#7	Prince George's	DI 10.39m	34-1 1/4 (-1.)	4/8
3	6	Tessa BLEERS	#3	DuPage (Ill.)	DI 9.96m		4/7
4	7	Lily WINTERGERST	#1	Harper (Ill.)	DI 9.83mw	32-3 (2.2)	4/1
5	9	Svetlozara UVAKOVA	#1	Harper (Ill.)	DI 9.42m	30-11	3/3
6	10	Stephanie LATHAM	#4	Mineral Area (Mo.)	9.19m	30-2	1/27
7	11	Blessing NWOKE	#7	Prince George's	8.48m	27-10 (1.2)	4/15

Women's Shot Put

1	2	Cabaret GOINGS	#5	Howard (Md.) CC	DI 11.08m	36-4 1/4	3/31
2	4	Katelyn CESKA	#2	Joliet (Ill.) JC	DI 10.60m	34-9 1/2	2/11
3	6	Kjersten FRIESTAD	#2	Joliet (Ill.) JC	DI 10.42m	34-2 1/4	2/17
4	7	Na'Shae EARLY	#5	Howard (Md.) CC	DI 10.27m	33-8 1/2	3/31
5	11	Jaeda MANNS	#8	Patrick & Henry	DI 9.27m	30-5	4/14
6	12	Molly GEARHART	#4	Mineral Area (Mo.)	9.05m	29-8 1/4	2/4
7	20	Alyssa ZAWACKI	#10	Delaware Count	8.21m	26-11 1/4	4/15
8	25	Arianna TEICHMAN	#1	Harper (Ill.)	7.65m	25-1 1/4	2/11
9	29	Louisa TORRES	#2	Joliet (Ill.) JC	6.90m	22-7 3/4	2/4
10	30	Briana JACKSON	#5	Howard (Md.) CC	6.63m	21-9	4/15

Women's Discus

1	2	Na'Shae EARLY	#5	Howard (Md.) CC	DI 35.66m	117-0	4/8
2	5	Molly GEARHART	#4	Mineral Area (Mo.)	DI 32.07m	105-3	4/7
3	7	Arianna TEICHMAN	#1	Harper (Ill.)	DI 30.66m	100-7	4/15
4	11	Kjersten FRIESTAD	#2	Joliet (Ill.) JC	27.19m	89-2 1/2	4/1
5	13	Katelyn CESKA	#2	Joliet (Ill.) JC	26.44m	86-9	4/22
6	14	Cabaret GOINGS	#5	Howard (Md.) CC	26.24m	86-1 1/4	4/8
7	18	Alyssa ZAWACKI	#10	Delaware Count	23.69m	77-8 3/4	4/8
8	25	Briana JACKSON	#5	Howard (Md.) CC	19.80m	64-11 1/2	3/31
9	27	Morgan BETO	#1	Harper (Ill.)	18.72m	61-5	4/22

Women's Hammer

1	1	Arianna TEICHMAN	#1	Harper (Ill.)	DI 38.90m	127-8	4/22
2	3	Na'Shae EARLY	#5	Howard (Md.) CC	DI 36.12m	118-6	4/22
3	8	Molly GEARHART	#4	Mineral Area (Mo.)	20.34m	66-8 3/4	4/7
4	9	Morgan BETO	#1	Harper (Ill.)	20.23m	66-4 1/2	4/15

Women's Javelin

1	3	Katelyn CESKA	#2	Joliet (Ill.) JC	DI 26.53m	87-1/2	4/22
2	4	Na'Shae EARLY	#5	Howard (Md.) CC	DI 26.07m	85-6 1/2	4/15
3	5	Chloe WINTERGERST	#1	Harper (Ill.)	DI 25.79m	84-7 1/2	4/15
4	7	Lily WINTERGERST	#1	Harper (Ill.)	DI 24.95m	81-10 1/4	4/7
5	13	Molly GEARHART	#4	Mineral Area (Mo.)	22.56m	74-1/4	4/15
6	19	Arianna TEICHMAN	#1	Harper (Ill.)	16.92m	55-6 1/4	4/7



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East

Women's 100 Meters

1	2	Brianna DOUGLAS	#3	Camden County	DI 12.85	(-0.1)	4/21
2	6	Moenae WASHINGTON	#4	Mohawk Valley (I)	DI 13.11w	(2.6)	4/15
3	10	SETALNISA OSMAN-MERGANI	#6	Hudson Valley (I)	DI 13.36w	(2.6)	4/21
4	11	Iveion SEABROOKS	#4	Mohawk Valley (I)	DI 13.44w	(2.6)	4/15
5	12	Jynnae STEVENS	#5	Herkimer County	DI 13.48	(0.1)	4/21
6	20	Olga AKHRENMENKO	#4	Mohawk Valley (I)	DI 13.83w	(2.1)	4/15
7	21	Sanbegoure MEDA	#6	Hudson Valley (I)	DI 13.86	(0.5)	4/8
8	26	Toni BROWN	#4	Mohawk Valley (I)	DI 14.03w	(2.1)	4/15
9	27	Kamia BOYKIN	#10	Union County (N)	DI 14.04	(0.2)	4/15
10	31	Mariella MICHITTI	#1	SUNY Broome County	DI 14.29	(0.3)	4/21

Women's 100 Meter Hurdles

1	1	Raven ORANGE	#7	Middlesex County	DI 15.68	(0.5)	4/22
2	3	Idayat ADISA	#3	Camden County	DI 16.58	(1.6)	4/7
3	5	Gianna LAWRENCE	#1	SUNY Broome County	DI 16.97	(1.8)	4/21
4	9	Megan CARDEN	#1	SUNY Broome County	DI 18.04w	(2.2)	4/14
5	12	Melissa CARDEN	#1	SUNY Broome County	DI 18.96w	(3.4)	4/15
6	13	Madison ALTAMURA	#5	Herkimer County	DI 19.00w	(3.4)	4/15
7	14	Sydney VELEZ	#1	SUNY Broome County	DI 19.04w	(3.4)	4/15
8	15	Susana SERRANO	#2	RCSJ Gloucester	DI 19.08	(-1.2)	4/15
9	17	Mariella MICHITTI	#1	SUNY Broome County	DI 19.38	(0.4)	4/7

Women's 200 Meters

1	3	Raven ORANGE	#7	Middlesex County	DI 26.47w	(2.6)	3/24
2	6	Moenae WASHINGTON	#4	Mohawk Valley (I)	DI 27.02	(1.5)	4/15
3	8	Brianna DOUGLAS	#3	Camden County	DI 27.15	(-0.6)	4/21
4	13	Jynnae STEVENS	#5	Herkimer County	DI 27.78w	(5.4)	4/1
5	17	Hailey HARTWYK	#2	RCSJ Gloucester	DI 28.17	(-0.6)	4/21
6	25	Sanbegoure MEDA	#6	Hudson Valley (I)	DI 28.63	(-2.8)	4/8
7	26	SETALNISA OSMAN-MERGANI	#6	Hudson Valley (I)	DI 28.80w	(2.4)	3/26
8	27	Megan CARDEN	#1	SUNY Broome County	DI 29.06w	(2.4)	4/14
9	29	Iveion SEABROOKS	#4	Mohawk Valley (I)	DI 29.11w	(2.8)	4/15
10	32	Mariella MICHITTI	#1	SUNY Broome County	DI 29.28	(0.8)	4/15

Women's 400 Meters

1	6	Raven ORANGE	#7	Middlesex County	DI 1:02.11		3/24
2	12	Sanbegoure MEDA	#6	Hudson Valley (I)	DI 1:04.14		4/21
3	15	Idayat ADISA	#3	Camden County	DI 1:04.59		4/21
4	16	Mariella MICHITTI	#1	SUNY Broome County	DI 1:04.68		4/15
5	17	Abigail WEBB	#3	Camden County	DI 1:04.80		4/7
6	18	Taylor HARVEY	#4	Mohawk Valley (I)	DI 1:04.98		4/21
7	19	Hailey HARTWYK	#2	RCSJ Gloucester	DI 1:05.03		4/7
8	31	Ally VINCENT	#3	Camden County	DI 1:08.73		3/30
9	34	Julia KOERNER	#3	Camden County	DI 1:10.06		4/21
10	35	Susana SERRANO	#2	RCSJ Gloucester	DI 1:10.73		3/25
10	35	Claudia CHERMAK	#1	SUNY Broome County	DI 1:10.73		4/21

Women's 400 Meter Hurdles

1	1	Raven ORANGE	#7	Middlesex County	DI 1:06.51		4/22
2	4	Mariella MICHITTI	#1	SUNY Broome County	DI 1:11.79		4/15
3	5	Melissa CARDEN	#1	SUNY Broome County	DI 1:12.74		4/15
4	7	Lydia REIMER	#5	Herkimer County	DI 1:13.41		4/7
5	8	Breanne MILLSON	#5	Herkimer County	DI 1:13.67		4/1
6	9	Susana SERRANO	#2	RCSJ Gloucester	DI 1:14.54		4/21
7	11	Idayat ADISA	#3	Camden County	DI 1:17.55		4/7
8	12	Madison ALTAMURA	#5	Herkimer County	DI 1:19.50		4/7
9	13	Abigail WEBB	#3	Camden County	DI 1:19.67		4/21
10	16	Avonna ANDERSON	#2	RCSJ Gloucester	DI 1:24.04		4/21

Women's 800 Meters

1	5	Taylor HARVEY	#4	Mohawk Valley (I)	DI 2:26.23		4/21
2	6	Amelia BOWMAN-MCCOY	#5	Herkimer County	DI 2:27.49		4/21
3	7	Abigail WEBB	#3	Camden County	DI 2:27.85		4/21
4	8	Ashton WISELEY	#2	RCSJ Gloucester	DI 2:28.93		4/21
5	12	Aja JACKSON	#1	SUNY Broome County	DI 2:33.00		4/15
6	18	Leah LLOYD	#8	Finger Lakes (N.I.)	DI 2:37.47		4/8
7	24	Claudia CHERMAK	#1	SUNY Broome County	DI 2:43.76		4/15
8	25	Lydia REIMER	#5	Herkimer County	DI 2:43.85		4/15
9	26	Susana SERRANO	#2	RCSJ Gloucester	DI 2:44.73		4/7
10	27	Mackenzie COCHRAN	#2	RCSJ Gloucester	DI 2:45.66		4/21

Women's 1500 Meters

1	2	Taylor HARVEY	#4	Mohawk Valley (I)	DI 4:59.01		4/21
2	3	Leah LLOYD	#8	Finger Lakes (N.I.)	DI 5:04.57		4/8
3	5	Amelia BOWMAN-MCCOY	#5	Herkimer County	DI 5:09.49		4/15
4	6	Aja JACKSON	#1	SUNY Broome County	DI 5:10.55		4/7
5	13	Mariella MICHITTI	#1	SUNY Broome County	DI 5:25.80		4/21
6	17	Claudia CHERMAK	#1	SUNY Broome County	DI 5:36.97		4/15
7	19	Ashton WISELEY	#2	RCSJ Gloucester	DI 5:39.01		3/30
8	26	Alexandra CAMPO	#2	RCSJ Gloucester	DI 5:54.65		4/15
9	27	Mackenzie COCHRAN	#2	RCSJ Gloucester	DI 5:56.75		3/30
10	29	Morgan CHENEY	#8	Finger Lakes (N.I.)	DI 6:05.12		4/22

Women's Steeplechase

1	1	Leah LLOYD	#8	Finger Lakes (N.I.)	Q 11:38.78		4/22
2	2	Taylor HARVEY	#4	Mohawk Valley (I)	Q 11:52.05		4/15
3	3	Morgan CHENEY	#8	Finger Lakes (N.I.)	DI 14:52.52		4/2
4	4	Ellicia SWEDISH	#6	Hudson Valley (I)	DI 17:01.51		4/8

Women's 5000 Meters

1	2	Taylor HARVEY	#4	Mohawk Valley (I)	Q 18:52.12		4/7
2	3	Aja JACKSON	#1	SUNY Broome County	DI 19:45.80		4/21
3	6	Amelia BOWMAN-MCCOY	#5	Herkimer County	DI 20:15.62		4/1
4	15	Alexandra CAMPO	#2	RCSJ Gloucester	DI 23:37.32		3/30
5	16	Alyssa CONNOR	#2	RCSJ Gloucester	DI 24:20.75		3/30



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

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:46:28 AM

East

Women's 4x100 Relay

1	5	Brianna DOUGLAS, Ally VINCENT, Abigail WEBB, Idayat ADISA	#3 Camden County	DI 52.81	4/21
2	6	Breanne MILLSON, Gianna RUTHERFORD, Alisea SCOTT, Jynnae STEVENS	#5 Herkimer Count	DI 53.47	4/21
3	7	Moenae WASHINGTON, Olga AKHRENMENKO, Toni BROWN, Iveion SEABROOKS	#4 Mohawk Valley (	DI 53.71	4/15
4	8	Avonna ANDERSON, Mackenzie COCHRAN, Hailey HARTWYK, Susana SERRANO	#2 RCSJ Gloucester	DI 54.55	4/21
5	9	Melissa CARDEN, Sydney VELEZ, Gianna LAWRENCE, Mariella MICHITTI	#1 SUNY Broome C	DI 54.68	4/15

Women's 4x400 Relay

1	4	Aja JACKSON, Claudia CHERMAK, Mariella MICHITTI, Melissa CARDEN	#1 SUNY Broome C	DI 4:33.98	4/15
2	6	Moenae WASHINGTON, Toni BROWN, Olga AKHRENMENKO, Taylor HARVEY	#4 Mohawk Valley (	DI 4:34.94	4/15
3	7	Lydia REIMER, Jynnae STEVENS, Amelia BOWMAN- MCCOY, Breanne MILLSON	#5 Herkimer Count	DI 4:35.80	4/7
4	8	Mackenzie COCHRAN, Hailey HARTWYK, Susana SERRANO, Ashton WISELEY	#2 RCSJ Gloucester	DI 4:36.05	4/7

Women's 4x800 Relay

1	3	Mackenzie COCHRAN, Ashton WISELEY, Alexandra CAMPO, Alyssa CONNOR	#2 RCSJ Gloucester	DI 11:19.09	4/7
2	5	Breanne MILLSON, Lydia REIMER, Amelia BOWMAN- MCCOY, Jynnae STEVENS	#5 Herkimer Count	DI 11:56.03	4/21

Women's High Jump

1	2	Idayat ADISA	#3 Camden County	DI 1.54m	5-½	4/21
2	7	Alyssa BRUNO	#6 Hudson Valley (I	DI 1.48m	4-10¼	3/26
3	8	Tonna OGINA	#7 Middlesex Count	DI 1.46m	4-9½	4/22
4	11	Megan CARDEN	#1 SUNY Broome C	DI 1.44m	4-8¾	4/14
5	16	Iveion SEABROOKS	#4 Mohawk Valley (	1.36m	4-5½	4/21

Women's Pole Vault

1	3	Gianna RUTHERFORD	#5 Herkimer Count	DI 2.40m	7-10½	4/21
2	5	Hailey HARTWYK	#2 RCSJ Gloucester	DI 2.20m	7-2½	3/4

Women's Long Jump

1	2	Tonna OGINA	#7 Middlesex Count	DI 5.47m		4/15
2	8	Melissa CARDEN	#1 SUNY Broome C	DI 5.02m	16-5¾ (2.0	4/15
3	11	Gianna LAWRENCE	#1 SUNY Broome C	DI 4.88mw	16-¼ (3.6)	4/21
4	12	Megan CARDEN	#1 SUNY Broome C	DI 4.78m		4/7
5	17	Gianna RUTHERFORD	#5 Herkimer Count	4.42m	14-6 (1.1)	4/21
6	18	Alyssa BRUNO	#6 Hudson Valley (I	4.41m		4/15
7	23	Iveion SEABROOKS	#4 Mohawk Valley (	4.34m	14-3 (1.1)	4/15
7	23	Hailey HARTWYK	#2 RCSJ Gloucester	4.34m	14-3 (0.0)	4/21
9	28	Sanbegoure MEDA	#6 Hudson Valley (I	4.13m	13-6¾	1/28
10	29	Avonna ANDERSON	#2 RCSJ Gloucester	3.90m	12-9½ (0.0	4/21

Women's Triple Jump

1	2	Melissa CARDEN	#1 SUNY Broome C	DI 10.54m	34-7 (0.0)	4/15
2	4	Gianna LAWRENCE	#1 SUNY Broome C	DI 10.28mw	33-8¾ (2.6	4/21
3	5	Tonna OGINA	#7 Middlesex Count	DI 10.26m	33-8 (0.0)	4/22
4	8	Hailey HARTWYK	#2 RCSJ Gloucester	DI 9.59m	31-5¾ (0.1	4/21

Women's Shot Put

1	3	Kayla FRANKLIN	#3 Camden County	DI 10.72m	35-2	3/30
2	8	Amia GREEN	#3 Camden County	DI 9.96m	32-8¼	4/21
3	13	Zuri RICHARDSON	#3 Camden County	9.04m	29-8	3/25
4	14	Erin KARAWAY	#9 Bergen (N.J.) CC	8.91m	29-2¾	4/8
5	15	Megan CARDEN	#1 SUNY Broome C	8.85m	29-½	4/14
6	16	Jenna KIPNIS	#7 Middlesex Count	8.39m	27-6½	4/22
6	16	Mariella FARRELL	#2 RCSJ Gloucester	8.39m	27-6½	3/4
8	19	Sophie ERICSON	#6 Hudson Valley (I	8.26m	27-1¼	4/8
9	22	Isabella SMITH	#5 Herkimer Count	8.02m	26-3¾	4/7
10	26	Jocelyn HALL	#1 SUNY Broome C	7.47m	24-6¼	4/15

Women's Discus

1	1	Mariella FARRELL	#2 RCSJ Gloucester	DI 36.58m	120-0	4/7
2	4	Kayla FRANKLIN	#3 Camden County	DI 34.23m	112-4	3/30
3	6	Erin KARAWAY	#9 Bergen (N.J.) CC	DI 31.64m	103-10	4/15
4	9	Amia GREEN	#3 Camden County	DI 29.98m	98-4½	4/7
5	10	Isabella SMITH	#5 Herkimer Count	DI 28.56m	93-8½	4/21
6	15	Sophie ERICSON	#6 Hudson Valley (I	25.95m	85-1¾	4/21
7	17	Kaylie QUEZADA	#9 Bergen (N.J.) CC	24.26m	79-7¼	4/15
8	21	Madison SCHWALBACH	#7 Middlesex Count	22.42m	73-6¾	4/15
9	22	Jenna KIPNIS	#7 Middlesex Count	22.05m	72-4¼	4/15
10	24	Isabella GUYER	#6 Hudson Valley (I	19.84m	65-1¼	4/1



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East

Women's Hammer

1	2	Mariella FARRELL	#2	RCSJ Gloucester DI	36.47m	119-8	4/21
2	7	Isabella GUYER	#6	Hudson Valley (I	25.23m	82-9½	4/21
3	12	Isabella SMITH	#5	Herkimer Count	17.89m	58-8½	4/15
4	13	Cheryl BIELBY	#4	Mohawk Valley (	16.12m	52-10¾	4/15

Women's Javelin

1	6	Megan CARDEN	#1	SUNY Broome C	DI 25.22m	82-9	4/14
2	8	Kayla FRANKLIN	#3	Camden County DI	24.90m	81-8½	3/30
3	9	Sloane GENOVESE	#2	RCSJ Gloucester	24.64m	80-10¼	4/21
4	10	Alyssa BRUNO	#6	Hudson Valley (I	23.83m	78-2¼	4/8
5	11	Mariella FARRELL	#2	RCSJ Gloucester	23.35m	76-7¼	4/7
6	12	Amia GREEN	#3	Camden County	23.34m	76-7	3/30
7	14	Leah LLOYD	#8	Finger Lakes (N.	22.52m	73-10¾	4/8
8	17	Morgan CHENEY	#8	Finger Lakes (N.	17.43m	57-2¼	4/8
9	18	Jocelyn HALL	#1	SUNY Broome C	17.27m	56-8	4/21
10	20	Cheryl BIELBY	#4	Mohawk Valley (	16.90m	55-5½	4/15

Women's Heptathlon

1	1	Megan CARDEN	#1	SUNY Broome C	3,318		4/14
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USTFCCA NJCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2023 Week #5, April 24

as of 4/24/2023 7:46:28 AM

Northeast

Women's 100 Meters

1	1	Karizma BRATHWAITE	#3	Onondaga (N.Y.) DI	12.41w	(4.4)	4/21
2	17	Natalya RODNEY	#5	Nassau (N.Y.) CC DI	13.62w	(2.6)	4/2
3	29	Aaliyah SHORTER	#1	Suffolk County (	14.13	(-0.4)	4/21
4	33	Jennifer ASUEN	#6	Roxbury CC	14.52	(0.0)	4/1
5	38	Taylor MCGRRAW	#4	FIT (N.Y.)	14.89	(-0.1)	4/15
6	41	Emily RIGHTMYRE	#3	Onondaga (N.Y.)	15.16	(1.8)	4/7
7	44	Shivangi SHARMA	#2	Queensborough	15.31	(-0.2)	4/2
8	51	Jennifer RUBIANO	#4	FIT (N.Y.)	15.89	(-3.4)	4/22
9	52	Ange COMPERE	#2	Queensborough	15.94	(-0.1)	4/15
10	54	Kafilat YEKINNI	#2	Queensborough	16.34w	(3.0)	4/2

Women's 100 Meter Hurdles

1	4	Malia FOWLER	#1	Suffolk County (	16.71	(-1.3)	4/7
2	10	Taylor MCGRRAW	#4	FIT (N.Y.)	18.35	(0.9)	4/1
3	18	Ange COMPERE	#2	Queensborough	23.51	(-1.3)	4/2

Women's 200 Meters

1	1	Karizma BRATHWAITE	#3	Onondaga (N.Y.) DI	25.58w	(5.2)	4/21
2	2	Natalya RODNEY	#5	Nassau (N.Y.) CC DI	26.04	(-0.3)	4/21
3	9	Bryona HAYES	#1	Suffolk County (	27.18	(0.6)	4/21
4	15	Amanda MANNINO	#1	Suffolk County (	27.94	(-0.6)	4/21
5	24	Malia FOWLER	#1	Suffolk County (	28.58	(0.0)	4/7
6	38	Shivangi SHARMA	#2	Queensborough	29.60		3/25
7	42	Imanni MCKENZIE	#3	Onondaga (N.Y.)	29.87w	(3.5)	4/21
8	49	Julianne COSSIN	#2	Queensborough	31.35		1/20
9	58	Kafilat YEKINNI	#2	Queensborough	32.95		2/26
10	61	Emily RIGHTMYRE	#3	Onondaga (N.Y.)	33.77		2/4

Women's 400 Meters

1	2	Natalya RODNEY	#5	Nassau (N.Y.) CC DI	59.67		4/15
2	5	Karizma BRATHWAITE	#3	Onondaga (N.Y.) DI	1:01.39		4/15
3	7	Amanda MANNINO	#1	Suffolk County (	1:02.60		4/21
4	8	Bryona HAYES	#1	Suffolk County (	1:02.72		4/15
5	14	Catherine SHAW	#1	Suffolk County (	1:04.47		4/21
6	43	Shivangi SHARMA	#2	Queensborough	1:15.19		4/15
7	45	Darlyn PACHECO	#2	Queensborough	1:17.15		2/18
8	46	Kafilat YEKINNI	#2	Queensborough	1:17.65		2/3
9	49	Eva MURPHY	#3	Onondaga (N.Y.)	1:18.63		4/15

Women's 400 Meter Hurdles

1	2	Malia FOWLER	#1	Suffolk County (	1:08.08		4/21
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Women's 800 Meters

1	19	Brenin MAHON	#1	Suffolk County (	2:38.52		3/31
2	21	Catherine SHAW	#1	Suffolk County (	2:40.90		4/21
3	28	Malia FOWLER	#1	Suffolk County (	2:46.06		4/7
4	39	Julianne COSSIN	#2	Queensborough	2:57.16		1/13
5	41	Elizabeth SONG	#4	FIT (N.Y.)	2:59.07		3/25
6	42	Darlyn PACHECO	#2	Queensborough	2:59.43		1/13
7	43	Andrea DISTEFANO	#4	FIT (N.Y.)	2:59.68		4/22
8	45	Shivangi SHARMA	#2	Queensborough	3:08.21		1/13
9	49	Kafilat YEKINNI	#2	Queensborough	3:20.16		2/18
10	50	Andrea RIVERA	#2	Queensborough	3:23.00		4/2

Women's 1500 Meters

1	9	Brenin MAHON	#1	Suffolk County (	5:18.60		4/21
2	25	Andrea DISTEFANO	#4	FIT (N.Y.)	5:50.86		4/15
3	30	Darlyn PACHECO	#2	Queensborough	6:06.10		2/18
4	31	Catherine SHAW	#1	Suffolk County (	6:17.57		4/15
5	35	Andrea RIVERA	#2	Queensborough	7:10.88		2/18
6	36	Shivangi SHARMA	#2	Queensborough	7:18.31		1/20

Women's Steeplechase

1	5	Andrea RIVERA	#2	Queensborough	17:41.68		4/7
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Women's 5000 Meters

1	7	Brenin MAHON	#1	Suffolk County (	20:29.22		4/21
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Women's 10,000 Meters

1	2	Brenin MAHON	#1	Suffolk County (	45:01.46		4/7
2	4	Darlyn PACHECO	#2	Queensborough	48:59.51		4/7

Women's 4x100 Relay

1	2	Malia FOWLER, Bryona HAYES, Aaliyah SHORTER, Amanda MANNINO	#1	Suffolk County (	51.39		4/21
2	10	Arielle ALLERT, Kafilat YEKINNI, Darlyn PACHECO, Shivangi SHARMA	#2	Queensborough	1:02.52		4/2

Women's 4x400 Relay

1	5	Brenin MAHON, Amanda MANNINO, Catherine SHAW, Malia FOWLER	#1	Suffolk County (	4:34.30		4/2
2	10	Shivangi SHARMA, Darlyn PACHECO, Kafilat YEKINNI, Andrea RIVERA	#2	Queensborough	5:11.69		4/2

Women's 4x800 Relay

1	6	https://www.tfrs.org/teams/8056	#2	Queensborough	12:50.80		4/17
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Women's High Jump

1	10	Sage KLEIN	#4	FIT (N.Y.)	1.45m	4-9	12/3
2	14	Malia FOWLER	#1	Suffolk County (	1.40m	4-7	4/2



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Northeast

Women's Long Jump

1	1	Karizma BRATHWAITE	#3	Onondaga (N.Y.)	DI 5.51mw	18-1 (2.7)	4/21
2	7	Aaliyah SHORTER	#1	Suffolk County (	DI 5.15m		4/15
3	13	Malia FOWLER	#1	Suffolk County (	DI 4.68m	15-4¼ (0.0)	4/2
4	20	Kafilat YEKINNI	#2	Queensborough	4.38m		4/15

Women's Shot Put

1	1	Morgan KEULER	#1	Suffolk County (	DI 11.19m	36-8½	4/7
2	5	Jaimee STARZEE	#1	Suffolk County (	DI 10.47m	34-4¼	4/21
3	9	Aaliyah SHORTER	#1	Suffolk County (	DI 9.68m	31-9¼	4/7
4	18	Kaylah ATTIS	#2	Queensborough	8.38m	27-6	1/13
5	21	Malia FOWLER	#1	Suffolk County (	8.14m	26-8½	4/21
6	23	Lauren SHALER	#3	Onondaga (N.Y.)	7.88m	25-10¼	2/4
7	24	Ange COMPERE	#2	Queensborough	7.80m	25-7¼	1/6

Women's Discus

1	3	Bryn WHITMAN	#3	Onondaga (N.Y.)	DI 35.41m	116-2	4/7
2	8	Morgan KEULER	#1	Suffolk County (	DI 30.39m	99-8½	4/7
3	12	Kaylah ATTIS	#2	Queensborough	26.55m	87-1¼	4/2
4	19	Jaimee STARZEE	#1	Suffolk County (	23.17m	76-¼	3/31
5	20	Juliah TRIANA	#1	Suffolk County (	22.86m	75-0	4/15
6	23	Ange COMPERE	#2	Queensborough	20.59m	67-6¾	4/2
7	29	Arielle ALLERT	#2	Queensborough	17.08m	56-½	3/25

Women's Hammer

1	4	Jaimee STARZEE	#1	Suffolk County (	DI 35.44m	116-3	4/21
2	5	Lauren SHALER	#3	Onondaga (N.Y.)	DI 30.92m	101-6	4/15
3	10	Kaylah ATTIS	#2	Queensborough	20.09m	65-11	4/2
4	11	Arielle ALLERT	#2	Queensborough	18.37m	60-3¼	4/2
5	14	Ange COMPERE	#2	Queensborough	14.21m	46-7½	4/2

Women's Javelin

1	1	Bryn WHITMAN	#3	Onondaga (N.Y.)	DI 30.43m	99-10	4/21
2	2	Jaimee STARZEE	#1	Suffolk County (	DI 26.94m	88-4¾	4/21
3	15	Juliah TRIANA	#1	Suffolk County (	18.55m	60-10½	4/7
4	16	Malia FOWLER	#1	Suffolk County (	18.12m	59-5½	4/7
5	23	Kaylah ATTIS	#2	Queensborough	14.71m	48-3¼	4/2
6	24	Arielle ALLERT	#2	Queensborough	14.22m	46-8	4/2

Women's Heptathlon

1	2	Malia FOWLER	#1	Suffolk County (	3,279		4/7
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