



Regional TFRI Event Summary

as of 1/24/2024 2:47:23 PM

East

Women's 60 Meters

1	Kianne BENJAMIN	SR	#2 Bowdoin	7.62	1/20
2	Jailene ESCALERA	SR	#6 Bridgewater Sta	7.77	1/13
2	Alison MCDONOUGH	SR	#6 Bridgewater Sta	7.77	1/13
4	Dorinda OKORJI	JR	#12 UMass Boston	7.84	1/13
5	Savanna VARGAS	FR	#7 Wheaton (Mass.)	7.86	1/13
6	Wendy WOODEN	SO	#7 Wheaton (Mass.) {2}	7.88	1/13
7	Michaina LORISTON	SO	#7 Wheaton (Mass.) {3}	7.93	1/13
8	Vivienne EVANS	SR	#4 WPI	7.95	1/13
9	Simi LAWAL		#5 Tufts	7.98	1/13
9	Amanda WALDEN	JR	#9 Suffolk	7.98	1/20
9	Kiara ABRANTES	JR	#6 Bridgewater Sta {3}	7.98	1/20

Women's 60 Meter Hurdles

1	Alison MCDONOUGH	SR	#6 Bridgewater Sta	8.81	1/13
2	Amanda CASTALDI	SO	#7 Wheaton (Mass.)	8.89	1/13
3	Erin DAUGHERTY	JR	#3 Colby	8.99	12/9
4	Sarah PILLONE	SR	#5 Tufts	9.13	1/13
5	Kiana GOLDBERG	FR	#11 Southern Maine	8.49 (8.49 / 55m)	12/9
6	Emma BURR	FR	#13 Thomas (Maine)	9.21	12/9
7	Aryanna GARCEAU	SO	#12 UMass Boston	9.29	12/9
8	Moriah SCHARN	SO	#8 Bates	9.33	12/8
9	Makany CAMARA	SR	#19 Fitchburg State	9.35	1/13
10	Alya CAMPBELL	JR	#10 Brandeis	9.45	1/13

Women's 200 Meters

1	Kianne BENJAMIN	SR	#2 Bowdoin	24.71	12/2
2	Jailene ESCALERA	SR	#6 Bridgewater Sta	25.50	12/10
3	Amanda WALDEN	JR	#9 Suffolk	25.81	12/10
4	Schylar WYSE	SR	#7 Wheaton (Mass.)	25.89	1/20
5	Kennedy KIRKLAND	FR	#2 Bowdoin {2}	25.98	12/2
6	Vivienne EVANS	SR	#4 WPI	26.03	1/20
7	Fiona MEJICO	JR	#3 Colby	26.09	1/19
8	Marina MILLER	JR	#1 MIT	26.15	1/20
9	Emma BURR	FR	#13 Thomas (Maine)	26.17	1/13
10	Simone WAHEED	FR	#3 Colby {2}	26.30	12/9

Women's 400 Meters

1	Kianne BENJAMIN	SR	#2 Bowdoin	56.85	1/13
2	Paige COOKSEY	SR	#1 MIT	57.65	12/2
3	Ashley KELEHER	SR	#15 Colby-Sawyer	58.20	12/10
4	Kiara ABRANTES	JR	#6 Bridgewater Sta	58.38	1/20
5	Marina MILLER	JR	#1 MIT {2}	58.76	12/2
6	Jailene ESCALERA	SR	#6 Bridgewater Sta {2}	59.13	1/20
7	Kaitlyn EWALD	FR	#3 Colby	59.18	1/19
8	Kristina PIZZI	JR	#3 Colby {2}	59.35	1/19
9	Emily CONCEPCION	JR	#9 Suffolk	59.43	12/10
10	Amanda WALDEN	JR	#9 Suffolk {2}	59.56	1/20

Women's 800 Meters

1	Anna MACKEY	SO	#3 Colby	2:21.97	1/19
2	Haley WIMS	SR	#3 Colby {2}	2:22.07	12/9
3	Krystal MONTGOMERY	SO	#1 MIT	2:22.88	1/13
4	Amy PATTELENA	SO	#9 Suffolk	2:23.98	1/13
5	Maddie BUSH	FR	#3 Colby {3}	2:24.76	1/20
6	Olivia DOHERTY	SO	#3 Colby {4}	2:25.02	1/19
7	Sydney FOGG	JR	#9 Suffolk {2}	2:25.73	1/13
8	Jacqueline EARNER	SO	#12 UMass Boston	2:26.70	12/10
9	Brie AM ENDE	JR	#21 Endicott	2:28.50	12/2
10	Claire PENG	SO	#20 Wellesley	2:29.07	1/20

Women's Mile

1	Grace HADLEY	SR	#4 WPI	4:58.47	1/13
2	Lexi FERNANDEZ	SO	#1 MIT	4:59.19	1/13
3	Kate SANDERSON	SO	#1 MIT {2}	5:05.41	1/13
4	Amelia KOKERNAK	SR	#4 WPI {2}	5:06.78	1/13
5	Rujuta SANE	SO	#1 MIT {3}	5:08.87	1/13
6	Stephanie CHUN	SR	#2 Bowdoin	5:14.31	1/20
7	Caitlin GUILFOYLE	SR	#4 WPI {3}	5:15.42	1/13
8	Elise DESHUSSES	SR	#4 WPI {4}	5:16.33	1/13
9	Rachel HURLEY	JR	#4 WPI {5}	5:16.74	1/13
10	Amy PATTELENA	SO	#9 Suffolk	5:17.44	12/10

Women's 3000 Meters

1	Lexi FERNANDEZ	SO	#1 MIT	9:52.30	12/2
2	Chrissy AMAN	SR	#8 Bates	9:56.93	12/2
3	Grace HADLEY	SR	#4 WPI	9:59.56	1/14
4	Elise DESHUSSES	SR	#4 WPI {2}	10:07.20	12/2
5	Kirsi RAJAGOPAL	SR	#1 MIT {2}	10:13.52	12/2
6	Rachel HURLEY	JR	#4 WPI {3}	10:15.07	12/2
7	Amelia KOKERNAK	SR	#4 WPI {4}	10:17.13	12/2
8	Jaz VANDERHOOF	SO	#7 Wheaton (Mass.)	10:18.27	1/20
9	Kahryn CULLENBERG	SR	#8 Bates {2}	10:23.92	1/20
10	Elizabeth HOLCOMBE	SO	#8 Bates {3}	10:27.28	1/20

Women's 5000 Meters

1	Grace HADLEY	SR	#4 WPI	16:44.61	12/2
2	Rachel BRENNAN	SR	#17 Gordon (Mass.)	17:16.91	12/2
3	Kate SANDERSON	SO	#1 MIT	17:36.49	12/2
4	Naomi CASS	FR	#6 Bridgewater Sta	17:54.97	1/13
5	Jaz VANDERHOOF	SO	#7 Wheaton (Mass.)	18:01.95	1/13
6	Margaret ST JOHN	SR	#14 Keene State	18:23.65	12/2
7	Ellie DAVIS	SR	#9 Suffolk	18:30.98	12/2
8	Grace FURLONG	SR	#14 Keene State {2}	18:49.95	1/6
9	Lily VALCOVIC	JR	#6 Bridgewater Sta {2}	19:19.19	1/13
10	Sarah OSSING	SR	#4 WPI {2}	19:21.00	1/13



Regional TFRI Event Summary

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East

Women's 4x400 Relay

1	Tally Zeller Kaitlyn Ewald Kristina Pizzi Fiona Mejico	#3 Colby	3:56.61	1/19
2	Marina Miller Maddy Hon Krystal Montgomery Paige Cooksey	#1 MIT	3:56.78	12/2
3	Annika Kral Antonia Knoth Julia Dolce Emma Smith	#5 Tufts	4:06.07	1/20
4	Hannah Bohbot-Dridi Olivia Zarzycki Elizabeth Korn Alysa Campbell	#10 Brandeis	4:07.47	1/20
5	Jessica Dickson Schyler Wyse Kate Wickenheisser Maya Thomas	#7 Wheaton (Mass.)	4:10.25	1/20
6	Arly Rodriguez Catherine Uwakwe Gabby Phillips Kianne Benjamin	#2 Bowdoin	4:15.52	1/13
7	Livia Kozick Anushka Chavda Lia Traficante Maddie Lee	#8 Bates	4:16.48	12/8
8	Kiana Goldberg AnnMarie Limberger Samantha Fenley Alexis Karantza	#11 Southern Maine	4:18.99	12/9
9	Bailey Allmon Beth Brown Isabel Hall Maeve Steckley	#4 WPI	4:19.05	1/13
10	Charlie Barron Aoife Fitzgerald Sara Maeve Klingensmith Claire Peng	#20 Wellesley	4:19.20	1/13

Women's Distance Medley Relay

1	Maddie Bush Alicia Hober Catherine Mongan Rebecca Anderson	#3 Colby	13:19.70	12/9
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Women's High Jump

1	Serenity SANDS	JR	#6 Bridgewater State	1.70m	5-7	12/10
2	Harper MEEK	SR	#5 Tufts	1.67m	5-5¾	1/13
3	Makany CAMARA	SR	#19 Fitchburg State	1.66m	5-5¼	1/20
4	Tolu AKINBO	SR	#1 MIT	1.60m	5-3	1/20
4	Isabel LLACH	JR	#3 Colby	1.60m	5-3	12/9
6	Olivia JALBERT	SR	#11 Southern Maine	1.57m	5-1¾	1/6
7	Nina GREGORY	SO	#23 Husson	1.56m	5-1¼	1/20
7	Kirsten MAN	JR	#10 Brandeis	1.56m	5-1¼	1/13
7	Juliana PATRONE	JR	#6 Bridgewater State	1.56m	5-1¼	1/20
7	Alannah ARDREY	FR	#8 Bates	1.56m	5-1¼	1/20
7	Lexi KING		#5 Tufts	1.56m	5-1¼	1/13

Women's Pole Vault

1	Sarah FIRTH	JR	#5 Tufts	3.70m	12-1½	1/13
2	Smiley HUYNH	JR	#10 Brandeis	3.55m	11-7¾	1/13
3	Hailey SURACE	SO	#1 MIT	3.50m	11-5¾	1/13
4	Emma GALL		#5 Tufts	3.40m	11-1¾	1/20
5	Devyn BATTISTONI	FR	#9 Suffolk	3.35m	10-11¾	12/10
6	Sophie MAGUIRE	SO	#2 Bowdoin	3.25m	10-8	1/20
7	Katelyn HOWARD	SO	#1 MIT	3.20m	10-6	1/20
8	Alisha ANDERSON	SO	#10 Brandeis	3.10m	10-2	1/13
8	Sasha HELFGOTT-WATERS	FR	#9 Suffolk	3.10m	10-2	1/20
8	Amelie WICKHAM	SO	#5 Tufts	3.10m	10-2	1/20
8	Lena TANG		#5 Tufts	3.10m	10-2	1/20
8	Nyla THOMPSON	JR	#5 Tufts	3.10m	10-2	1/13

Women's Long Jump

1	Jenna ALBANESE	SR	#2 Bowdoin	5.56m	18-3	1/13
2	Alison MCDONOUGH	SR	#6 Bridgewater State	5.40m	17-8¾	1/20
3	Kennedy KIRKLAND	FR	#2 Bowdoin	5.30m	17-4¾	1/20
4	Hialeah FOSTER	FR	#12 UMass Boston	5.23m	17-2	1/21
5	Olivia JALBERT	SR	#11 Southern Maine	5.22m	17-1½	1/6
6	Brooklyn GOFF	SR	#18 Saint Joseph's (PA)	5.20m	17-¾	12/9
7	Sophia YOUNG	FR	#2 Bowdoin	5.18m	17-0	1/13
8	Smiley HUYNH	JR	#10 Brandeis	5.14m	16-10½	1/20
8	Ciara ADU-ADDO	FR	#16 Worcester State	5.14m	16-10½	12/9
10	Emma MARTIN	SR	#1 MIT	5.13m	16-10	12/2

Women's Triple Jump

1	Nony OTU UGWU	SO	#1 MIT	11.45m	37-6¾	1/13
2	Shaniece NUGENT	JR	#10 Brandeis	11.29m	37-½	1/20
3	Kirsten MAN	JR	#10 Brandeis	10.99m	36-¾	1/13
4	Sarah PILLONE	SR	#5 Tufts	10.85m	35-7¼	1/13
5	Ashley KELEHER	SR	#15 Colby-Sawyer	10.80m	35-5¼	1/20
6	Maelynn UGOKWE	SR	#5 Tufts	10.62m	34-10¼	1/13
7	Jenna ALBANESE	SR	#2 Bowdoin	10.56m	34-7¾	1/13
8	Erica JOHNSON	SO	#22 UMaine Farming	10.46m	34-4	12/9
9	Isabel LLACH	JR	#3 Colby	10.39m	34-1¼	1/13
10	Lauren HINCKLEY	FR	#7 Wheaton (Mass.)	10.37m	34-¼	1/13



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East

Women's Shot Put

1	Alexis BOYKIN	JR	#1 MIT	13.93m	45-8½	1/20
2	Emily BALL	JR	#1 MIT	{2} 12.70m	41-8	12/2
3	Tianna ROGERS	JR	#7 Wheaton (Mass.)	12.13m	39-9¾	1/13
4	Jadah STOKES	FR	#16 Worcester State	11.88m	38-11¾	1/20
5	Maggie HILLWIG	JR	#8 Bates	11.80m	38-8¾	1/13
6	Savannah SOLEAU	SO	#14 Keene State	11.67m	38-3½	1/6
7	Tiana FOX	SO	#17 Gordon (Mass.)	11.54m	37-10½	1/13
8	Ginger ARNOLD	FR	#2 Bowdoin	11.46m	37-7¼	1/20
9	Mardy NOVAK	FR	#2 Bowdoin	{2} 11.41m	37-5¼	12/2
10	Mary DISANTO	JR	#13 Thomas (Maine)	11.36m	37-3¼	1/13

Women's Weight Throw

1	Alexis BOYKIN	JR	#1 MIT	18.97m	62-3	1/20
2	Emily BALL	JR	#1 MIT	{2} 16.67m	54-8¼	1/20
3	Anika WAGNER	SO	#7 Wheaton (Mass.)	15.56m	51-¾	1/13
4	Carli CIAVARELLI	SO	#8 Bates	14.85m	48-8¾	1/20
5	Morgan COLLINS	SR	#4 WPI	14.78m	48-6	1/13
6	Tianna ROGERS	JR	#7 Wheaton (Mass.)	{2} 14.66m	48-1¼	1/20
7	Lilia OULD-HAMMOU	SO	#1 MIT	{3} 14.53m	47-8	1/20
8	Jadah STOKES	FR	#16 Worcester State	14.46m	47-5¼	12/9
9	Elizabeth GRAHAM	JR	#5 Tufts	14.17m	46-6	1/20
10	Alma MACKIC	SR	#8 Bates	{2} 14.05m	46-1¼	1/20

Women's Pentathlon

1	Emma BURR	FR	#13 Thomas (Maine)	3,048	12/9
2	Livia KOZICK	SR	#8 Bates	2,967	1/20
3	Rose JENKINS	FR	#2 Bowdoin	2,931	1/20
4	Brooklyn GOFF	SR	#18 Saint Joseph's (N.J.)	2,717	1/20
5	Molly LU MCKELLAR	SO	#14 Keene State	2,665	12/9
6	Erin DAUGHERTY	JR	#3 Colby	2,632	12/9
7	Isabel LLACH	JR	#3 Colby	{2} 2,621	12/9
8	Haley WIMS	SR	#3 Colby	{3} 2,560	12/9
9	Anna YANG	SO	#2 Bowdoin	{2} 2,476	1/20
10	Caroline KELLEHER	FR	#3 Colby	{4} 2,399	12/9



Regional TFRI Event Summary

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Great Lakes

Women's 60 Meters

1	Kenadee WAYT	SR	#2 Mount Union	7.59	12/1
2	Meghan FRAZIER	JR	#1 Wittenberg	7.82	1/20
3	Madjo DOUMBIA	JR	#4 Centre	7.84	1/20
4	Sara SCHERMERHORN	SO	#3 Hope	7.85	1/20
5	Kymiah BLAIR	JR	#24 Berea (Ky.)	7.86	12/2
6	Lauren RONCONE	SR	#2 Mount Union {2}	7.90	12/1
7	Bri HAY	FR	#6 Baldwin Wallace	7.92	12/1
8	Mackenzie MILLER	JR	#9 Trine	7.93	12/8
8	Avery CAMPBELL	SR	#13 Albion	7.93	12/8
10	Genevieve ARNOLD	SR	#12 John Carroll	7.97	1/20

Women's 60 Meter Hurdles

1	Narindwa SEMAKULA	SO	#11 Rose-Hulman	9.18	1/19
2	Katie MOORE	JR	#8 DePauw	9.39	12/2
3	Olivia BEAN	SR	Heidelberg	9.42	12/8
4	Grace MISIUNAS	SO	#7 Case Western Re	9.44	12/2
5	Genevieve ARNOLD	SR	#12 John Carroll	9.45	1/20
5	Nayaisha EDMOND	SR	#13 Albion	9.45	12/8
7	Reese NEUMEYER	JR	#1 Wittenberg	9.51	12/2
7	Brynn MERICLE	SO	#9 Trine	9.51	12/8
9	Haley TROY	FR	#1 Wittenberg {2}	9.58	1/20
10	Natasha ZAHURSKY	JR	#2 Mount Union	9.59	1/20
10	Olyvia ASHBROOK	JR	#5 Ohio Northern	9.59	1/19

Women's 200 Meters

1	Kenadee WAYT	SR	#2 Mount Union	24.49	12/9
2	Sara SCHERMERHORN	SO	#3 Hope	24.87	12/8
3	Meghan FRAZIER	JR	#1 Wittenberg	25.31	12/9
4	Madison MILES	JR	#2 Mount Union {2}	25.43	12/1
5	Abby COLLIER	JR	#6 Baldwin Wallace	25.47	12/1
6	Chloe HEIN	FR	#4 Centre	25.64	1/20
7	Madjo DOUMBIA	JR	#4 Centre {2}	25.92	1/20
8	Bri HAY	FR	#6 Baldwin Wallace {2}	26.24	12/1
9	Haleigh WILLISON	JR	#1 Wittenberg {2}	26.34	12/9
10	Aniyah SMALL	SO	#9 Trine	26.37	12/8

Women's 400 Meters

1	Kenadee WAYT	SR	#2 Mount Union	55.43	12/9
2	Meghan FRAZIER	JR	#1 Wittenberg	57.69	12/2
3	Madison MILES	JR	#2 Mount Union {2}	57.92	12/1
4	Abby COLLIER	JR	#6 Baldwin Wallace	58.12	12/1
5	Sophia ELLERKMANN	SR	#21 Denison	58.33	1/20
6	Mary MASON	JR	#2 Mount Union {3}	58.98	12/1
7	Tymeerah DE'ARMOND	SO	#1 Wittenberg {2}	59.52	12/2
8	Emily BRENNAN	SO	#21 Denison {2}	1:00.72	12/2
9	Rose TALBERT	FR	#11 Rose-Hulman	1:01.05	1/12
10	Rosie MURRAY	SO	#12 John Carroll	1:01.12	1/20

Women's 800 Meters

1	Hope MURPHY	SR	#6 Baldwin Wallace	2:14.56	1/20
2	Kenadee WAYT	SR	#2 Mount Union	2:16.12	12/1
3	Lauren DOSCH	FR	#25 Franciscan	2:19.23	1/20
4	Katelyn STAPLETON	SO	#15 Ohio Wesleyan	2:19.95	12/2
5	Jocelyn ONSTOT	FR	#11 Rose-Hulman	2:19.98	1/19
6	Emme KOUTZ	SR	#20 Adrian	2:20.59	1/19
7	Ella WEBSTER	SO	#1 Wittenberg	2:21.25	1/13
8	Molly DUROW	SO	#3 Hope	2:21.31	1/20
9	Grace JACKSON	SR	#7 Case Western Re	2:21.58	12/2
10	Anna BROWN	SO	#23 Kenyon	2:22.02	1/20

Women's Mile

1	Faith DUNCAN		#14 Wilmington (Ohi	5:05.04	1/20
2	Sophie PORTER	JR	#8 DePauw	5:10.78	1/19
3	Sophia BULL	SO	#18 Calvin	5:11.19	1/20
4	Grace JACKSON	SR	#7 Case Western Re	5:11.46	1/20
4	Madison STERN	SO	#3 Hope	5:11.46	1/20
6	Jenna ALLMAN	SR	#18 Calvin {2}	5:11.54	1/20
7	Jocelyn ONSTOT	FR	#11 Rose-Hulman	5:14.51	1/12
8	Claire EBERHARDT	SR	#12 John Carroll	5:15.90	1/20
9	Bailey GASSMANN	FR	Asbury (Ky.)	5:16.35	1/20
10	Lily MONNETT	JR	#8 DePauw {2}	5:16.89	1/19

Women's 3000 Meters

1	Ella WEBSTER	SO	#1 Wittenberg	9:53.56	12/2
2	Bailey PUCKETT	SO	#9 Trine	10:14.50	1/20
3	Natalie TEBBEN	JR	#18 Calvin	10:15.53	1/20
4	Faith DUNCAN		#14 Wilmington (Ohi	10:18.19	1/20
5	Madison STONESTREET	SO	#24 Berea (Ky.)	10:21.31	12/2
6	Lydia RANDOLPH	JR	#9 Trine {2}	10:25.85	12/8
7	Gianini VENUTO	SR	#2 Mount Union	10:27.75	1/20
8	Emme KOUTZ	SR	#20 Adrian	10:29.59	12/8
9	AnnaSophia GOWER		#5 Ohio Northern	10:30.01	1/19
10	Hope MURPHY	SR	#6 Baldwin Wallace	10:31.04	12/1

Women's 5000 Meters

1	Rebecca MARKHAM	SR	#3 Hope	17:03.63	12/2
2	Maddy STRUCK	JR	#3 Hope {2}	17:26.97	12/2
3	Sophie BOULDIN	SO	#4 Centre	17:54.40	1/20
4	Athena THARENOS	SR	#16 Wooster	18:23.49	1/20
5	Sarah WELDON	JR	#12 John Carroll	18:33.16	1/20
6	Fatima CRUZ	JR	#13 Albion	19:28.68	12/8
7	Jessica CAMPBELL	JR	#25 Franciscan	19:46.46	12/1
8	Ellie CODERRE	SO	#3 Hope {3}	19:56.72	12/8
9	Cassandra GALLAGHER	FR	#13 Albion {2}	19:57.60	12/8
10	Olivia DEGRAAF	JR	#13 Albion {3}	20:10.06	12/8



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Great Lakes

Women's 4x400 Relay

1	Delaney Tackett Meghan Frazier Abigail Danne Tymeerah De'Armond	#1 Wittenberg	4:02.06	12/2
2	Catherine Leahy Sara Schermerhorn Eri n Moran Frances Cozzens	#3 Hope	4:05.94	12/8
3	Morgan Aloi Abby Collier Hope Murphy Katurah Plecko	#6 Baldwin Wallace	4:05.96	1/20
4	Elizabeth Funkhouser Krist en Walters Bella Lasecki Kenadee Wayt	#2 Mount Union	4:10.02	1/20
5	Madjo Doumbia Ainsley Wilson Chloe Hein Sophie Bouldin	#4 Centre	4:13.47	1/20
6	Sara Gennuso Massey Andrykovitch Kal eigh McNamara Rosie Murray	#12 John Carroll	4:13.66	1/20
7	Sophia Ellerkmann Libby Hornick Tessa Gerhardt Ava Sinex	#21 Denison	4:13.68	1/20
8	Shelby Stall Liberty Scott Katie McKinley Annalis e Grammel	#8 DePauw	4:14.54	1/19
9	Adrianne Jackson Emily Wahl Brynn Mericle Eleanor Young	#9 Trine	4:14.87	1/20
10	Anna Zinsser Melanie Taylor Grace Jackson Jessica Kwasny	#7 Case Western Re	4:16.72	1/20

Women's Distance Medley Relay

1	Bailey Puckett Anissa Rios Marissa Kenney Lydia Randolph	#9 Trine	12:54.24	1/20
2	Meghan Cory Haley Cook Hayden Setty Faith Duncan	#14 Wilmington (Ohi	12:54.34	1/20
3	McKenna Downing Lucy Johnson Allison Dietz Zoe Ward	#15 Ohio Wesleyan	13:03.97	1/13
4	Megan Keys Kyngston Collins Emma Hawk Mackenzie Kelley	#1 Wittenberg	13:06.58	1/13
5	Ignacia Mendez Amy Butorac Gabrovsek Suzan nah Anderson Athena Tharenos	#16 Wooster	13:28.68	1/13
6	Anna Packer Grace Holtmeier Julia Gooding Kayla Hess	Mount St. Josepl	13:43.66	1/20
7	Olivia Degraaf Lauren Fenstermaker Se rena Arnold Fatima Cruz	#13 Albion	13:53.05	1/20
8	Sophia Sanford Victoria Hatton Erica Slocum Caleigh Winters	#17 Alma	14:28.68	1/20
9	Lexie Barthmaier Vivie nne Reinhardt Muska n Jamshed Regann e Piercy	Spalding	15:45.79	1/19



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Great Lakes

Women's High Jump

1	Cailey BEAUDOIN	SR	#20 Adrian	1.65m	5-5	12/8
2	Emma KLOSTERMAN	SR	#10 Otterbein	1.64m	5-4½	1/13
3	Julissa WILLIAMS	JR	#1 Wittenberg	1.63m	5-4¼	12/2
4	Taylor WEISS	JR	#1 Wittenberg {2}	1.62m	5-3¾	12/9
5	Lindsay WEININGER	SO	#5 Ohio Northern	1.60m	5-3	1/19
6	Helena SNYDER	JR	#17 Alma	1.56m	5-1¼	12/2
7	Serena MCNEILLY		#4 Centre	1.55m	5-1	1/20
7	Drew PATTERSON	SR	#16 Wooster	1.55m	5-1	1/20
7	Allison SCHRAM	JR	#3 Hope	1.55m	5-1	1/20
7	Rylee GORRELL	FR	#6 Baldwin Wallace	1.55m	5-1	12/2
7	Laney DUFF	FR	#2 Mount Union	1.55m	5-1	1/20
7	Natalie CHRISTNAGEL	SO	#3 Hope	1.55m	5-1	1/20

Women's Pole Vault

1	Claire SCHWELLER	SO	#5 Ohio Northern	3.70m	12-1½	12/1
2	Emily THOMPSON	SO	#22 Marietta	3.60m	11-9¾	1/13
3	Peyton PROFFITT	SO	#10 Otterbein	3.45m	11-3¾	1/13
3	Holly SCHREIBER	FR	#7 Case Western Re	3.45m	11-3¾	1/20
5	Tiffany HIX	SO	#1 Wittenberg	3.40m	11-1¾	1/20
6	Kayla MCADAMS	SR	#2 Mount Union	3.30m	10-9¾	12/1
7	Jaclyn BOARDMAN	JR	#5 Ohio Northern {2}	3.26m	10-8¼	1/19
8	Annie WANK	FR	#7 Case Western Re {2}	3.25m	10-8	1/20
9	Corinne INKLEY	FR	Allegheny (Pa.)	3.20m	10-6	1/20
9	Cate GAGNIER	JR	#21 Denison	3.20m	10-6	12/2
9	Claire COLEMAN	SO	#15 Ohio Wesleyan	3.20m	10-6	1/20

Women's Long Jump

1	Lauren RONCONE	SR	#2 Mount Union	5.62m	18-5¼	12/9
2	Alexis WEBER	FR	#10 Otterbein	5.41m	17-9	1/13
3	Callie GORMLEY	JR	#4 Centre	5.40m	17-8¾	12/2
3	Chloe GIBSON	JR	#5 Ohio Northern	5.40m	17-8¾	12/1
5	Jenna DELP	FR	#1 Wittenberg	5.32m	17-5½	12/2
6	Mackenzie MILLER	JR	#9 Trine	5.30m	17-4¾	12/8
6	Rofiat ADEYEMI	SR	#11 Rose-Hulman	5.30m	17-4¾	1/19
8	Kalie CAMPBELL	FR	#2 Mount Union {2}	5.23m	17-2	1/20
9	Chloe HEIN	FR	#4 Centre {2}	5.22m	17-1½	1/20
10	Julissa WILLIAMS	JR	#1 Wittenberg {2}	5.18m	17-0	12/2

Women's Triple Jump

1	Jasmine CLAUNCH	SR	#4 Centre	12.12m	39-9¼	1/20
2	Paula SORIC	JR	#23 Kenyon	11.74m	38-6¼	12/2
3	Emma FEHRMAN	JR	#22 Marietta	11.38m	37-4	12/1
4	Rofiat ADEYEMI	SR	#11 Rose-Hulman	11.19m	36-8½	1/12
5	Tori MILLER	SR	#12 John Carroll	11.08m	36-4¼	12/1
6	Sarah OZEKI	JR	#7 Case Western Re	11.07m	36-4	12/2
7	Shelby SMITH	SR	#4 Centre {2}	11.04m	36-2¾	1/20
7	Emily HOPKINS	SR	#7 Case Western Re {2}	11.04m	36-2¾	12/2
9	Kyra HICKS	SR	#11 Rose-Hulman {2}	10.82m	35-6	1/19
10	Sara GENNUSO	FR	#12 John Carroll {2}	10.70m	35-1¼	12/1
10	Olivia BEAN	SR	Heidelberg	10.70m	35-1¼	1/20

Women's Shot Put

1	Carley CAMP	JR	#19 Manchester	13.42m	44-½	1/12
2	Greta ROBRAHN	JR	#3 Hope	12.83m	42-1¼	1/20
3	Makenna RUDY	FR	#2 Mount Union	12.66m	41-6½	12/9
4	Lauren FOUTCH	SR	#4 Centre	12.64m	41-5¾	12/2
4	Kamryn BICE	SO	#3 Hope {2}	12.64m	41-5¾	1/20
6	Amyah CHOSA	FR	#6 Baldwin Wallace	12.46m	40-10½	12/1
7	Jessie STENGER	JR	Hanover	12.29m	40-4	1/20
8	Izzy BURMAN	JR	#5 Ohio Northern	12.23m	40-1½	12/1
9	Makayla SITZLAR	SO	#2 Mount Union {2}	12.15m	39-10½	12/9
10	Tess ANTHONY	JR	#13 Albion	12.13m	39-9¾	12/8

Women's Weight Throw

1	Izzy BURMAN	JR	#5 Ohio Northern	16.76m	55-0	1/19
2	Carley CAMP	JR	#19 Manchester	16.31m	53-6¼	1/12
3	Abby CANNON	SR	Oberlin	16.16m	53-¼	12/9
4	Lauren FOUTCH	SR	#4 Centre	15.61m	51-2¾	12/2
5	Tess ANTHONY	JR	#13 Albion	15.42m	50-7¼	12/8
6	Buzz KLINE	SR	#2 Mount Union	14.90m	48-10¾	1/20
7	Lauren ROSKUSZKA	JR	#7 Case Western Re	14.87m	48-9½	12/2
8	Aidan ORTH	SO	#1 Wittenberg	14.79m	48-6¼	1/13
9	Ailean DUFFIE	SR	#7 Case Western Re {2}	14.78m	48-6	1/20
10	Ainsley WIESNER	SR	#16 Wooster	14.64m	48-½	1/13

Women's Pentathlon

1	Katie MOORE	JR	#8 DePauw	3,078		1/20
2	Helena SNYDER	JR	#17 Alma	2,829		12/2
3	Lainee VALENTINE	JR	#1 Wittenberg	2,624		12/1
4	Amanda RADKE	SR	#10 Otterbein	2,463		12/1
5	Charlie DOLLIVER	SO	#10 Otterbein {2}	2,310		12/1
6	Allison WICHERT	SO	#17 Alma {2}	2,108		12/2



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Metro

Women's 60 Meters

1	Maria MUZZARELLI	JR	#9 Widener	7.69	1/12
2	Zrreyah MOORE	SR	#5 Rutgers-Newark	7.72	1/19
3	Laura MATHEWS	SR	#4 Stevens	7.79	1/20
4	Chidimma IGWE	SR	#5 Rutgers-Newark {2}	7.86	12/1
5	Mariam KOITA	FR	#9 Widener {2}	7.98	1/20
6	Mackenzie BURKE	FR	#1 TCNJ	7.99	12/2
6	Michelle ITOUA	SO	#16 Montclair State	7.99	1/20
8	Rebecca KNEPPEL	JR	#10 Ramapo	8.00	12/2
8	Ashanae MORRISON	JR	#3 Stockton	8.00	12/9
10	Abigail GIAMONI	JR	#6 Moravian	8.02	12/2

Women's 60 Meter Hurdles

1	Laura MATHEWS	SR	#4 Stevens	8.89	12/2
2	Kristen WILLIAMS	SR	#4 Stevens {2}	9.09	12/2
3	Maya RICHWINE	FR	#18 Muhlenberg	9.20	1/20
4	Olivia SMIAROWSKA	FR	#20 Delaware Valley	9.40	1/20
5	Eliza BRUNCAJ	JR	#1 TCNJ	9.41	1/20
6	Cristen MOLIWOLO	SO	#3 Stockton	9.60	12/9
7	Carmelle ALEXIS	SO	#5 Rutgers-Newark	9.62	12/1
8	Mackenzie BURKE	FR	#1 TCNJ {2}	9.66	12/2
9	Gloria HUGHES	JR	#2 Rowan	9.79	12/1
9	Brya BYRD	SR	#5 Rutgers-Newark {2}	9.79	1/19

Women's 200 Meters

1	Zrreyah MOORE	SR	#5 Rutgers-Newark	25.05	1/19
2	Jasmine BROADWAY	JR	#2 Rowan	25.44	12/1
3	Chidimma IGWE	SR	#5 Rutgers-Newark {2}	25.61	1/19
4	Jasmine POPE	JR	#2 Rowan {2}	25.75	12/1
5	Maria MUZZARELLI	JR	#9 Widener	25.85	1/20
6	Mariam KOITA	FR	#9 Widener {2}	25.86	1/20
7	Eliza BRUNCAJ	JR	#1 TCNJ	25.94	1/20
8	Paris MOORE	SO	#2 Rowan {3}	26.07	12/1
9	Abigail GIAMONI	JR	#6 Moravian	26.14	12/9
10	Olivia D'AULERIO	SO	#11 Haverford	26.40	1/20

Women's 400 Meters

1	Nevaeh LORJUSTE	JR	#2 Rowan	56.88	12/1
2	Zrreyah MOORE	SR	#5 Rutgers-Newark	57.18	12/1
3	Molly LODGE	JR	#2 Rowan {2}	58.47	12/1
4	Jasmine POPE	JR	#2 Rowan {3}	58.49	12/1
5	Kathleen PEDERSEN	SR	#2 Rowan {4}	58.86	12/1
6	Olivia D'AULERIO	SO	#11 Haverford	59.67	1/20
7	Chidimma IGWE	SR	#5 Rutgers-Newark {2}	59.71	1/12
8	Abigail GIAMONI	JR	#6 Moravian	59.82	1/20
9	Isabel THORNBERRY	SR	#11 Haverford {2}	1:00.05	1/20
10	Rukiyat DARANIJO	FR	#1 TCNJ	1:00.21	1/20

Women's 800 Meters

1	Dale LEONARD	FR	#10 Ramapo	2:19.16	1/19
2	Amanda MCNALLY	JR	#2 Rowan	2:21.64	1/12
3	Sophia GOODWIN	FR	#7 Swarthmore	2:21.85	12/8
4	Olivia D'AULERIO	SO	#11 Haverford	2:22.29	12/8
5	Micah GORDLEY	SR	#12 Arcadia	2:22.42	1/20
6	Naesha GADIE	FR	#1 TCNJ	2:22.51	1/20
7	Isabel THORNBERRY	SR	#11 Haverford {2}	2:23.17	12/8
8	Courtney HUMPHREYS	SR	#24 Neumann	2:23.57	1/20
9	Kayla KASS	SO	#3 Stockton	2:23.86	1/20
10	Alex GRIVAS	SO	#1 TCNJ {2}	2:24.21	1/20

Women's Mile

1	Dale LEONARD	FR	#10 Ramapo	4:57.05	1/19
2	Anna SASSE	JR	#2 Rowan	5:06.64	1/12
3	Suzanne ZAUGG	SR	#10 Ramapo {2}	5:13.88	12/8
4	Gabriella NYE	SO	#9 Widener	5:14.47	1/20
5	Liz EGAN	SO	#9 Widener {2}	5:17.72	1/20
6	Brooke ADAMS	JR	#8 Ursinus	5:19.61	1/20
7	Courtney HUMPHREYS	SR	#24 Neumann	5:22.93	12/8
8	Christina SANCHO-SPORE	JR	#15 Pratt Institute	5:23.67	1/12
9	Naesha GADIE	FR	#1 TCNJ	5:24.71	1/12
10	Savannah SHAW		#11 Haverford	5:28.08	1/20

Women's 3000 Meters

1	Dale LEONARD	FR	#10 Ramapo	10:03.34	12/8
2	Suzanne ZAUGG	SR	#10 Ramapo {2}	10:42.72	1/19
3	Katherine RICE	JR	#1 TCNJ	10:49.33	1/12
4	Salini IYER	JR	#1 TCNJ {2}	10:49.45	1/20
5	Christina SANCHO-SPORE	JR	#15 Pratt Institute	10:50.97	12/2
6	Aubrey JOHNSON	SR	#16 Montclair State	10:50.98	12/8
7	Olivia MONTINI	SO	#7 Swarthmore	10:58.24	1/12
8	Rachel ROUSE	SO	#4 Stevens	10:58.44	1/20
9	Micah GORDLEY	SR	#12 Arcadia	10:58.87	1/20
10	Mia SIDERIS	SO	#8 Ursinus	11:07.97	12/1

Women's 5000 Meters

1	Olivia MONTINI	SO	#7 Swarthmore	18:08.11	12/8
2	Tara SMURLA	SO	#6 Moravian	18:18.52	1/20
3	Suzanne ZAUGG	SR	#10 Ramapo	18:31.87	12/2
4	Jaelyn BARKLEY	JR	#3 Stockton	18:34.52	1/20
5	Micah GORDLEY	SR	#12 Arcadia	18:56.82	12/2
6	Cameron WRIGHT	JR	#2 Rowan	18:59.51	12/1
7	Haley ESTUS	JR	#21 DeSales	19:01.62	1/20
8	Aubrey JOHNSON	SR	#16 Montclair State	19:09.53	1/20
9	Meghan MYERS	SO	#6 Moravian {2}	19:20.03	1/20
10	Guinevere KENNEDY	SO	#3 Stockton {2}	19:32.34	1/20



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Metro

Women's 4x400 Relay

1	Jasmine Broadway Molly Lodge Nevaeh Lorjuste Kathleen Pedersen	#2 Rowan	3:53.48	12/1
2	Kelly O'Grady Eliza Bruncaj Rukiyat Daranijo Amanda Demko	#1 TCNJ	4:01.70	1/20
3	https://www.tfrrs.org/teams/	#3 Stockton	4:06.74	12/1
4	https://www.tfrrs.org/teams/	#5 Rutgers-Newark	4:07.68	1/19
5	Janitza Hernandez-Albino Hailey Shreffler Jennifer Fischli Samantha Peters	#14 Eastern (Pa.)	4:22.70	1/20
6	Ashley Adames Reyanna Henderson Ayria Young Grace Sabaya	#25 New Jersey City	4:22.78	12/9
7	https://www.tfrrs.org/teams/	#23 Farmingdale Sta	4:25.95	12/1
8	Emily Camlet Sage Hendershot Mazzy Cirinelli Skyler McGuire	#17 Drew	4:26.81	12/2
9	https://www.tfrrs.org/teams/	#6 Moravian	4:34.95	12/8
10	Lauren Carter Leilani Taylor Sydney Marshall Carly Malia	#22 Rutgers-Camden	4:37.06	12/8

Women's Distance Medley Relay

1	Ally Wernik Rizzo Ava Gianna Burgio Fanning Chloe	#2 Rowan	13:29.37	1/12
2	https://www.tfrrs.org/teams/	#13 Bryn Mawr	13:57.48	1/12
3	Sarah Cawley Ava Hunwick Finn Powell Christina Sancho-Spore	#15 Pratt Institute	14:20.06	1/19
4	Andie Hollander Abby Durbano Nina Viglianti Elizabeth Chidester	#21 DeSales	15:43.23	1/20
5	Aaliyah Bartholomew Nana Samake Lovely Joseph Lambert Jada	#19 Medgar Evers	18:55.82	1/13

Women's High Jump

1	Kayley HARNETT	SR	#1 TCNJ	1.66m	5-5¼	12/9
2	Melina CHRISTODOULOU	SR	#17 Drew	1.62m	5-3¾	1/12
3	Caroline TIGHE	JR	#4 Stevens	1.58m	5-2¼	1/20
3	Jocelynn ITTERLY	SR	#6 Moravian	1.58m	5-2¼	12/9
3	Kaitlyn VERVER	JR	#3 Stockton	1.58m	5-2¼	12/9
6	Sarah SCEPKOWSKI	SO	#1 TCNJ	{2} 1.57m	5-1¾	1/12
6	Maya LAPINSKI	FR	#4 Stevens	{2} 1.57m	5-1¾	12/2
6	Abigail PFAFF	JR	#1 TCNJ	{2} 1.57m	5-1¾	1/12
6	Emily TRELSTAD	JR	#7 Swarthmore	1.57m	5-1¾	1/12
10	Alexis GROFF	SR	#6 Moravian	{2} 1.53m	5-¼	12/9

Women's Pole Vault

1	Alexis MEROLA	SO	#4 Stevens	3.30m	10-9¾	1/20
1	Emerson DIRK	FR	#1 TCNJ	3.30m	10-9¾	12/2
3	Paige CARPENTER	JR	#14 Eastern (Pa.)	3.15m	10-4	1/20
4	Savannah STEGER	SR	#9 Widener	3.06m	10-½	12/1
5	Juniper BAUROTH-SHERMAN	SO	#8 Ursinus	3.05m	10-0	1/20
6	Stephanie RYAZANOVA	SO	#4 Stevens	{2} 3.00m	9-10	12/2
6	Maya SCANNELL	FR	#1 TCNJ	{2} 3.00m	9-10	12/2
8	Alice CREED	SR	#11 Haverford	2.90m	9-6¼	12/8
9	Madison FEY	SR	#3 Stockton	2.89m	9-5¾	1/20
10	Julia DAKWAR	SR	#1 TCNJ	{3} 2.85m	9-4¼	12/2



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Metro

Women's Long Jump

1	Rainah DUNHAM	SR	#8 Ursinus	5.61m	18-5	1/20
2	Lia MALAVE	FR	#1 TCNJ	5.25m	17-2¾	1/20
3	Jessica JOHNSON	SO	#13 Bryn Mawr	5.21m	17-1¼	12/2
4	Samantha WECHSLER	FR	#8 Ursinus	{2}5.20m	17-¾	1/20
5	Lydia MORRIS-KLIMENT	FR	#7 Swarthmore	5.09m	16-8½	12/8
5	Ashanae MORRISON	JR	#3 Stockton	5.09m	16-8½	1/12
7	Khristina WASHINGTON	JR	#3 Stockton	{2}5.07m	16-7¾	12/1
7	Emma PETROLIA	SO	#3 Stockton	{2}5.07m	16-7¾	12/1
9	Laura MATHEWS	SR	#4 Stevens	5.04m	16-6½	12/2
10	Kathleen GSELL	FR	#1 TCNJ	{2}5.03m	16-6	12/2

Women's Triple Jump

1	Rainah DUNHAM	SR	#8 Ursinus	11.72m	38-5½	12/1
2	Mia FLEMING	FR	#12 Arcadia	11.14m	36-6¾	1/20
3	Khristina WASHINGTON	JR	#3 Stockton	11.07m	36-4	12/1
4	Emma PETROLIA	SO	#3 Stockton	{2}10.71m	35-1¾	12/9
5	Sophia GOODWIN	FR	#7 Swarthmore	10.60m	34-9½	1/20
6	Emily TURSCHMANN	FR	#1 TCNJ	10.54m	34-7	1/12
7	Shira GAMSON	SO	#18 Muhlenberg	10.48m	34-4¾	1/20
8	Alexandra HAEFELE	SO	#6 Moravian	10.45m	34-3½	12/2
9	Hannah SWALE	SO	#7 Swarthmore	{2}10.40m	34-1½	12/8
10	Kathleen GSELL	FR	#1 TCNJ	{2}10.31m	33-10	12/9

Women's Shot Put

1	Kerri MCCARTHY	JR	#1 TCNJ	12.91m	42-4¼	1/20
2	Isabelle DEAL	SR	#2 Rowan	12.82m	42-¾	1/20
3	Shanil AUGUSTE	SR	#5 Rutgers-Newark	12.42m	40-9	12/1
4	Sarah WILCHER	SO	#11 Haverford	12.28m	40-3½	12/8
5	Edith GONZALEZ	SR	#1 TCNJ	{2}12.13m	39-9¾	12/2
6	Donya BAXTER		#12 Arcadia	12.06m	39-6¾	1/20
7	Tate GARCIA	SO	#7 Swarthmore	11.95m	39-2½	12/8
8	Jacqueline ALLEN	JR	#8 Ursinus	11.92m	39-1¼	1/20
9	Savanna DODD	FR	#14 Eastern (Pa.)	11.43m	37-6	1/20
10	Mikayla WOODRING	JR	#6 Moravian	11.22m	36-9¾	12/2

Women's Weight Throw

1	Jessica REILLY	JR	#1 TCNJ	15.60m	51-2¼	12/9
2	Alexis MARINI	SR	#22 Rutgers-Camden	15.13m	49-7¾	1/20
3	Kerri MCCARTHY	JR	#1 TCNJ	{2}14.71m	48-3¼	1/20
4	Shanil AUGUSTE	SR	#5 Rutgers-Newark	14.70m	48-2¾	1/12
5	Elizabeth AGYEI	JR	#7 Swarthmore	14.57m	47-9¾	1/12
6	Isabella FREDA	JR	#3 Stockton	14.10m	46-3¼	12/1
7	Savanna DODD	FR	#14 Eastern (Pa.)	14.09m	46-2¾	1/20
8	Quamora PROCTOR	JR	#3 Stockton	{2}14.01m	45-11¾	1/20
9	Kara VASHEY	SO	#6 Moravian	13.99m	45-10¾	12/9
10	Isabelle DEAL	SR	#2 Rowan	13.96m	45-9¾	12/1

Women's Pentathlon

1	Michaela POMATTO	SO	#3 Stockton	2,128		12/9
2	Desireth RAMIREZ	FR	#19 Medgar Evers	991		12/2



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Mid-Atlantic

Women's 60 Meters

1	Lauren PHILLIPS	JR	#1 Johns Hopkins	7.70	1/12
2	Chloe ZHANG	FR	#1 Johns Hopkins {2}	7.72	12/2
3	Victoria KADIRI	JR	#1 Johns Hopkins {3}	7.79	1/20
4	Leah GRAY	JR	#19 Penn State Harri	7.91	12/8
5	Alexa RINE	SR	#3 Susquehanna	7.97	12/2
6	Jessica FATIGATI	SR	#5 Westminster (Pa)	8.00	1/19
7	Sara PENUELA	SR	#2 Dickinson	8.01	12/9
8	Arwyn GRUENWALD	SO	#7 Messiah	8.02	1/20
9	Emma RUDOLPH		#5 Westminster (Pa){2}	8.04	1/19
10	Molly WAGNER	JR	#24 Carlow (Pa.)	8.05	12/1

Women's 60 Meter Hurdles

1	Elizabeth BARRE	SR	#4 Carnegie Mellon	8.91	1/20
2	Victoria KADIRI	JR	#1 Johns Hopkins	9.06	12/2
3	Lauren DUNNIGAN	FR	#13 Franklin & Marsh	9.13	12/8
4	Hannah ALDERFER	JR	#3 Susquehanna	9.17	12/9
5	Kara BROWN	SO	#7 Messiah	9.63	12/8
6	Breannda DAVIS	SR	#5 Westminster (Pa)	9.69	1/19
7	Sophia KOVATSI	SR	#2 Dickinson	9.70	12/9
8	Jadyn HARTNER	JR	#9 Washington & Je	9.72	12/2
9	Molly WHITE	SO	#8 Scranton	9.73	1/20
10	Sarah SCHNEIDER	SO	#9 Washington & Je{2}	9.84	1/20

Women's 200 Meters

1	Lauren PHILLIPS	JR	#1 Johns Hopkins	25.68	1/12
2	Sara PENUELA	SR	#2 Dickinson	25.91	12/3
3	Halle JENNETT	JR	#7 Messiah	26.05	12/8
4	Darrian BERKHEIMER	JR	#6 Lebanon Valley	26.18	12/8
5	Emerlee SIMONS	SR	#2 Dickinson {2}	26.39	12/9
6	Jocelyn SMITH	FR	#8 Scranton	26.49	1/20
7	Leah GRAY	JR	#19 Penn State Harri	26.58	12/8
8	Arwyn GRUENWALD	SO	#7 Messiah {2}	26.81	1/20
9	Alexa RINE	SR	#3 Susquehanna	26.84	12/9
10	Katie MORGAN	JR	#21 McDaniel	26.89	1/14

Women's 400 Meters

1	Lauren PHILLIPS	JR	#1 Johns Hopkins	58.07	1/19
2	Darya MIKUSOVA	SR	#2 Dickinson	58.91	12/3
3	Emerlee SIMONS	SR	#2 Dickinson {2}	59.61	12/9
4	Lillian BOUDREAU	SO	#20 Gettysburg	1:00.12	12/8
5	Lianne SAUSSY	SO	#1 Johns Hopkins {2}	1:00.27	1/19
6	Lorna ARCESE	SO	#1 Johns Hopkins {3}	1:00.84	1/19
7	Precious ENOW	SO	#16 Goucher	1:01.24	12/2
8	Katie MORGAN	JR	#21 McDaniel	1:01.48	12/3
9	Darrian BERKHEIMER	JR	#6 Lebanon Valley	1:02.10	1/20
10	Alyssa DEVITA	SO	Albright	1:02.45	12/2

Women's 800 Meters

1	Annie HUANG	JR	#1 Johns Hopkins	2:13.83	1/19
2	Tanise THORNTON-FILLYAW	SO	#16 Goucher	2:17.09	1/20
3	Grace MORNINGSTAR	FR	#10 Misericordia	2:19.49	1/19
4	Mackenzie SETTON	SO	#1 Johns Hopkins {2}	2:20.49	1/12
5	Jacqueline LIU	SO	#4 Carnegie Mellon	2:20.62	1/20
6	Cassie CARR	JR	#9 Washington & Je	2:21.31	1/20
7	Lydia BENNETT	JR	#15 Grove City	2:21.40	12/1
8	Myra NAQVI	JR	#2 Dickinson	2:21.44	12/9
9	Diana VALENTINI	FR	#1 Johns Hopkins {3}	2:22.13	1/19
10	Amiyah PRIEBE	JR	#2 Dickinson {2}	2:22.52	1/20

Women's Mile

1	Mackenzie SETTON	SO	#1 Johns Hopkins	5:01.09	1/19
2	Sara STEPHENSON	SR	#1 Johns Hopkins {2}	5:09.79	1/12
3	Lydia BENNETT	JR	#15 Grove City	5:11.40	12/1
4	Amiyah PRIEBE	JR	#2 Dickinson	5:11.43	1/20
5	Sarah CONANT	SR	#1 Johns Hopkins {3}	5:11.59	1/12
6	Adriana CATALANO	SO	#1 Johns Hopkins {4}	5:12.88	1/12
7	Hailey CARROLL	SO	#17 Geneva	5:14.17	1/19
8	Myra NAQVI	JR	#2 Dickinson {2}	5:14.45	12/9
9	Grace MORNINGSTAR	FR	#10 Misericordia	5:17.91	1/12
10	Charlotte KRATOVL-LAVELLE	SR	#2 Dickinson {3}	5:19.14	12/9

Women's 3000 Meters

1	Cassie CARR	JR	#9 Washington & Je	10:11.82	1/13
2	Lauren BUNKE	SR	#6 Lebanon Valley	10:12.33	1/20
3	Sarah CONANT	SR	#1 Johns Hopkins	10:12.48	12/2
4	Orit SHIANG	FR	#4 Carnegie Mellon	10:14.58	1/20
5	Adriana CATALANO	SO	#1 Johns Hopkins {2}	10:14.96	1/19
6	Mackenzie SETTON	SO	#1 Johns Hopkins {3}	10:15.33	12/2
7	Callie JONES	SR	#1 Johns Hopkins {4}	10:18.70	12/2
8	Claire ANDERSON	SO	#9 Washington & Je{2}	10:20.40	1/13
9	Izzy NOBILLI	SO	#1 Johns Hopkins {5}	10:25.22	1/12
10	Aisling CALLAHAN	SO	#1 Johns Hopkins {6}	10:27.30	1/12

Women's 5000 Meters

1	Sara STEPHENSON	SR	#1 Johns Hopkins	17:46.53	12/2
2	Grace GALLAGHER	SO	#10 Misericordia	17:54.39	1/12
3	Cassie CARR	JR	#9 Washington & Je	18:03.84	12/2
4	Hailey CARROLL	SO	#17 Geneva	18:15.35	12/1
5	Anna BODMER		#12 Salisbury	18:15.54	12/2
6	Katie ANTHONY	JR	#7 Messiah	18:17.68	12/8
7	Sophia ZALEWSKI	SR	#4 Carnegie Mellon	18:19.72	12/1
8	Aisling CALLAHAN	SO	#1 Johns Hopkins {2}	18:22.09	12/2
9	Izzy NOBILLI	SO	#1 Johns Hopkins {3}	18:32.79	12/2
10	Anna WARMACK	SR	#1 Johns Hopkins {4}	18:36.91	12/2



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Mid-Atlantic

Women's 4x400 Relay

1	Lianne Saussy Annie Huang Lauren Phillips Anna Zaeske	#1 Johns Hopkins	3:57.71	12/2
2	Isabella Rhee Emily Lannen Zoe King Elizabeth Barre	#4 Carnegie Mellon	4:10.41	1/20
3	Darya Mikusova Marian a Penuela Sara Penuela Emerlee Simons	#2 Dickinson	4:10.48	12/9
4	Halle Jennett Elena Vargas Emma Graybill Kerrigan Lebo	#7 Messiah	4:17.07	1/20
5	Abby Bachman Annalis e Kauffman Lauren Dunnigan Tatum Evans	#13 Franklin & Marsh	4:20.55	12/8
6	Katie Morgan Anna Rando Angel Bidgell Piper Nagaraj	#21 McDaniel	4:21.07	12/3
7	Alyssa Devita Katelyn Schweitzer Eren Tighe Nyla Callahan	Albright	4:21.91	12/8
8	Julia Acevedo Hannah Alderfer Caitlyn Kuhn Ashley Newman	#3 Susquehanna	4:23.30	12/2
9	Jessie Torres Paige Jerrahian Rosnell y Sanchez Caitlin Sternberg	#25 Alvernia	4:25.63	1/20
10	Melissa Patton Caleigh Bold Katherine Hartman Axel Georgieff	#14 Elizabethtown	4:26.12	12/8

Women's Distance Medley Relay

1	Emma Kothari Annie Huang Mackenzi e Setton Harrinee Senthilkumar	#1 Johns Hopkins	12:22.25	1/19
2	Maria Gilles Cali LaRue Grace Reid- Vensel Cassie Carr	#9 Washington & Je	13:07.96	1/20
3	Emily Hopkins Alexsan dra Roueche Any a Kelly Maria Viola	#8 Scranton	13:39.32	1/20
4	Sammy jo Barnes Leah Bell Breanna Franchak Megha n Higgins-Haas	#2 Dickinson	14:23.70	1/20
5	Marin Bartman Gloria Castillo Sasha Rivera Aylene Noy	Hood	14:31.53	1/20
6	Camryn Noll Kendall Sirignano Adrian David Piper Young	Chatham	14:35.99	1/13
7	Sylvia Tsarnas Alyssa Jeffcoat Kady Alexander Monic a Curtis	#5 Westminster (Pa	18:02.77	1/19

Women's High Jump

1	Elizabeth BARRE	SR	#4 Carnegie Mellon	1.68m	5-6	12/2
2	Fatikhha TIKHTOVA	FR	#6 Lebanon Valley	1.60m	5-3	12/8
2	Olivia BARBACCI	SO	#18 Juniata	1.60m	5-3	1/20
4	Ashley RICH	FR	#14 Elizabethtown	1.57m	5-1¾	1/12
4	Casey ALLEN	JR	#10 Misericordia	1.57m	5-1¾	1/19
6	Allison HUELBIG	SO	#13 Franklin & Marsh	1.55m	5-1	12/8
7	Breannnda DAVIS	SR	#5 Westminster (Pa	1.54m	5-½	1/19
8	Christina SMITH	SR	#24 Carlow (Pa.)	1.52m	4-11¾	12/1
8	Madison ARMITAGE	JR	#11 King's College (P	1.52m	4-11¾	12/9
10	Madison LAMB		#12 Salisbury	1.51m	4-11½	12/2



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Mid-Atlantic

Women's Pole Vault

1	Emma RUDOLPH		#5 Westminster (Pa)	3.76m	12-4	1/19
2	Madison CONLEY	SR	#5 Westminster (Pa){2}	3.46m	11-4¼	1/19
3	Jo-Michelle HUCZKO	SR	#4 Carnegie Mellon	3.35m	10-11¾	12/2
4	Cassidy BROWN	JR	#1 Johns Hopkins	3.30m	10-9¾	12/2
5	Bianca SKELTON	SR	#1 Johns Hopkins {2}	3.20m	10-6	1/20
5	Sarah-Caulley SOTO	SO	#1 Johns Hopkins {2}	3.20m	10-6	1/20
5	Hazel BUONOPANE	FR	#4 Carnegie Mellon {2}	3.20m	10-6	12/2
8	Missy TREHARN	SO	#5 Westminster (Pa){3}	3.16m	10-4¼	1/19
9	Hannah WITTER	SO	#7 Messiah	3.10m	10-2	1/20
10	Victoria ZULTEVICZ	JR	#11 King's College (P)	3.05m	10-0	12/2

Women's Long Jump

1	Victoria KADIRI	JR	#1 Johns Hopkins	5.90m	19-4¼	12/2
2	Hannah ALDERFER	JR	#3 Susquehanna	5.48m	17-11¾	12/9
3	Marlyse HAACK	SO	#12 Salisbury	5.43m	17-9¾	12/2
4	Elizabeth BARRE	SR	#4 Carnegie Mellon	5.34m	17-6¼	1/20
5	Sara BARTLETT	JR	#1 Johns Hopkins {2}	5.33m	17-6	12/2
6	Chloe ZHANG	FR	#1 Johns Hopkins {3}	5.30m	17-4¾	12/2
7	Remi ACORD	JR	#3 Susquehanna {2}	5.24m	17-2¼	12/2
8	Sara PENUELA	SR	#2 Dickinson	5.22m	17-1½	12/9
9	Mileyshka CALDERON	FR	#6 Lebanon Valley	5.21m	17-1¼	12/8
10	Fatikhha TIKHTOVA	FR	#6 Lebanon Valley {2}	5.13m	16-10	12/8

Women's Triple Jump

1	Victoria KADIRI	JR	#1 Johns Hopkins	12.86m	42-2¼	1/20
2	Sara BARTLETT	JR	#1 Johns Hopkins {2}	11.25m	36-11	12/2
3	Julia ACEVEDO	SR	#3 Susquehanna	11.05m	36-3	1/20
4	Iniyaa MOHANRAJ	SO	#4 Carnegie Mellon	10.92m	35-10	12/2
5	Elena VARGAS	JR	#7 Messiah	10.86m	35-7¾	1/20
6	Jocelyn KIEFEL	JR	#4 Carnegie Mellon {2}	10.85m	35-7¼	12/2
7	Chloe ZHANG	FR	#1 Johns Hopkins {3}	10.77m	35-4	12/2
8	Remi ACORD	JR	#3 Susquehanna {2}	10.74m	35-3	12/9
9	Marlyse HAACK	SO	#12 Salisbury	10.73m	35-2½	12/2
10	Lauren DUNNIGAN	FR	#13 Franklin & Marsh	10.68m	35-½	1/20

Women's Shot Put

1	Rosalyn PAGE	JR	#23 Marywood	12.43m	40-9½	12/8
2	Lexi SHIDERLY	JR	#5 Westminster (Pa)	12.40m	40-8¼	12/1
3	Erika EZUMBA	SO	#1 Johns Hopkins	12.16m	39-10¾	12/2
4	Brandy VARNER	SO	#11 King's College (P)	11.96m	39-3	1/20
5	Abby EVERETT	SR	#2 Dickinson	11.89m	39-¼	12/3
5	Maggie BOYER	SR	#3 Susquehanna	11.89m	39-¼	12/9
7	Mylea NEIDIG	SR	#14 Elizabethtown	11.82m	38-9½	12/8
8	Caroline REED	JR	#6 Lebanon Valley	11.46m	37-7¼	12/8
9	Delaney HILFERTY	JR	#11 King's College (P){2}	11.31m	37-1¼	12/9
10	Claire SHEARER	SR	#2 Dickinson {2}	11.30m	37-1	12/3

Women's Weight Throw

1	Maggie BOYER	SR	#3 Susquehanna	15.35m	50-4½	12/2
2	Katelyn SHOEMAKER	SO	#11 King's College (P)	14.53m	47-8	12/9
3	Nandee CORREIA	JR	#18 Juniata	14.08m	46-2½	12/9
3	Sofia HARNOIS	SO	#22 York (Pa.)	14.08m	46-2½	1/14
5	Stephanie REIDER	SR	#19 Penn State Harri	13.89m	45-7	1/20
6	Lauren ASSANTE	JR	#6 Lebanon Valley	13.86m	45-5¾	12/8
7	Gabby BELLOMO	JR	#10 Misericordia	13.79m	45-3	1/19
8	Caroline GENSINGER	SO	#20 Gettysburg	13.76m	45-1¾	12/8
9	Jenna DEEP	SO	#2 Dickinson	13.64m	44-9	12/3
10	Abby EVERETT	SR	#2 Dickinson {2}	13.51m	44-4	12/3

Women's Pentathlon

1	Hannah ALDERFER	JR	#3 Susquehanna	3,235		12/9
2	Julia ACEVEDO	SR	#3 Susquehanna {2}	2,660		12/9
3	Sophia KOVATIS	SR	#2 Dickinson	2,651		12/9
4	Molly WHITE	SO	#8 Scranton	2,640		12/9
5	Alicia ACOSTA	SO	#8 Scranton {2}	2,457		12/9
6	Kelsey MYLER	FR	#8 Scranton {3}	2,226		12/9
7	Victoria ZULTEVICZ	JR	#11 King's College (P)	2,190		12/9
8	Charlotte HOULE	FR	#3 Susquehanna {3}	2,187		12/9
9	Katie SEAL	JR	#8 Scranton {4}	1,906		12/9



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Midwest

Women's 60 Meters

1	Marlina VOKER	JR	#6 Hartford	7.88	12/9
2	Juliette SULLIVAN	FR	#7 Wesleyan (Conn.	7.91	12/9
3	Stephanie BROWN	SR	#5 Springfield (Mas	7.94	1/13
4	Heloise HUGHES		#2 Amherst	7.97	1/13
5	Shea O'NEILL	FR	#11 Trinity (Conn.)	7.99	12/2
6	Alaina STONEBREAKER	SO	#4 Coast Guard	7.43 (7.43 (55m)	1/13
7	Kaitlyn DOHERTY	SO	#5 Springfield (Mas	{2}8.02	1/13
8	Ava NOVAK	SR	#10 Vassar	8.03	12/2
9	Olive LAWRENCE	SO	#3 Middlebury	8.04	1/13
9	Mackenzie DAGGITT	JR	#3 Middlebury	8.04	1/13

Women's 60 Meter Hurdles

1	Eliza CARDWELL	JR	#2 Amherst	8.81	1/13
2	Katherine DEFOSSE	FR	#5 Springfield (Mas	9.04	1/20
3	Ioanna TSONI	FR	#15 Mount Holyoke	9.17	1/20
4	Jahmilia DENNIS	SO	#10 Vassar	9.35	12/2
5	Anaya THOMAS	JR	#2 Amherst	{2}9.38	1/20
6	Hayden COLFAX	JR	#1 Williams	9.42	12/2
7	Emma WHEELER	SR	#8 Connecticut Coll	9.46	1/20
8	Caroline CROCKER	FR	#6 Hartford	9.48	12/9
9	Cali LEONARD	SO	#6 Hartford	{2}9.49	12/2
10	Ashley SHELDON	FR	#13 Union (N.Y.)	9.51	1/20

Women's 200 Meters

1	Marlina VOKER	JR	#6 Hartford	24.91	12/9
2	Bella KING-HARVEY	FR	#1 Williams	25.73	12/9
3	Cate DONALDSON	FR	#1 Williams	{2}25.85	12/9
4	Juliette SULLIVAN	FR	#7 Wesleyan (Conn.	25.95	1/19
5	Christine MALLETT	JR	#9 RPI	26.06	12/9
6	Michelle LOUIE	SR	#3 Middlebury	26.10	1/20
7	Cate KNEEBONE	JR	#11 Trinity (Conn.)	26.14	12/2
8	Katie MANNING	JR	#9 RPI	{2}26.31	12/9
9	Anna KROUSE	JR	#3 Middlebury	{2}26.42	1/13
9	Emily PARCHINSKI	SR	#6 Hartford	{2}26.42	12/9

Women's 400 Meters

1	Casie EIFRIG	JR	#2 Amherst	57.93	1/13
2	Cate DONALDSON	FR	#1 Williams	58.18	12/2
3	Claire JENSEN	FR	#1 Williams	{2}58.50	12/9
4	Kennedy MULLEN	JR	#11 Trinity (Conn.)	58.53	1/19
5	Lauren SZALKOWSKI	FR	#9 RPI	58.56	12/9
6	Camryn TAYLOR	JR	#1 Williams	{3}58.69	12/9
7	Bella KING-HARVEY	FR	#1 Williams	{4}58.83	12/2
8	Anna KROUSE	JR	#3 Middlebury	58.87	1/13
9	Mary ELLIOT	SO	#3 Middlebury	{2}58.98	1/13
10	Grace FLYNN	JR	#4 Coast Guard	1:00.06	1/13

Women's 800 Meters

1	Allison SIBOLD	JR	#12 St. Lawrence	2:17.05	1/20
2	Lucy GAGNON	SR	#1 Williams	2:17.79	1/13
3	Kasey MCGERALD	JR	#13 Union (N.Y.)	2:17.83	1/20
4	Zoë MARCUS	FR	#2 Amherst	2:21.10	1/13
5	Shams FERVER	JR	#14 Smith	2:21.52	1/20
6	LK TUCKER	FR	#8 Connecticut Coll	2:23.62	1/13
7	Hannah BENNETT	FR	#12 St. Lawrence	{2}2:24.84	1/20
8	Ashley RAYNOR	SR	#3 Middlebury	2:25.01	1/20
9	Piper LENTZ	SO	#2 Amherst	{2}2:25.21	1/13
10	Alayna GIBSON	JR	#13 Union (N.Y.)	{2}2:26.20	1/20

Women's Mile

1	Allison SIBOLD	JR	#12 St. Lawrence	4:49.05	1/12
2	Lucy GAGNON	SR	#1 Williams	5:03.15	12/2
3	Jules BLESKOSKI	FR	#9 RPI	5:06.55	1/20
4	Paige PHILLIPS	JR	#4 Coast Guard	5:06.83	1/13
5	Pria PARKER	JR	#14 Smith	5:06.84	1/13
6	Stephanie AGER	SO	#7 Wesleyan (Conn.	5:07.32	1/19
7	Olivia PISACANO	SO	#9 RPI	{2}5:08.02	1/20
8	Grace MCDONOUGH	SO	#8 Connecticut Coll	5:08.05	1/20
9	Jordan LISS-RIORDAN	FR	#1 Williams	{2}5:09.61	12/2
10	Julia SCHOR	JR	#2 Amherst	5:09.63	1/13

Women's 3000 Meters

1	Molly FITZGIBBONS	SR	#1 Williams	10:00.49	12/2
2	Genna GIRARD	SR	#1 Williams	{2}10:03.41	1/13
3	Paige PHILLIPS	JR	#4 Coast Guard	10:08.97	1/20
4	Haley OLIVER	SO	#16 Rhode Island Col	10:17.89	12/10
5	Abby FERNALD	SO	#8 Connecticut Coll	10:18.21	1/20
6	Claire CALLON	JR	#2 Amherst	10:21.76	1/13
7	Tamar BYL-BRANN	FR	#1 Williams	{3}10:26.21	12/2
8	Morgan EIGEL	FR	#1 Williams	{4}10:27.59	12/2
9	Helen HURDEN		#1 Williams	{5}10:28.50	1/13
10	Sophie NARDELLI	SR	#3 Middlebury	10:29.19	1/20

Women's 5000 Meters

1	Genna GIRARD	SR	#1 Williams	16:58.68	12/2
2	Stephanie AGER	SO	#7 Wesleyan (Conn.	17:56.26	12/2
3	Fiona PICONE	SO	#1 Williams	{2}18:05.37	12/2
4	Charlene PENG	FR	#1 Williams	{3}18:30.79	12/2
5	Marissa COLVIN	SO	#18 SUNY Plattsburg	18:49.43	12/9
5	Megan CHURM	SR	#4 Coast Guard	18:49.43	1/20
7	Shea HAMEL	SO	#17 Westfield State	18:52.86	12/9
8	Maddy FOHT	SR	#4 Coast Guard	{2}19:05.22	1/20
9	Grace KAERCHER	JR	#1 Williams	{4}19:21.42	12/2
10	Molly KENNEDY	JR	#17 Westfield State	{2}19:24.97	12/9



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Midwest

Women's 4x400 Relay

1	Cate Donaldson Bella King Harvey Claire Jensen Kelsey Tarby	#1 Williams	3:51.52	12/9
2	Cate Kneebone Emma Almony Kennedy Mullen Sophia Jones	#11 Trinity (Conn.)	3:59.66	1/19
3	Ciara Dale Elle Thompson Mary Elliot Anna Krouse	#3 Middlebury	4:02.69	1/20
4	Mads Rabb Casie Eifrig Camilla Lash Paige Clarke	#2 Amherst	4:06.97	1/13
5	Grace McDonough Emma Wheeler LK Tucker Alexa Estes	#8 Connecticut Coll	4:10.95	1/20
6	Gabrielle Baker Katherine Doran Caroline Stanton Kasey McGerald	#13 Union (N.Y.)	4:13.24	12/2
7	Sidney Triepke Makenna Topp Kate Stebbins Mia Mastrogiovanni	#4 Coast Guard	4:13.97	1/13
8	Kate Hausladen Juliette Sullivan Naomi McGadney Image n Walters	#7 Wesleyan (Conn.)	4:15.25	1/13
9	Stephanie Brown Maggie Donohue Gwendolyn Andersen Julia Brillo	#5 Springfield (Mas)	4:17.99	1/20
10	Madeline Busam Laura Wong Maya Carey Margaret McLaughlin	#10 Vassar	4:18.74	12/2

Women's Distance Medley Relay

1	ZoÃ« Marcus Piper Lentz Ava Zielinski Bella Lozier	#2 Amherst	12:24.76	1/20
2	Allison Sibold Margaret McNally Emma Palumbo Hannah Bennett	#12 St. Lawrence	12:39.52	1/20
3	Nadia Lim Kate Hausladen Elanora Smith Margaret Stevens	#7 Wesleyan (Conn.)	13:02.44	1/19
4	Edin Sisson Caroline Graziani Addie Fuller Alsacia Timmerman	#8 Connecticut Coll	13:12.28	1/13
5	Mackenzie Feeney Tirzah Spivey Charisma Losee Elizabeth Ingellis	#21 Sage Colleges	14:04.34	1/20
6	Lillian Letzring Madison Wagner Adrianna Orlando Emily Yousey	#20 SUNY Potsdam	14:14.54	12/2

Women's High Jump

1	Allie WILDSMITH	SO	#4 Coast Guard	1.71m	5-7¼	1/20
2	Sydney GARRISON	SR	#6 Hartford	1.68m	5-6	12/9
2	Avery BAKER-SCHLENDERING	FR	#6 Hartford	1.68m	5-6	12/9
4	Gabriella GRATTAN	JR	#11 Trinity (Conn.)	1.67m	5-5¾	1/19
5	Amelie JAMANKA	SO	#1 Williams	1.65m	5-5	12/9
6	Ashley SHELTON	FR	#13 Union (N.Y.)	1.62m	5-3¾	1/12
7	Leah SMITH		#2 Amherst	1.60m	5-3	1/13
7	Livi MAZEROLLE	SO	#1 Williams	{2} 1.60m	5-3	1/13
9	Anaya THOMAS	JR	#2 Amherst	{2} 1.55m	5-1	1/20
10	Hannah LAVITA	SR	#5 Springfield (Mas)	1.51m	4-11½	1/13
10	Hannah TIRRELL	FR	#5 Springfield (Mas)	1.51m	4-11½	1/20

Women's Pole Vault

1	Ellie FITZGERALD	SO	#1 Williams	3.76m	12-4	1/13
2	Jae YU	JR	#1 Williams	{2} 3.60m	11-9¾	12/9
3	Kerry SEEKAMP	SO	#14 Smith	3.50m	11-5¾	12/2
4	Madison GARRIGUS	SR	#4 Coast Guard	3.40m	11-1¾	1/13
5	Payton SORENSEN	JR	#2 Amherst	3.35m	10-11¾	1/20
6	Fiona CARROLL	JR	#7 Wesleyan (Conn.)	3.25m	10-8	1/19
6	Jordan HECKER	JR	#2 Amherst	{2} 3.25m	10-8	1/13
8	Mia BAWENDI	SR	#2 Amherst	{3} 3.20m	10-6	1/20
8	Zoe WANG	JR	#3 Middlebury	3.20m	10-6	1/20
10	Mollie BRINKER	SO	#4 Coast Guard	{2} 3.10m	10-2	1/13



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Mideast

Women's Long Jump

1	Eliza CARDWELL	JR	#2 Amherst	5.62m	18-5¼	1/13
2	Anastasia IOPPOLO	SO	#2 Amherst	{2} 5.50m	18-½	1/13
3	Muffie MAZAMBANI	SR	#2 Amherst	{3} 5.33m	17-6	1/13
4	Leslie SAMUEL	FR	#6 Hartford	5.31m	17-5¼	12/2
5	Leah SMITH		#2 Amherst	{4} 5.26m	17-3¼	1/13
6	Ioanna TSONI	FR	#15 Mount Holyoke	5.21m	17-1¼	1/20
7	Emma WHEELER	SR	#8 Connecticut Coll	5.18m	17-0	12/9
8	Juliette SULLIVAN	FR	#7 Wesleyan (Conn.	5.11m	16-9¼	1/13
9	Sydney PASSLEY-HARRIS	SO	#10 Vassar	5.10m	16-8¾	12/2
9	Katie MANNING	JR	#9 RPI	5.10m	16-8¾	12/2

Women's Triple Jump

1	Samantha PAUL	JR	#5 Springfield (Mas:	11.50m	37-8¾	12/2
2	Jahmilia DENNIS	SO	#10 Vassar	11.35m	37-3	12/2
3	Rafaela DELGADO	FR	#1 Williams	11.13m	36-6¼	12/9
4	Anaya THOMAS	JR	#2 Amherst	10.97m	36-0	1/13
5	Muffie MAZAMBANI	SR	#2 Amherst	{2} 10.91m	35-9½	1/13
6	Anastasia IOPPOLO	SO	#2 Amherst	{3} 10.69m	35-1	1/13
7	Kelsey TARBY	FR	#1 Williams	{2} 10.65m	34-11¼	12/9
8	Elle RIMANDO	SO	#15 Mount Holyoke	10.63m	34-10½	12/2
9	Isabelle GAY	SR	#3 Middlebury	10.53m	34-6¾	1/13
9	Eliza LEE	SO	#17 Westfield State	10.53m	34-6¾	12/9

Women's Shot Put

1	Mary Scott ROBINSON	SR	#3 Middlebury	12.02m	39-5¼	1/13
2	Emma WHEELER	SR	#8 Connecticut Coll	11.98m	39-3¾	1/13
3	Maureen HAMMOND	JR	#4 Coast Guard	11.68m	38-4	1/13
4	Sophie WARREN	SR	#5 Springfield (Mas:	11.43m	37-6	12/2
5	Sadie OLSON	SR	#4 Coast Guard	{2} 11.24m	36-10½	1/20
6	Katelynn TAYLOR	JR	#5 Springfield (Mas:	{2} 11.20m	36-9	12/2
7	Emma RAMSINGH	FR	#2 Amherst	11.08m	36-4¼	1/20
7	Kylie ALLEN	FR	#9 RPI	11.08m	36-4¼	12/2
9	KayInn STEVENSON	FR	#19 Castleton	11.04m	36-2¾	12/2
10	Emma MILLER	SO	#1 Williams	11.00m	36-1¼	12/2

Women's Weight Throw

1	Samantha SAINRISTILL	JR	#16 Rhode Island Col	15.89m	52-1¾	12/2
2	Lillian WURTZ	SO	#3 Middlebury	14.43m	47-4¼	1/20
3	Sophie WARREN	SR	#5 Springfield (Mas:	14.41m	47-3½	12/2
4	Katelynn TAYLOR	JR	#5 Springfield (Mas:	{2} 13.76m	45-1¾	12/2
5	KayInn STEVENSON	FR	#19 Castleton	13.71m	44-11¾	12/9
6	Caroline HADLEY	SR	#6 Hartford	13.69m	44-11	12/2
7	Madison DIPASQUALE	SO	#6 Hartford	{2} 13.59m	44-7	12/9
8	Katie LYNCH	SO	#9 RPI	13.57m	44-6¼	1/13
9	Karli MARTIN	FR	#19 Castleton	{2} 13.52m	44-4¼	12/9
9	Mary Scott ROBINSON	SR	#3 Middlebury	{2} 13.52m	44-4¼	1/20

Women's Pentathlon

1	Livi MAZEROLLE	SO	#1 Williams	2,870	12/9
2	Anaya THOMAS	JR	#2 Amherst	2,859	1/20
3	Faye STEVENS	JR	#10 Vassar	2,704	12/2
4	Trintje NYDAM	SR	#2 Amherst	{2} 2,585	1/20
5	Marissa LEDUC	SO	#18 SUNY Plattsburg	2,554	12/9
6	Tara JESSEN	FR	#4 Coast Guard	2,539	1/20
7	Morgan ROME	SO	#2 Amherst	{3} 2,487	1/20
8	Abigail SASSON	FR	#10 Vassar	{2} 2,371	12/2
9	Eloise CHRISTY	FR	#3 Middlebury	2,104	1/20
10	Lily O'BRIEN	SO	#23 Mount Saint Mar	2,064	12/2



Regional TFRI Event Summary

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Midwest

Women's 60 Meters

1	Jasmine WRIGHT	SO	#1 Washington (Mo.	7.66	1/12
2	Maya DAVIS	FR	#1 Washington (Mo.{2}	7.67	1/12
3	Harmony CREASY	JR	#3 Loras	7.71	12/9
4	Gabri MESCHINO	JR	#2 Chicago	7.73	12/1
5	Emma SEIPEL	JR	#3 Loras	{2} 7.75	12/9
5	Lauren MARSHALL	SR	#5 Elmhurst	7.75	12/2
7	Tiana GRADY	FR	#5 Elmhurst	{2} 7.23 (7.23 (55m)	1/13
8	Nicole STEWART	JR	#1 Washington (Mo.{3}	7.80	1/12
9	Kelly KOHLHOF	SR	#3 Loras	{3} 7.82	12/9
10	Imani OGUNRIBIDO	FR	#10 Illinois Wesleyan	7.84	12/9

Women's 60 Meter Hurdles

1	Nakala NADEAU	JR	#5 Elmhurst	8.98	12/8
2	Denise PARTEE	SR	#7 North Central (Ill)	9.01	12/8
3	Ren BROWN	JR	#2 Chicago	9.08	1/13
4	Tiana GRADY	FR	#5 Elmhurst	{2} 8.46 (8.46 (55m)	1/13
5	Thea RING	SO	#15 North Park	9.13	1/19
6	Audrey ARNOLD	SR	#13 Simpson (Iowa)	9.23	12/9
7	Grace ALLEY	SR	#3 Loras	9.26	12/9
8	Mary DIETZ	SO	#8 Aurora	9.28	12/1
9	Skylar GIBBS	JR	#8 Aurora	{2} 9.31	12/1
10	Keeley HOURIGAN	JR	#9 Nebraska Wesley	9.32	1/13

Women's 200 Meters

1	Tiana GRADY	FR	#5 Elmhurst	25.23	12/2
2	Nicole STEWART	JR	#1 Washington (Mo.	25.25	1/12
3	Kylie SPYTEK	SO	#1 Washington (Mo.{2}	25.43	1/12
4	Harmony CREASY	JR	#3 Loras	25.60	12/9
5	Jasmine WRIGHT	SO	#1 Washington (Mo.{3}	25.81	1/12
6	Lauren MARSHALL	SR	#5 Elmhurst	{2} 25.87	12/8
7	Thea RING	SO	#15 North Park	25.92	1/13
8	Lauren GAY	JR	#1 Washington (Mo.{4}	25.93	1/12
9	Ren BROWN	JR	#2 Chicago	25.94	1/13
10	Emily MCMARTIN	SO	#6 Central (Iowa)	25.96	12/9

Women's 400 Meters

1	Emma KELLEY	SR	#1 Washington (Mo.	56.62	1/20
2	Isabella HOGUE	SR	#9 Nebraska Wesley	56.92	1/19
3	Naomi JONES	SO	#5 Elmhurst	57.70	12/2
4	Catherine CHRISTOPHER	FR	#1 Washington (Mo.{2}	57.96	1/12
5	Ren BROWN	JR	#2 Chicago	58.09	1/19
6	Breanne GEARY	SR	#9 Nebraska Wesley	{2} 58.22	1/19
7	Kylie SPYTEK	SO	#1 Washington (Mo.{3}	58.46	12/2
8	Thea RING	SO	#15 North Park	58.48	1/19
9	Madison HAYS	SO	#13 Simpson (Iowa)	59.10	1/19
10	Julia CORIC	FR	#1 Washington (Mo.{4}	59.24	1/12

Women's 800 Meters

1	Emma KELLEY	SR	#1 Washington (Mo.	2:05.34	1/12
2	Alessia SARUSSI	SR	#1 Washington (Mo.{2}	2:13.31	12/2
3	Danielle SCHULTZ	SR	#1 Washington (Mo.{3}	2:15.28	1/12
4	Elisabeth CAMIC	JR	#2 Chicago	2:15.75	1/19
5	Caroline ECHOLS	FR	#1 Washington (Mo.{4}	2:16.12	12/2
6	Izzy GORTON	JR	#1 Washington (Mo.{5}	2:16.36	1/20
7	Emma KELLY	SO	#2 Chicago	{2} 2:16.87	1/13
8	Evelyn BATTLES- GUNKEL	SR	#2 Chicago	{3} 2:17.05	1/13
9	Morgan FOWLER	JR	#1 Washington (Mo.{6}	2:17.65	1/20
10	Haley MEYER	SO	#4 Wartburg	2:18.12	1/19

Women's Mile

1	Evelyn BATTLES- GUNKEL	SR	#2 Chicago	4:54.87	1/19
2	Deyanneira COLON MALDONADO	JR	#8 Aurora	4:56.64	1/19
3	Caroline MCMARTIN	SR	#6 Central (Iowa)	4:57.40	1/19
4	Megan JOHNSON	JR	#6 Central (Iowa)	{2} 4:57.97	1/19
5	Caitlin JORGENSEN	SR	#2 Chicago	{2} 5:03.10	1/19
6	Katie RECTOR	SO	#1 Washington (Mo.	5:04.19	1/12
7	Elisabeth CAMIC	JR	#2 Chicago	{3} 5:07.07	1/13
8	Anna WATSON	JR	#2 Chicago	{4} 5:09.42	1/19
9	Virginia PRIDGEN	JR	#1 Washington (Mo.{2}	5:09.81	1/12
10	Addy PARROTT	JR	#6 Central (Iowa)	{3} 5:09.94	1/19

Women's 3000 Meters

1	Lexi BROWN	SR	#4 Wartburg	9:43.00	1/19
2	Aubrie FISHER	SR	#4 Wartburg	{2} 9:48.11	1/19
3	Shaelyn HOSTAGER	SR	#4 Wartburg	{3} 9:50.08	1/19
4	Deyanneira COLON MALDONADO	JR	#8 Aurora	9:57.71	1/19
5	Estelle SNIDER	FR	#2 Chicago	10:02.87	1/19
6	Lara KALLEM	JR	#13 Simpson (Iowa)	10:09.91	1/19
7	Teghan BOOTH	JR	#13 Simpson (Iowa)	{2} 10:12.18	1/19
8	Jillian HETH	SO	#1 Washington (Mo.	10:13.29	1/20
9	Addy PARROTT	JR	#6 Central (Iowa)	10:15.01	12/9
10	Ellie MEYER	JR	#4 Wartburg	{4} 10:15.80	1/19

Women's 5000 Meters

1	Caroline MCMARTIN	SR	#6 Central (Iowa)	16:51.16	12/2
2	Megan JOHNSON	JR	#6 Central (Iowa)	{2} 16:53.73	12/2
3	Lexi BROWN	SR	#4 Wartburg	17:09.08	12/2
4	Deyanneira COLON MALDONADO	JR	#8 Aurora	17:32.29	12/2
5	Jenna MOREY	SR	#4 Wartburg	{2} 17:57.93	12/2
6	Addy CARLSON	SR	#4 Wartburg	{3} 18:02.54	12/2
7	Julia BENES	JR	#7 North Central (Ill	18:37.39	1/20
8	Destiny ROGERS	SR	#19 Wheaton (Ill.)	18:38.46	12/8
9	Lily ANDERSON	FR	#7 North Central (Ill){2}	19:13.95	1/20
10	Claire KALLHOFF	SR	#9 Nebraska Wesley	19:16.76	1/19



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Midwest

Women's 4x400 Relay

1	Kylie Spytek Catherine Christopher Danielle Schultz Emma Kelley	#1 Washington (Mo.)	3:53.43	1/20
2	Grace Alley Kelly Kohlhof Layla Hughes Harmony Creasy	#3 Loras	3:57.27	12/9
3	Rachel Nagel Leah Cherry Kiana Carnes Lina Newland	#4 Wartburg	3:57.54	1/19
4	Onese Ewherido Camila Garanton Elisabeth Camic Ren Brown	#2 Chicago	4:03.67	1/19
5	Abbi Roerdink Emily McMartin Lizzy Van Utrecht Olivia Bohlen	#6 Central (Iowa)	4:04.51	1/19
6	Natalie Cummins Gabby Thomas Raegan Levi Delaney Vacek	#9 Nebraska Wesleyan	4:06.52	1/19
7	https://www.tfrrs.org/teams/	#14 Cornell College	4:07.62	1/20
8	Cali Minkie Kyla Miller Cire' Smith Hannah Jones	#7 North Central (Ill.)	4:08.08	1/20
9	Emma Lundquist Jaide Flowers Katelyn Pfaltzgraff Delisha Davis	#12 Dubuque	4:12.35	1/20
10	McKenzie Reser Cora Deemer Elizabeth Hayes Jordyn VanSanten	#22 Augustana (Ill.)	4:13.17	1/19

Women's Distance Medley Relay

1	Breanna Walters Tegan Oas Izzy Fairless Ariel Martinez	#18 Concordia Chicago	14:23.70	1/13
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Women's High Jump

1	Grace ALLEY	SR	#3 Loras	1.74m	5-8½	12/9
2	Olivia JAMESON	SO	#16 Illinois Tech	1.66m	5-5¼	1/13
3	Hailey CAROLAN	SO	#14 Cornell College	1.65m	5-5	1/20
4	Julia KLEIN	SO	#3 Loras	{2} 1.62m	5-3¾	12/9
5	Vashayla BRADLEY	SO	#5 Elmhurst	1.60m	5-3	1/20
5	Olivia THEISEN	FR	#1 Washington (Mo.)	1.60m	5-3	12/2
5	Selah DUNGEY	SO	#2 Chicago	1.60m	5-3	1/19
5	Caylah BOYD	FR	#5 Elmhurst	1.60m	5-3	1/13
9	Sara HOSKINS	SR	#3 Loras	{3} 1.59m	5-2½	1/20
9	Alayna KOEHLER	JR	#8 Aurora	1.59m	5-2½	12/9

Women's Pole Vault

1	Yasmin RUFF	JR	#1 Washington (Mo.)	3.90m	12-9½	1/20
2	Susannah TRUITT	JR	#2 Chicago	3.70m	12-1½	1/19
3	Gwen BERENYI	SO	#7 North Central (Ill.)	3.50m	11-5¾	1/20
3	Natalie JOHNSON	JR	#7 North Central (Ill.)	3.50m	11-5¾	1/20
3	Anna CURTIS	SR	#1 Washington (Mo.)	{2} 3.50m	11-5¾	12/2
6	Kate WEBER	SO	#5 Elmhurst	3.45m	11-3¾	1/20
7	Mackenzie WALKER	SO	#1 Washington (Mo.)	{3} 3.44m	11-3½	1/12
8	Arden MARTINO	FR	#2 Chicago	{2} 3.40m	11-1¾	12/1
9	Ariana RIVERA	JR	#7 North Central (Ill.)	{3} 3.35m	10-11¾	1/20
10	Meredyth BARR	FR	#1 Washington (Mo.)	{4} 3.30m	10-9¾	1/20

Women's Long Jump

1	Emma SEIPEL	JR	#3 Loras	6.08m	19-11½	12/9
2	Harmony CREASY	JR	#3 Loras	{2} 5.94m	19-6	12/9
3	Grace ALLEY	SR	#3 Loras	{3} 5.87m	19-3¾	12/9
4	Ebunoluwa OPATA	JR	#1 Washington (Mo.)	5.49m	18-¼	12/2
5	Thea RING	SO	#15 North Park	5.48m	17-11¾	1/20
6	Lauren MARSHALL	SR	#5 Elmhurst	5.44m	17-10¼	1/13
7	Katelyn MCCANN	SO	#7 North Central (Ill.)	5.41m	17-9	1/20
8	Maya DAVIS	FR	#1 Washington (Mo.)	{2} 5.39m	17-8¼	12/2
9	Deja ANDERSON	FR	#21 Illinois College	5.36m	17-7	1/20
10	Marina SEMPLÉ	SO	#2 Chicago	5.33m	17-6	1/19

Women's Triple Jump

1	Ebunoluwa OPATA	JR	#1 Washington (Mo.)	12.11m	39-8¾	1/20
2	Grace ALLEY	SR	#3 Loras	11.94m	39-2¼	12/9
3	Imani OGUNRIBIDO	FR	#10 Illinois Wesleyan	11.40m	37-5	12/9
4	Paulina TINAJERO	FR	#5 Elmhurst	11.30m	37-1	1/13
5	Lauren WONG	SR	#10 Illinois Wesleyan	{2} 11.28m	37-¼	12/9
6	Shaniah JOHNSON	SR	#4 Wartburg	11.21m	36-9½	1/19
7	Alice SOTELO	FR	#7 North Central (Ill.)	11.16m	36-7½	1/13
8	Vanessa CARR	SO	#5 Elmhurst	{2} 11.05m	36-3	1/20
9	Jazmyn HARMON	FR	#11 Greenville	10.84m	35-6¾	12/9
10	Hannah MYERS		#23 Fontbonne	10.80m	35-5¼	1/19



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Midwest

Women's Shot Put

1	Jenae BOTHE	SO	#1 Washington (Mo.)	14.24m	46-8¾	1/12
2	Molly LAUMAKIS	JR	#2 Chicago	13.96m	45-9¾	1/19
3	Kaitlyn WILDER	SR	#12 Dubuque	13.60m	44-7½	1/20
4	Talahiva TALANOA	JR	#11 Greenville	13.25m	43-5¾	1/20
5	Riley VICE	JR	#3 Loras	13.10m	42-11¾	12/9
6	Lily MEESTER	SR	#4 Wartburg	12.93m	42-5¼	1/19
7	Taylor FLAIG	SR	#3 Loras {2}	12.60m	41-4¼	1/20
8	Kayla BRAUN	SO	#17 Monmouth (Ill.)	12.53m	41-1½	12/2
9	Emmilly BERGLUND	FR	#9 Nebraska Wesley	12.52m	41-1	1/19
10	Haley BEMINIO	SR	#4 Wartburg {2}	12.27m	40-3¼	1/19

Women's Weight Throw

1	Caitlyn COX	SO	#3 Loras	18.23m	59-9¾	1/20
2	Kaitlyn WILDER	SR	#12 Dubuque	17.48m	57-4¼	1/20
3	Taylor FLAIG	SR	#3 Loras {2}	17.46m	57-3½	1/20
4	Talahiva TALANOA	JR	#11 Greenville	16.82m	55-2¼	12/9
5	Emma TRUE	JR	#4 Wartburg	16.22m	53-2¾	1/19
6	Molly LAUMAKIS	JR	#2 Chicago	16.20m	53-1¾	12/1
7	Ja'Dein MADISON	SO	#9 Nebraska Wesley	16.19m	53-1½	1/19
8	Haley BEMINIO	SR	#4 Wartburg {2}	15.70m	51-6¼	1/19
9	Maddie BOLEY	JR	#17 Monmouth (Ill.)	15.50m	50-10¼	12/2
10	Kaelyn MEANS	FR	#9 Nebraska Wesley {2}	15.24m	50-0	1/19

Women's Pentathlon

1	Grace ALLEY	SR	#3 Loras	3,986	12/9
2	Olivia BOHLEN	SO	#6 Central (Iowa)	3,244	12/3
3	Skylar GIBBS	JR	#8 Aurora	3,094	12/9
4	Alayna KOEHLER	JR	#8 Aurora {2}	2,720	12/9
5	Caylah BOYD	FR	#5 Elmhurst	2,597	12/9
6	Karsyn LAMM	JR	#6 Central (Iowa) {2}	2,445	12/3
7	Hannah TOMPKINS	SO	#19 Wheaton (Ill.)	2,362	12/9
8	Bridgette SMITH	FR	#3 Loras {2}	2,347	12/9
9	Caroline SLATER	SO	#5 Elmhurst {2}	2,317	12/9
10	Anna ANDRETICH	FR	#5 Elmhurst {3}	2,283	12/9



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Niagara

Women's 60 Meters

1	Khia LASTER	JR	#10 Buffalo State	7.73	12/1
2	Kendall SOBCZYK	SO	#4 SUNY Cortland	7.77	1/20
3	Victoria BREWSTER	FR	#17 Houghton	7.83	1/20
4	Autumn PITTMAN	JR	#4 SUNY Cortland {2}	7.84	1/20
5	Ciarra FRANZ	JR	#7 St. John Fisher	7.85	12/1
6	Caroline HILL	JR	#6 RIT	7.91	12/1
7	Michaela KURBS	SR	#7 St. John Fisher {2}	7.95	12/1
8	Brynn MOONEY	SO	#1 SUNY Geneseo	7.98	12/1
9	Alaina MORLEY	SO	#11 Nazareth	7.99	12/8
10	Laura SUPPA	SO	#2 Ithaca	8.00	12/1

Women's 60 Meter Hurdles

1	Ciarra FRANZ	JR	#7 St. John Fisher	8.82	12/8
2	Natalia SAWYER	SO	#10 Buffalo State	8.95	12/1
3	Ejim NNATE	JR	#12 SUNY Oneonta	8.96	1/20
4	Ashley HEFFERNAN	SR	#5 Rochester (N.Y.)	9.00	1/20
5	Laura SUPPA	SO	#2 Ithaca	9.03	1/20
6	Allyson SUROWICK	JR	#1 SUNY Geneseo	9.15	12/1
7	Danielle FISK	SR	#4 SUNY Cortland	9.24	1/20
8	Jill AMBLER	FR	#1 SUNY Geneseo {2}	9.37	12/1
9	Dasha JACKSON	SO	#9 NYU	9.46	12/1
10	Cecelia LABONTE	SO	#2 Ithaca {2}	9.47	1/20

Women's 200 Meters

1	Madeline O'CONNELL	SR	#5 Rochester (N.Y.)	24.83	1/20
2	Natalia SAWYER	SO	#10 Buffalo State	25.21	1/20
3	Sadie SCHREINER	SO	#6 RIT	25.27	1/20
4	Ashley HEFFERNAN	SR	#5 Rochester (N.Y.) {2}	25.56	1/20
5	Khia LASTER	JR	#10 Buffalo State {2}	25.75	1/20
6	Kate ISAAC	SR	#5 Rochester (N.Y.) {3}	25.81	1/20
7	Mackenzie MIX	JR	#3 Utica	25.85	12/9
7	Caroline HILL	JR	#6 RIT {2}	25.85	1/20
9	Arianna MCCLENDON	FR	#3 Utica {2}	26.06	12/9
10	Victoria BREWSTER	FR	#17 Houghton	26.08	1/20
10	Marissa WISE	JR	#8 SUNY Brockport	26.08	1/20

Women's 400 Meters

1	Natalia SAWYER	SO	#10 Buffalo State	56.47	1/20
2	Sadie SCHREINER	SO	#6 RIT	58.01	1/20
3	Nora CHEN	FR	#5 Rochester (N.Y.)	58.32	12/8
4	Khia LASTER	JR	#10 Buffalo State {2}	58.47	12/8
5	Jenna RACZKA	SO	#10 Buffalo State {3}	58.95	1/20
6	Caroline HILL	JR	#6 RIT {2}	58.96	12/8
7	Avery HEBERT	JR	#4 SUNY Cortland	59.04	12/9
8	Arianna MCCLENDON	FR	#3 Utica	59.25	12/9
9	Katherine SCIBELLI	SO	#14 Hamilton	1:00.52	1/19
10	Grace WRIGHT	JR	#7 St. John Fisher	1:00.59	12/8

Women's 800 Meters

1	Jessica GOODE	SO	#2 Ithaca	2:19.73	1/20
2	Faith COYLE	JR	#15 SUNY Oswego	2:21.99	1/20
3	Caitlin VOLOSHEN	SO	#7 St. John Fisher	2:22.78	1/20
4	Nieve MAHOOD	JR	#1 SUNY Geneseo	2:24.23	1/20
5	Kaitlyn GROSSMAN	JR	#1 SUNY Geneseo {2}	2:24.37	1/20
6	Jillian O'ROURKE	FR	#1 SUNY Geneseo {3}	2:24.73	1/20
7	Rachel HIRSCHKIND	SR	#1 SUNY Geneseo {4}	2:24.76	1/20
8	Sasha IIZUKA-SHEELEY	FR	#14 Hamilton	2:25.46	1/19
9	Fiona KELLEHER	JR	#9 NYU	2:25.61	12/1
10	Emily JOHNSON	JR	#2 Ithaca {2}	2:25.83	1/12

Women's Mile

1	Rachel HIRSCHKIND	SR	#1 SUNY Geneseo	5:05.27	1/20
2	Penelope GREENE	JR	#1 SUNY Geneseo {2}	5:05.71	1/20
3	Kaitlyn GROSSMAN	JR	#1 SUNY Geneseo {3}	5:08.50	1/20
4	Lilly FOWLER-CONNER	JR	#1 SUNY Geneseo {4}	5:08.51	1/20
5	Megan FRANCOEUR	JR	#12 SUNY Oneonta	5:11.68	1/20
6	Jessica GOODE	SO	#2 Ithaca	5:12.07	1/12
7	Sierra DOODY	SO	#1 SUNY Geneseo {5}	5:16.73	1/20
8	Sabrina MENA	JR	#12 SUNY Oneonta {2}	5:19.28	1/20
9	Caitlin VOLOSHEN	SO	#7 St. John Fisher	5:19.70	12/8
10	Amelia GILBERT	SR	#6 RIT	5:21.46	12/8

Women's 3000 Meters

1	Kaitlyn GROSSMAN	JR	#1 SUNY Geneseo	10:04.46	12/8
2	Kerry FLOWER	SR	#8 SUNY Brockport	10:20.06	1/20
3	Katherine VOGEL	SR	#1 SUNY Geneseo {2}	10:21.57	12/8
4	Kyla EISMAN	SO	#2 Ithaca	10:26.96	1/12
5	Amelia GILBERT	SR	#6 RIT	10:28.09	1/20
6	Ann BRENNAN	SO	#1 SUNY Geneseo {3}	10:30.00	12/8
7	Melissa INNOCENT	FR	#4 SUNY Cortland	10:35.04	12/1
8	Katie COBOS	JR	#6 RIT {2}	10:38.58	1/20
9	Samantha SEAMON	SR	#9 NYU	10:41.19	12/1
10	Sabrina MENA	JR	#12 SUNY Oneonta	10:42.10	1/12

Women's 5000 Meters

1	Rachel HIRSCHKIND	SR	#1 SUNY Geneseo	16:39.73	12/1
2	Grace RICHARDSON	SR	#9 NYU	16:44.20	12/2
3	Penelope GREENE	JR	#1 SUNY Geneseo {2}	16:49.74	12/1
4	Lily MURPHY	FR	#14 Hamilton	17:33.49	1/12
5	Lilly FOWLER-CONNER	JR	#1 SUNY Geneseo {3}	17:40.97	12/1
6	Kaitlyn GROSSMAN	JR	#1 SUNY Geneseo {4}	17:45.85	12/1
7	Vivian KANE	SO	#9 NYU {2}	18:06.25	12/2
8	Ann BRENNAN	SO	#1 SUNY Geneseo {5}	18:08.34	12/1
9	Katherine VOGEL	SR	#1 SUNY Geneseo {6}	18:15.56	12/1
10	Jillian O'ROURKE	FR	#1 SUNY Geneseo {7}	18:18.96	12/1



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Niagara

Women's 4x400 Relay

1	Madeline O'Connell Nora Chen Julia Largett Ashley Heffernan	#5 Rochester (N.Y.)	3:55.15	12/8
2	Brynn Mooney Jill Ambler Janelle Eckl Sierra Doody	#1 SUNY Geneseo	3:59.28	12/8
3	Abrianna Wadley Janaiya Cruz-Bermudez Mackenzie Mix Arianna McClendon	#3 Utica	4:05.38	1/19
4	Laila Goodman Seneca Guneratne Cindy Leonard Beverly Okyere	#9 NYU	4:06.49	1/19
5	Hannah Turner Renata Mendez-Alvarez Claire Tratnyek Katherine Scibelli	#14 Hamilton	4:08.38	1/12
6	Yasmine Peralta Maris Seabury Izzie Bosko Avery Hebert	#4 SUNY Cortland	4:08.96	1/20
7	Natalie MacArthur Ava Butler Giana Haubrich Emily Johnson	#2 Ithaca	4:09.13	1/20
8	Lauren Bendall Shiana Susa Isabella Heath Mallory Rice	#11 Nazareth	4:16.62	12/8
9	Marissa Wise Courtney Bostic Ariana Proper Mia Vizcaino	#8 SUNY Brockport	4:16.73	1/20
10	Zoe Rodi Evie Eastman Meg Cruz Mary Bryant	#18 SUNY Delhi	4:19.66	12/9

Women's Distance Medley Relay

1	Lilly Fowler-Conner Sierra Doody Rachel Hirschkind Katherine Vogel	#1 SUNY Geneseo	12:30.50	12/1
2	Hannah Martinez Emily Johnson Giana Haubrich Sarah Cookson	#2 Ithaca	13:13.66	12/1
3	Rachel Ladd Ally Zuidema Caroline Hill Katie Cobos	#6 RIT	13:21.47	12/1
4	Olivia Gilbert Zoe Rainville Sarah Lutkins McKenzie Hall	#13 Alfred	13:57.99	12/1
5	Lily McAndrews Irving Jiang Samantha Suriel Wendy Montiel	#19 Hunter	15:39.01	1/12

Women's High Jump

1	Danielle FISK	SR	#4 SUNY Cortland	1.64m	5-4½	12/9
2	Sasha SCHRAMM	SO	#8 SUNY Brockport	1.59m	5-2½	1/20
3	Hannah ALLISON	FR	#3 Utica	1.57m	5-1¾	1/19
3	Celia RYAN	FR	#2 Ithaca	1.57m	5-1¾	1/12
3	Morgan TOMPKINS	FR	#15 SUNY Oswego	1.57m	5-1¾	12/9
3	Lainey FLAITZ	FR	#1 SUNY Geneseo	1.57m	5-1¾	12/8
3	Regan KAISER	JR	#4 SUNY Cortland	{2} 1.57m	5-1¾	12/9
3	Abrianna WADLEY	JR	#3 Utica	1.57m	5-1¾	1/12
9	Madeleine WRIGHT	FR	#2 Ithaca	{2} 1.55m	5-1	12/1
9	Anne SPILA	SO	#13 Alfred	1.55m	5-1	12/3

Women's Pole Vault

1	Madeline O'CONNELL	SR	#5 Rochester (N.Y.)	3.95m	12-11½	1/20
2	Catherine FOX	SR	#6 RIT	3.50m	11-5¾	1/20
3	Isabel MORSE	SO	#11 Nazareth	3.45m	11-3¾	12/8
4	Madison KAPPELER	JR	#16 Penn State Behr	3.38m	11-1	12/9
5	Bree BOYLE	SO	#2 Ithaca	3.35m	10-11¾	1/20
6	Talia HUTCHINSON	FR	#2 Ithaca	{2} 3.31m	10-10¼	1/13
7	Becca BREADY	SO	#8 SUNY Brockport	3.30m	10-9¾	12/1
7	Cara PELLECHIA	SO	#20 Fredonia	3.30m	10-9¾	12/8
9	Erin EASTWOOD	SO	#2 Ithaca	{3} 3.28m	10-9	12/1
10	Faith HOYT	SO	#4 SUNY Cortland	3.08m	10-1¼	12/1



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Niagara

Women's Long Jump

1	Michaela KURBS	SR	#7 St. John Fisher	5.62m	18-5¼	12/8
2	Khia LASTER	JR	#10 Buffalo State	5.60m	18-4½	12/8
3	Jill AMBLER	FR	#1 SUNY Geneseo	5.52m	18-1½	12/8
4	Mackayla NERJUSTE	FR	#1 SUNY Geneseo {2}	5.45m	17-10¾	12/1
5	Ciarra FRANZ	JR	#7 St. John Fisher {2}	5.43m	17-9¾	12/8
6	Sam PYNN	JR	#1 SUNY Geneseo {3}	5.41m	17-9	12/8
7	Ashley HEFFERNAN	SR	#5 Rochester (N.Y.)	5.38m	17-8	1/20
8	Kate WALSH	SO	#9 NYU	5.37m	17-7½	1/19
9	Allison REGNANTE	JR	#6 RIT	5.36m	17-7	12/8
10	Danielle FISK	SR	#4 SUNY Cortland	5.32m	17-5½	12/9

Women's Triple Jump

1	Ally ALVIRA	JR	#1 SUNY Geneseo	11.99m	39-4	12/8
2	Katelyn JACQUES	JR	#1 SUNY Geneseo {2}	11.60m	38-¾	12/8
3	Nora DEVITT	JR	#3 Utica	11.45m	37-6¾	12/9
4	Rylee LONG	FR	#16 Penn State Behr	11.23m	36-10¼	12/9
5	Zeniyah GHOLSON	SO	#3 Utica {2}	11.12m	36-5¾	12/9
6	Dasha JACKSON	SO	#9 NYU	11.09m	36-4¾	1/19
7	Areyanna MCCARTHY	SO	#9 NYU {2}	11.01m	36-1½	12/1
8	Isabella HEATH	SR	#11 Nazareth	11.00m	36-1¼	12/8
9	Alyssa HOOGS	SR	#5 Rochester (N.Y.)	10.91m	35-9½	12/8
10	Sasha SCHRAMM	SO	#8 SUNY Brockport	10.80m	35-5¼	1/20

Women's Shot Put

1	Jane FAHY	SR	#3 Utica	13.71m	44-11¾	1/12
2	Isabella FABRIZIO	JR	#12 SUNY Oneonta	13.56m	44-6	12/9
3	Makenna KING	SR	#7 St. John Fisher	13.38m	43-10¾	12/8
4	Sarah CROCKETT	SR	#8 SUNY Brockport	13.02m	42-8¾	1/20
5	Lily SEYFERT	SO	#2 Ithaca	12.85m	42-2	1/13
6	Zoe CONNER	JR	#1 SUNY Geneseo	12.59m	41-3¾	12/8
7	Michelle UVIEGHARA	JR	#9 NYU	12.24m	40-2	1/19
8	Emily DIMARCO	JR	#6 RIT	11.94m	39-2¼	12/1
9	Madison PALMER	SR	#17 Houghton	11.82m	38-9½	12/8
10	Allie CARY	FR	#3 Utica {2}	11.74m	38-6¼	1/12
10	Lauren JAKLITSCH	SO	#1 SUNY Geneseo {2}	11.74m	38-6¼	12/8

Women's Weight Throw

1	Lea RICHARD	SR	#11 Nazareth	17.52m	57-5¾	12/8
2	Sarah CROCKETT	SR	#8 SUNY Brockport	16.28m	53-5	1/20
3	Zoe CONNER	JR	#1 SUNY Geneseo	16.07m	52-8¾	12/1
4	Lauren JAKLITSCH	SO	#1 SUNY Geneseo {2}	15.89m	52-1¾	12/1
5	Deziree GARRICK	JR	#5 Rochester (N.Y.)	15.61m	51-2¾	12/8
6	Hailey WEBBER	FR	#11 Nazareth {2}	15.52m	50-11	12/8
7	Isabella FABRIZIO	JR	#12 SUNY Oneonta	15.36m	50-4¾	1/20
8	Emma KINNICUTT	SR	#8 SUNY Brockport {2}	15.32m	50-3¼	1/20
9	Katrina CHANDLER	SO	#8 SUNY Brockport {3}	15.21m	49-11	1/20
10	Lily SEYFERT	SO	#2 Ithaca	15.05m	49-4½	1/20

Women's Pentathlon

1	Danielle FISK	SR	#4 SUNY Cortland	3,376	12/9
2	Anne SPILA	SO	#13 Alfred	2,978	12/3
3	Bianca DURSO	SR	#13 Alfred {2}	2,556	12/3
4	Alyssa YOUNGS	FR	#3 Utica	2,549	12/9
5	Hannah ALLISON	FR	#3 Utica {2}	2,482	12/9
6	Stefania GRIMALDI	FR	#3 Utica {3}	2,403	12/9
7	Leah BASEL	SR	#14 Hamilton	2,023	12/9



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North

Women's 60 Meters

1	Tina SHELTON	SR	#10 UW-Whitewater	7.66	1/20
2	Diarra CHATHAM	FR	#18 Macalester	7.68	12/9
3	Makenna ZAK	SO	#1 UW-La Crosse	7.77	1/20
4	Kate CARLSON	JR	#9 Gustavus Adolphus	7.86	12/9
5	Sarah STELLMACH	JR	#7 Bethel (Minn.)	7.87	1/20
6	Andrea GLAZ	JR	#2 UW-Oshkosh	7.91	1/20
7	Molly KALLENBACH	JR	#3 UW-Eau Claire	7.35 (7.35 (55m))	1/20
7	Kate GALLAGHER	SR	#12 Saint Benedict	7.92	12/9
9	Ella AHLSTRAND	FR	#2 UW-Oshkosh {2}	7.94	12/2
10	Taylor MOLLING	FR	#1 UW-La Crosse {2}	7.95	1/20
10	Jireh BABALOLA	SR	#7 Bethel (Minn.) {2}	7.95	1/20

Women's 60 Meter Hurdles

1	Hannah ZASTROW	SR	#4 UW-Stout	8.61	1/20
2	Kelsie SEALOCK	JR	#7 Bethel (Minn.)	8.83	1/20
3	Hannah HOLM	SR	#1 UW-La Crosse	9.15	1/20
4	Amber GROSSE	SO	#1 UW-La Crosse {2}	9.18	1/20
4	Emilee BOOKER	JR	#3 UW-Eau Claire	8.53 (8.53 (55m))	1/20
6	Ellie HERNES	SO	#7 Bethel (Minn.) {2}	9.21	12/9
7	Maya HIELSCHER	JR	#14 Concordia Wisco	9.24	12/2
8	Lauryn RUSTAD		#3 UW-Eau Claire {2}	8.61 (8.61 (55m))	1/20
8	Megan HUNT	JR	#2 UW-Oshkosh	9.27	12/9
10	AnnaGrace NELSON	SR	#7 Bethel (Minn.) {3}	9.29	1/20

Women's 200 Meters

1	Megan GERAETS	JR	#9 Gustavus Adolphus	25.35	12/9
2	Anika REILAND	FR	#1 UW-La Crosse	25.55	1/20
3	Makenna ZAK	SO	#1 UW-La Crosse {2}	25.71	1/20
4	Sarah GRUBBS	FR	#1 UW-La Crosse {3}	25.84	1/20
5	Morgan JENNINGS	SO	#1 UW-La Crosse {4}	25.86	1/20
6	Kate CARLSON	JR	#9 Gustavus Adolphus {2}	25.90	12/9
7	Amber JOHNSON	SR	#1 UW-La Crosse {5}	25.97	1/20
8	Emily RENGO	SO	#23 Concordia Moorhead	26.07	12/9
9	Maddy LAVOI	FR	#2 UW-Oshkosh	26.08	12/9
10	Anna PLAUTZ	FR	#1 UW-La Crosse {6}	26.13	1/20

Women's 400 Meters

1	Maddy LAVOI	FR	#2 UW-Oshkosh	58.21	12/9
2	Megan GERAETS	JR	#9 Gustavus Adolphus	59.36	1/20
3	Anna RAASCH	SR	#25 Wisconsin Lutheran	59.52	1/20
4	Olivia STENZEL	SO	#2 UW-Oshkosh {2}	59.89	12/9
5	Maddie HECKER	FR	#1 UW-La Crosse	59.91	1/20
6	Grace KERN	FR	#1 UW-La Crosse {2}	1:00.18	1/20
7	Julia STEGER	FR	#2 UW-Oshkosh {3}	1:00.31	12/9
8	Kylee GRABARSKI	SO	#3 UW-Eau Claire	1:00.32	1/19
9	MacKenzie BOLLIS	SR	#21 MSOE	1:00.40	1/20
10	Karla KROSCHER	SR	#6 St. Olaf	1:00.41	12/9

Women's 800 Meters

1	Cyna MADIGAN	SR	#2 UW-Oshkosh	2:12.37	12/9
2	Anna SCHUETH	SR	#3 UW-Eau Claire	2:16.28	1/19
3	Greta KOEHLER	SR	#1 UW-La Crosse	2:17.52	1/20
4	Cailyn KUECHLE	SR	#11 UW-River Falls	2:17.54	1/20
5	Jenny CORTES	SO	#13 Ripon	2:18.62	1/13
6	Meygan BENZING	SR	#2 UW-Oshkosh {2}	2:19.18	12/9
7	Isabel WYATT	SO	#6 St. Olaf	2:19.43	1/12
8	Carolyn EVERS	SR	#20 Edgewood	2:19.46	12/9
9	Libby GEISNESS	SR	#2 UW-Oshkosh {3}	2:20.32	12/9
10	Jessica WILSON	SO	#1 UW-La Crosse {2}	2:22.69	1/20

Women's Mile

1	McKayla FELTON	JR	#4 UW-Stout	4:59.22	1/20
2	Cyna MADIGAN	SR	#2 UW-Oshkosh	5:02.43	12/2
3	Maddie HANNAN	SR	#1 UW-La Crosse	5:02.59	1/20
4	Breklyn LAMMERT	JR	#4 UW-Stout {2}	5:04.96	1/20
5	Lauren WALDA	SO	#6 St. Olaf	5:09.71	1/20
6	Kaitlyn RODMAN	SR	#21 MSOE	5:09.75	1/20
7	Hannah PREISSER	SO	#8 Carleton	5:10.24	1/12
8	Sophie MCMANUS	JR	#8 Carleton {2}	5:11.16	1/12
9	Olivia DONOHUE	JR	#4 UW-Stout {3}	5:11.35	1/20
10	Katie GEBERT	SR	#6 St. Olaf {2}	5:11.43	12/2

Women's 3000 Meters

1	Helen CROSS	JR	#8 Carleton	9:55.53	1/20
2	Phoebe WARD	JR	#8 Carleton {2}	9:59.94	1/20
3	Sophie MCMANUS	JR	#8 Carleton {3}	10:04.08	1/20
4	Ally VERBAUWHEDÉ	SR	#20 Edgewood	10:07.97	1/20
5	Hannah PREISSER	SO	#8 Carleton {4}	10:08.70	1/20
6	Katelyn CHADWICK	JR	#1 UW-La Crosse	10:10.21	1/20
7	Madelynn MCINTYRE	JR	#1 UW-La Crosse {2}	10:14.55	1/20
8	Lauren WALDA	SO	#6 St. Olaf	10:14.89	1/12
9	Ali DENAMUR	JR	#13 Ripon	10:15.42	1/19
10	Mikayla FLYTE	SR	#13 Ripon {2}	10:17.83	1/19

Women's 5000 Meters

1	Fiona SMITH	SR	#12 Saint Benedict	15:50.48	12/2
2	Rachel KROUSE	JR	#17 UW-Stevens Point	16:55.48	12/2
3	Alison BODE	JR	#6 St. Olaf	18:32.68	12/2
4	Gwen FEITL	SO	#2 UW-Oshkosh	18:56.46	12/9
5	Jamie CATANIA	SO	#2 UW-Oshkosh {2}	19:09.73	12/9
6	MacKenzie DIX	SO	#2 UW-Oshkosh {3}	19:27.19	12/9
7	Gracia LARSEN-SCHMIDT	JR	#6 St. Olaf {2}	19:52.80	12/2
8	Emma MALY	FR	#2 UW-Oshkosh {4}	20:07.41	12/9
9	Bailey VANDERWILDE	SR	#6 St. Olaf {3}	20:36.38	12/2
10	Carleigh KACZMAREK	FR	#2 UW-Oshkosh {5}	20:48.69	12/9



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North

Women's 4x400 Relay

1	Lilly Halvorson Grace Kern Anika Reiland Morgan Jennings	#1 UW-La Crosse	3:57.85	1/20
2	Kelsie Sealock Reanna Cruz Hailey Gregg Annessa Ihde	#7 Bethel (Minn.)	4:00.10	1/20
3	Meygan Benzing Libby Geisness Olivia Stenzel Cyna Madigan	#2 UW-Oshkosh	4:01.96	12/9
4	Emma Storbakken Ququ Holman Emma Dauner Riki Poore	#6 St. Olaf	4:13.52	1/20
5	Lauren Dimler Michaela Dick Emma Gruen Laurn Rustad	#3 UW-Eau Claire	4:13.67	1/20
6	Elena Fuglestad Cailyn Kuechle Sarah Hansen Megan Halbach	#11 UW-River Falls	4:13.89	1/20
7	Ashley Bartelt Malina Carattini Grace Goodness Emma Schmidt	#17 UW-Stevens Poir	4:14.23	1/20
8	https://www.tfrrs.org/teams/	#15 St. Norbert	4:16.93	12/2
9	Candis Damste Alayna Furch Marianna Carus Sophia Miller	#24 Beloit	4:17.97	1/20
10	Mandy Nelson Julia Kraus Angelina Gersch Grace Nisius	#5 Carthage	4:19.60	12/2

Women's Distance Medley Relay

1	Emma Ahrens Abigail Poehlman Ainara Sainz De Rozas Danielle Van Grinsven	#14 Concordia Wisco	13:09.59	1/13
2	Renee Forystek Emma Shingledecker Kayla Fogarty Payton Scoggin	#10 UW-Whitewater	13:34.93	1/20
3	Julia Strasser Madison Bertram Olivia Stenzel MacKenzie Dix	#2 UW-Oshkosh	13:37.47	1/20
4	Marianna Carus Sophia Miller Madeline Meason Carter Browne	#24 Beloit	14:40.22	1/20

Women's High Jump

1	Ainsley HANSEN	SO	#1 UW-La Crosse	1.63m	5-4¼	1/20
1	Hannah ZASTROW	SR	#4 UW-Stout	1.63m	5-4¼	1/20
3	Cassidy GIBSON	FR	#19 Bethany Luthera	1.62m	5-3¾	1/12
4	Megan HUNT	JR	#2 UW-Oshkosh	1.60m	5-3	12/2
5	Eden MARANELLE	FR	#15 St. Norbert	1.59m	5-2½	12/9
6	Ella WILLIAMSON	JR	#3 UW-Eau Claire	1.58m	5-2¼	1/20
6	Emilee BOOKER	JR	#3 UW-Eau Claire	1.58m	5-2¼	1/20
6	Hailey CAMPBELL		#22 UW-Platteville	1.58m	5-2¼	1/20
6	Macie TODD	JR	#1 UW-La Crosse	{2} 1.58m	5-2¼	1/20
10	Emma EILERSTON	FR	#14 Concordia Wisco	1.57m	5-1¾	1/20

Women's Pole Vault

1	Gracie HOLLAND	SR	#10 UW-Whitewater	3.89m	12-9	1/20
2	Leah ZASTROW	SO	#4 UW-Stout	3.70m	12-1½	1/20
3	Ayden FLEECHARTY	SR	#3 UW-Eau Claire	3.63m	11-10¾	1/20
3	Haley BLAGDON	SR	#3 UW-Eau Claire	3.63m	11-10¾	1/20
5	Jaylyn AHLBERG	SO	#12 Saint Benedict	3.55m	11-7¾	1/20
5	Emily SHAFRON	SO	#1 UW-La Crosse	3.55m	11-7¾	1/20
5	Araceli DE LEO LOPEZ	SO	#1 UW-La Crosse	3.55m	11-7¾	1/20
5	Maddy HABBERSTAD	FR	#1 UW-La Crosse	3.55m	11-7¾	1/20
9	Annika GUNDERSON	SO	#11 UW-River Falls	3.47m	11-4½	12/9
10	Marisa HARVEY	FR	#1 UW-La Crosse	{4} 3.40m	11-1¾	1/20
10	Nina MORRISON	JR	#1 UW-La Crosse	{4} 3.40m	11-1¾	1/20



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North

Women's Long Jump

1	Megan HUNT	JR	#2 UW-Oshkosh	5.92m	19-5¼	12/9
2	Ava FOLEY	SO	#1 UW-La Crosse	5.53m	18-1¾	1/20
3	Maya EVANS	SO	#1 UW-La Crosse	{2} 5.46m	17-11	1/20
4	Ashlyn JORE	FR	#6 St. Olaf	5.43m	17-9¾	1/12
5	Alexa GORDEE	FR	#2 UW-Oshkosh	{2} 5.40m	17-8¾	12/9
5	Anna BUBOLZ	SR	#2 UW-Oshkosh	{2} 5.40m	17-8¾	12/9
7	Anna KEGEL	SO	#5 Carthage	5.31m	17-5¼	1/20
8	Jenna DRISCOLL	SR	#4 UW-Stout	5.30m	17-4¾	1/20
9	Maya HIELSCHER	JR	#14 Concordia Wisco	5.28m	17-4	1/20
10	Grace KORGER-MITCHELL	JR	#20 Edgewood	5.26m	17-3¼	12/9
10	Sabriya FARQUHARSON	FR	#12 Saint Benedict	5.26m	17-3¼	1/20
10	Mikayla JACKSON	SR	#2 UW-Oshkosh	{4} 5.26m	17-3¼	12/2

Women's Triple Jump

1	Ellie HERNES	SO	#7 Bethel (Minn.)	11.87m	38-11½	12/9
2	Samantha BARRETT	JR	#1 UW-La Crosse	11.68m	38-4	1/20
3	Madi KES	SR	#9 Gustavus Adolph	11.50m	37-8¾	1/13
4	AnnaGrace NELSON	SR	#7 Bethel (Minn.)	{2} 11.36m	37-3¼	1/20
5	Eden MARANELL	FR	#15 St. Norbert	11.35m	37-3	12/2
6	Ashley DAVIES	FR	#1 UW-La Crosse	{2} 11.28m	37-¼	1/20
7	Stephanie WITBROD	JR	#19 Bethany Luthera	11.22m	36-9¾	12/2
8	Sarra LINDNER	SO	#9 Gustavus Adolph	{2} 10.98m	36-¼	1/13
9	Mackenzey KRONBERG	SO	#1 UW-La Crosse	{3} 10.97m	36-0	1/20
10	Haley KANITZ	SO	#2 UW-Oshkosh	10.92m	35-10	12/9

Women's Shot Put

1	Aubrey SCHOENEMAN	JR	#5 Carthage	14.41m	47-3½	12/2
2	Alyssa GULSVIG	SR	#5 Carthage	{2} 13.60m	44-7½	12/2
3	Alexis MATTOX	SR	#5 Carthage	{3} 13.55m	44-5½	12/9
4	Vanessa UITENBROEK	SR	#16 Carroll (Wis.)	13.53m	44-4¾	12/2
5	Maria FALK	JR	#16 Carroll (Wis.)	{2} 13.39m	43-11¼	12/2
5	Brenna NOON	JR	#22 UW-Platteville	13.39m	43-11¼	1/20
7	Izzy CARROLL	SR	#1 UW-La Crosse	13.37m	43-10½	1/20
8	Brenna MASLOROFF	SR	#2 UW-Oshkosh	13.16m	43-2¼	12/2
9	Madison PAYNE	SO	#5 Carthage	{4} 13.12m	43-½	1/20
10	Kailee SELLEN	SR	#3 UW-Eau Claire	13.08m	42-11	1/20

Women's Weight Throw

1	Alexis MATTOX	SR	#5 Carthage	18.02m	59-1½	1/20
2	Raina STECHER	JR	#3 UW-Eau Claire	17.79m	58-4½	1/20
3	Brenna MASLOROFF	SR	#2 UW-Oshkosh	17.45m	57-3	12/9
4	Teagan JONES	JR	#3 UW-Eau Claire	{2} 17.22m	56-6	1/20
5	Kayla BEHNKE	SO	#3 UW-Eau Claire	{3} 17.11m	56-1¾	1/20
6	Vanessa UITENBROEK	SR	#16 Carroll (Wis.)	16.66m	54-8	12/2
7	Aubrey SCHOENEMAN	JR	#5 Carthage	{2} 16.44m	53-11¼	12/9
8	Nicole TARPLEY	SR	#5 Carthage	{3} 16.31m	53-6¼	1/20
9	Kenni CZARNECKI	JR	#10 UW-Whitewater	16.29m	53-5½	1/20
10	Aubree KOENINGS	FR	#4 UW-Stout	16.06m	52-8¼	1/20

Women's Pentathlon

1	Megan HUNT	JR	#2 UW-Oshkosh	3,357	12/9
2	Eden MARANELL	FR	#15 St. Norbert	3,041	12/9
3	Bridget FINN	SR	#13 Ripon	2,897	12/9
4	Sarah Beth HOBBS	SR	#18 Macalester	2,839	12/9
5	Mikayla JACKSON	SR	#2 UW-Oshkosh	{2} 2,828	12/9
6	Anna BUBOLZ	SR	#2 UW-Oshkosh	{3} 2,730	12/9
7	Rebekah SALFER	SR	#6 St. Olaf	2,538	12/9
8	Haylie RASMUSSEN	FR	#11 UW-River Falls	2,442	12/9
9	Halle MEYER	FR	#2 UW-Oshkosh	{4} 2,410	12/9
10	Elena FUGLESTAD	FR	#11 UW-River Falls	{2} 2,310	12/9



Regional TFRI Event Summary

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South

Women's 60 Meters

1	Syniah SIMS	FR	#12 Belhaven (Miss.)	7.66	12/1
2	Olivia FREEMAN	SO	#10 Rhodes	7.67	1/14
2	Mariah BROOKS	SO	#6 North Carolina W	7.67	1/13
4	Kamiyah WOOTEN	FR	#6 North Carolina W	{2} 7.68	1/20
5	Audrey JOHNSON	JR	#1 Emory	7.69	12/1
6	Ti'asia BRYANT	FR	#6 North Carolina W	{3} 7.75	1/20
7	Dashiel TAO HARRIS	JR	#1 Emory	{2} 7.76	12/1
8	Natashe TATE	FR	#11 Virginia Wesleya	7.83	1/20
9	Julia HATHAWAY	SO	#11 Virginia Wesleya	{2} 7.95	12/2
10	Aubrey GUYDEN	SO	#22 Oglethorpe	7.97	12/1

Women's 60 Meter Hurdles

1	Aniya SEWARD	SR	#2 Lynchburg	8.76	1/20
2	Nikki BOON	JR	#1 Emory	8.93	12/1
3	Betsy MOHNKERN	SR	#2 Lynchburg	{2} 9.10	1/12
4	Amaya MARTIN	JR	#1 Emory	{2} 9.24	12/1
5	Aanykka JACKSON	JR	#11 Virginia Wesleya	9.29	1/19
6	Rebecca CARR	FR	#4 Roanoke	9.30	1/20
7	Emily THOMPSON	SR	#5 Berry	9.35	1/19
8	Deziree CONKLIN	JR	#18 Marymount (Va.)	9.42	1/20
9	Olivia VIERS	FR	#4 Roanoke	{2} 9.43	12/9
10	Ellie NUCKOLS		#9 Christopher New	9.45	1/20

Women's 200 Meters

1	Kamiyah WOOTEN	FR	#6 North Carolina W	24.45	1/13
2	Mariah BROOKS	SO	#6 North Carolina W	{2} 25.22	1/13
3	Audrey JOHNSON	JR	#1 Emory	25.35	1/14
4	Dashiel TAO HARRIS	JR	#1 Emory	{2} 25.41	12/1
5	Ahnia CHERRY	SO	#6 North Carolina W	{3} 25.50	12/1
6	Sydney TRUSSELL	JR	#9 Christopher New	25.53	1/12
7	Haylee GAMBLE	SR	#4 Roanoke	25.87	1/20
8	Syniah SIMS	FR	#12 Belhaven (Miss.)	25.91	12/1
9	Olivia FREEMAN	SO	#10 Rhodes	25.94	12/1
10	Ti'asia BRYANT	FR	#6 North Carolina W	{4} 26.12	1/20

Women's 400 Meters

1	Kamiyah WOOTEN	FR	#6 North Carolina W	57.11	1/13
2	Ashaunti BARNES	SR	#12 Belhaven (Miss.)	58.48	12/1
3	Kimona HAYNES	SO	#12 Belhaven (Miss.)	{2} 59.42	12/1
4	Sydney TRUSSELL	JR	#9 Christopher New	59.97	1/20
5	Thora PEARSON	SR	#10 Rhodes	1:00.04	1/14
6	Haylee GAMBLE	SR	#4 Roanoke	1:00.70	1/20
7	Hannah RILEY	FR	#1 Emory	1:00.72	12/1
8	Madelyn BOYCE	SO	#2 Lynchburg	1:00.78	1/20
9	Jesma EVANS	SO	#8 Washington and	1:00.82	1/20
10	Allison BOBST	SR	#2 Lynchburg	{2} 1:00.83	1/20

Women's 800 Meters

1	Apolline GASPERS	JR	#3 Catholic (D.C.)	2:17.80	1/20
2	Lauren CERDA	SR	#3 Catholic (D.C.)	{2} 2:20.61	1/20
3	Alexa GRASSI	FR	#3 Catholic (D.C.)	{3} 2:24.35	1/20
4	Ella CLINGENPEEL	FR	#11 Virginia Wesleya	2:24.86	1/20
5	Hannah EDWARDS	FR	#2 Lynchburg	2:25.11	1/12
6	Payton FLEMING	FR	#1 Emory	2:25.16	1/14
7	Madelyn MERNA	SO	#14 Meredith	2:25.58	1/20
8	Annabelle TANNER	FR	#1 Emory	{2} 2:26.05	1/14
9	Courtney MUDD		#9 Christopher New	2:26.48	1/20
10	Kaitlyn RUIZ	FR	#7 Shenandoah	2:26.60	12/3

Women's Mile

1	Emily MOEHRINGER	JR	#3 Catholic (D.C.)	5:08.69	12/2
2	Kate INGLIS	JR	#3 Catholic (D.C.)	{2} 5:09.23	12/2
3	Apolline GASPERS	JR	#3 Catholic (D.C.)	{3} 5:09.46	12/2
4	Lily TAYLOR	SR	#1 Emory	5:11.30	1/14
4	Lauren CERDA	SR	#3 Catholic (D.C.)	{4} 5:11.30	1/20
6	Madison LOWERY	SR	#16 Pfeiffer	5:11.68	1/21
7	Asena ANDERSON	JR	#5 Berry	5:12.64	1/20
8	Liesl SCHERRER	JR	#1 Emory	{2} 5:12.71	1/14
9	Madison TIAFFAY	SO	#1 Emory	{3} 5:12.78	1/14
10	Anna ROSE	JR	#5 Berry	{2} 5:15.98	1/20

Women's 3000 Meters

1	Kayla WERNER	FR	#2 Lynchburg	10:00.34	12/1
2	Madison LOWERY	SR	#16 Pfeiffer	10:20.82	1/21
3	Allison DELL	SO	#2 Lynchburg	{2} 10:24.20	1/12
4	Madeline LOTTS	JR	#7 Shenandoah	10:24.74	12/3
5	Sophia BRESCHI	SO	#8 Washington and	10:33.24	12/2
6	Makenna THRUSH	JR	#7 Shenandoah	{2} 10:36.01	12/3
7	Kate INGLIS	JR	#3 Catholic (D.C.)	10:36.97	1/20
8	Courtney DRUMM	SR	#2 Lynchburg	{3} 10:37.49	1/12
9	Hastings GRAY	SR	#5 Berry	10:37.56	12/1
10	Jordan DIRISIO	FR	#2 Lynchburg	{4} 10:38.27	1/12

Women's 5000 Meters

1	Brigid HANLEY	JR	#1 Emory	17:08.61	12/2
2	Elizabeth CSIKAI	FR	#1 Emory	{2} 17:14.51	12/2
3	Makenna THRUSH	JR	#7 Shenandoah	18:27.45	1/20
4	Georgia NUSSEY	JR	#3 Catholic (D.C.)	18:43.83	12/2
5	Delaney BUNDY	FR	#14 Meredith	19:00.36	1/20
6	Britany ZIEMER	SR	#10 Rhodes	19:12.71	1/14
7	Emma MADRIGAL	SO	#7 Shenandoah	{2} 19:22.19	1/20
8	Skyler SEEGER	SO	#23 Piedmont	19:22.91	1/14
9	Laurel MCMAHON	FR	#3 Catholic (D.C.)	{2} 19:31.93	1/20
10	Sarah CHRISTY	JR	#7 Shenandoah	{3} 19:38.50	1/20



Regional TFRI Event Summary

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South

Women's 4x400 Relay

1	Nikki Boon Mina Leopold Libby Ranocha Paige Murdock	#1 Emory	4:00.29	12/1
2	Olivia Freeman Ava Dunn Shannen Alack Thora Pearson	#10 Rhodes	4:08.26	12/1
3	Simmons Lee Paige Tulenko Jesma Evans Jordynn Palethorpe	#8 Washington and	4:08.91	12/2
4	Haylee Gamble Eleanor Hinckley Ophelia Ladner Maryrose Molina-Shuman	#4 Roanoke	4:09.51	1/20
5	Brigid Byrnes Mia McConnell Sabrina Beniquez Ellie Bixenman	#3 Catholic (D.C.)	4:10.47	12/2
6	Marianna Moell Asena Anderson Macy Murdock Emily Thompson	#5 Berry	4:10.52	1/20
7	Kamiyah Wooten Mariah Brooks Ahniah Cherry Ti'asia Bryant	#6 North Carolina W	4:13.41	12/1
8	Folole Torres Tessa Miller Liz Morgan Addie Parker	#17 Southern Virgini	4:14.31	12/9
9	Natashe Tate Amia Barnes Tiyjah Mosley Ella Clingenpeel	#11 Virginia Wesleya	4:15.59	1/19
10	Alexis Hubbard Caitlyn Sweet Mackenzie Plowman Kaitlyn Ruiz	#7 Shenandoah	4:17.11	12/3

Women's Distance Medley Relay

1	Sophia Breschi Sofia Petrucelli Emilee Becker Emily Sansbury	#8 Washington and	12:58.00	1/20
2	Andrea Gallegos Madelyn Merna Carly O'Toole Amethyst Joseph	#14 Meredith	13:21.03	1/20
3	Kamryn Bradshaw-meyer Tessa Miller Emmalee Hale Lissie Hill	#17 Southern Virgini	13:35.09	1/20
4	Avery Finnegan Abby Hughes Mikayla Stephens Brier Amerlinck	#18 Marymount (Va.)	13:37.06	1/20
5	Allie Gallaher Ophelia Ladner Vendela Svaerd Evelyn MaGee	#4 Roanoke	14:07.31	1/20
6	Sienna Collier Meredith White Ellie Spears Riley Imbornone	#10 Rhodes	14:07.47	1/14
7	Elina Malancea Hannah Rhodes Alex Swanson Riley Michaud	#22 Oglethorpe	14:28.02	1/14

Women's High Jump

1	Kaitlyn NGUYEN	SR	#4 Roanoke	1.63m	5-4¼	12/9
1	Katya HOOVER	JR	#7 Shenandoah	1.63m	5-4¼	12/3
1	Kim RODEN	SO	#4 Roanoke	1.63m	5-4¼	12/9
4	Norah CIANO	JR	#11 Virginia Wesleya	1.57m	5-1¾	1/19
5	Kaia BEDDOWS	FR	#8 Washington and	1.56m	5-1¼	1/20
5	Ashley ELEY		#9 Christopher New	1.56m	5-1¼	12/2
7	Julia SHIPES	FR	#5 Berry	1.55m	5-1	1/13
7	Kris WILLIAMS	FR	#5 Berry	1.55m	5-1	1/20
7	Kym YOUNG	JR	#10 Rhodes	1.55m	5-1	12/1
10	Emily THOMPSON	SR	#5 Berry	{3} 1.53m	5-¼	1/19
10	Margo FOX	SO	#2 Lynchburg	1.53m	5-¼	12/1



Regional TFRI Event Summary

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South

Women's Pole Vault

1	Allison BOBST	SR	#2 Lynchburg	3.50m	11-5¼	12/1
2	Kendra PAYNE	SR	#10 Rhodes	3.40m	11-1¾	1/14
2	Hannah RILEY	FR	#1 Emory	3.40m	11-1¾	1/14
4	Ashley D'AMBROSIA	JR	#8 Washington and	3.35m	10-11¾	12/2
5	Cameron WEBER	FR	#2 Lynchburg	{2} 3.30m	10-9¾	1/12
6	Madeline HUBBERT	JR	#5 Berry	3.18m	10-5¼	1/20
7	Noa WEINHAUS	FR	#1 Emory	{2} 3.10m	10-2	1/14
7	Ella PINE	FR	#5 Berry	{2} 3.10m	10-2	1/14
9	Ariana GRANT	SO	#18 Marymount (Va.)	3.05m	10-0	1/20
9	Anna STAFFORD	SR	#4 Roanoke	3.05m	10-0	1/20
9	Ainsley MILLER	SR	#9 Christopher New	3.05m	10-0	1/12

Women's Long Jump

1	Aniya SEWARD	SR	#2 Lynchburg	5.47m	17-11½	1/12
2	Hannah WETZEL	SR	#13 Gallaudet	5.32m	17-5½	12/8
2	Brandi GARDNER	SO	#21 Methodist	5.32m	17-5½	12/2
4	Julia HATHAWAY	SO	#11 Virginia Wesleya	5.25m	17-2¾	1/12
5	Brigid BYRNES	FR	#3 Catholic (D.C.)	5.22m	17-1½	12/2
6	Ellie NUCKOLS		#9 Christopher New	5.19m	17-½	1/12
7	Madelyn VENABLE	JR	#8 Washington and	5.16m	16-11¼	12/2
8	Alexis HUBBARD	JR	#7 Shenandoah	5.11m	16-9¼	12/3
9	Kennedy CHAPMAN	FR	#11 Virginia Wesleya	{2} 5.09m	16-8½	1/12
10	Olivia VIERS	FR	#4 Roanoke	5.06m	16-7¼	1/20

Women's Triple Jump

1	Aniya SEWARD	SR	#2 Lynchburg	11.40m	37-5	12/1
2	Hannah WETZEL	SR	#13 Gallaudet	11.19m	36-8½	12/8
3	Jakia JOINER	FR	#12 Belhaven (Miss.)	11.15m	36-7	1/20
4	Alexandra GUZMAN	SO	#9 Christopher New	10.91m	35-9½	1/12
5	Caroline HANSEN	JR	#1 Emory	10.89m	35-8¾	12/1
6	Kiara SMITH	JR	#2 Lynchburg	{2} 10.72m	35-2	12/1
7	Angel DAVID	FR	#20 Eastern Mennon	10.65m	34-11¼	1/20
8	Ayeshia WATSON	FR	#24 Hollins	10.54m	34-7	1/12
9	Courtney JONES	JR	#5 Berry	10.46m	34-4	1/20
9	Mackenzie MORANTE	FR	#8 Washington and	10.46m	34-4	12/2

Women's Shot Put

1	Katherine STEVENS	JR	#9 Christopher New	12.73m	41-9¼	12/2
2	Christian VAN NORDEN	JR	#6 North Carolina V	12.40m	40-8¼	1/20
3	Midajah DAVIS	SR	#13 Gallaudet	12.36m	40-6¾	12/8
4	Grace FOWLER	SR	#4 Roanoke	12.32m	40-5	12/9
5	Nikki BOON	JR	#1 Emory	12.00m	39-4½	12/1
6	Kiara FELSTON	SR	#7 Shenandoah	11.93m	39-1¾	1/14
7	Sarah FINEMAN	JR	#1 Emory	{2} 11.75m	38-6¾	1/14
8	Abby MIKOLAY	FR	#15 Bridgewater (Va.	11.57m	37-11½	1/14
9	Mackenzie SWANSON	SO	#11 Virginia Wesleya	11.49m	37-8½	1/20
10	Logan BABBS	JR	#2 Lynchburg	11.48m	37-8	1/12

Women's Weight Throw

1	Kiara FELSTON	SR	#7 Shenandoah	17.59m	57-8½	1/20
2	Logan BABBS	JR	#2 Lynchburg	16.41m	53-10¼	12/1
3	Katherine STEVENS	JR	#9 Christopher New	16.32m	53-6½	12/2
4	Grace FOWLER	SR	#4 Roanoke	15.68m	51-5½	1/20
5	Bailey HEDGEMON	SO	#8 Washington and	14.67m	48-1¾	1/20
6	Kiersten ALLING	FR	#19 Randolph	14.26m	46-9½	1/20
7	Daryl TUCKER	SO	#11 Virginia Wesleya	14.00m	45-11¼	12/2
8	Abby MIKOLAY	FR	#15 Bridgewater (Va.	13.90m	45-7¼	1/14
9	Kym YOUNG	JR	#10 Rhodes	13.74m	45-1	12/1
10	Malysa WINSTON	SO	#5 Berry	13.70m	44-11½	1/20

Women's Pentathlon

1	Emily THOMPSON	SR	#5 Berry	2,968		1/19
2	Margo FOX	SO	#2 Lynchburg	2,829		12/1
3	Macy MURDOCK	SO	#5 Berry	{2} 2,599		1/19
4	Anna MILLER	FR	#2 Lynchburg	{2} 2,367		12/1
5	Jessica TAYLOR	FR	#19 Randolph	2,252		12/9



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

WOMEN — 2024 Week #1, January 22

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West

Women's 60 Meters

1	Brynn YANEZ	SO	#4 McMurry	7.91	12/9
2	Alison BALL	SR	#2 Whitworth	8.02	1/13
3	Erin FALLON		#4 McMurry {2}	8.08	12/9
4	Amelia HEWSON	SR	#2 Whitworth {2}	8.09	1/20
5	Kylah WASHINGTON	FR	#5 Hardin-Simmons	8.13	12/2
6	Brianna TIRA	FR	#2 Whitworth {3}	8.18	1/13
6	Trinity PROVOST	SO	#8 St. Thomas (Texas)	8.18	12/1
8	Isabella PEREIRA	FR	#2 Whitworth {4}	8.21	1/13
9	Brooke KIMURA	FR	#2 Whitworth {5}	8.24	1/20
10	Danya SELBER	SR	#3 Trinity (Texas)	8.29	12/1

Women's 60 Meter Hurdles

1	Amelia HEWSON	SR	#2 Whitworth	8.97	1/13
2	Ebonee NATION	SO	#8 St. Thomas (Texas)	9.11	12/1
3	Breanne RAWLS	JR	#2 Whitworth {2}	9.41	1/13
4	Neelie SCHIEL	SO	#11 East Texas Baptist	9.46	12/1
5	Emma FOWKES	SR	#1 Colorado College	9.49	12/8
6	Hayley HUCK	SR	#3 Trinity (Texas)	9.68	12/1
7	Hannah MARCOE	FR	#2 Whitworth {3}	9.70	1/13
8	Danya SELBER	SR	#3 Trinity (Texas) {2}	9.71	12/1
9	Victoria WILSON	SO	#6 LeTourneau	10.16	1/20
10	Kloe SALAZAR	FR	#7 Pacific Lutheran	10.27	12/9

Women's 200 Meters

1	Alison BALL	SR	#2 Whitworth	25.44	12/9
2	Brynn YANEZ	SO	#4 McMurry	25.72	12/9
3	Trinity PROVOST	SO	#8 St. Thomas (Texas)	26.05	12/1
4	Hayley HUCK	SR	#3 Trinity (Texas)	26.37	12/1
5	Erin FALLON		#4 McMurry {2}	26.57	12/9
6	Danya SELBER	SR	#3 Trinity (Texas) {2}	26.65	12/1
7	Kylah WASHINGTON	FR	#5 Hardin-Simmons	26.74	12/2
8	Isabella PEREIRA	FR	#2 Whitworth {2}	27.52	1/20
9	Haily BASS	SO	#6 LeTourneau	27.56	1/20
9	Honor KNOTT	SO	#5 Hardin-Simmons {2}	27.56	12/2

Women's 400 Meters

1	CC GRAY	JR	#3 Trinity (Texas)	59.58	12/1
2	Christina STINSON	JR	#8 St. Thomas (Texas)	1:00.48	12/1
3	Nakiah TOLBERT	JR	#5 Hardin-Simmons	1:01.15	12/2
4	Emily BROWN	FR	#2 Whitworth	1:01.77	1/20
5	Haily BASS	SO	#6 LeTourneau	1:01.92	1/20
6	Elsie CHIN	SO	#10 Lewis & Clark	1:02.13	12/9
7	Aliya JACKSON	SR	#3 Trinity (Texas) {2}	1:02.16	12/1
8	Hannah MARCOE	FR	#2 Whitworth {2}	1:02.50	1/20
9	Danielle PENA	SO	#5 Hardin-Simmons {2}	1:02.98	12/2
10	Vanessa GARCIA	FR	#3 Trinity (Texas) {3}	1:03.19	12/1

Women's 800 Meters

1	Lily JONES	FR	#2 Whitworth	2:24.83	1/20
2	Breonna MCCARTHY-REESE		#4 McMurry	2:25.55	12/9
3	Allison BARKER	FR	#1 Colorado College	2:26.30	1/20
4	Gabriela LUES	FR	#1 Colorado College {2}	2:32.91	1/20
5	Katelyn HERNANDEZ	JR	#4 McMurry {2}	2:34.43	12/9
6	Julia SNELLING	FR	#1 Colorado College {3}	2:39.75	1/20
7	Emmaline DERRY	SO	#1 Colorado College {4}	2:42.34	1/20
8	Breanne RAWLS	JR	#2 Whitworth {2}	2:42.96	1/20
9	Hope FUENTES	FR	#5 Hardin-Simmons	2:43.99	12/2

Women's Mile

1	Elliot SINGER	JR	#1 Colorado College	5:17.55	1/20
2	Ella FULLERTON	SO	#1 Colorado College {2}	5:19.18	1/20
3	Isabel OLSON	JR	#1 Colorado College {3}	5:28.26	1/20
4	Emmaline DERRY	SO	#1 Colorado College {4}	5:54.96	1/20
5	Hope FUENTES	FR	#5 Hardin-Simmons	5:56.00	12/2
6	Briella ROSE	SO	#6 LeTourneau	6:01.74	1/20
7	Alayna GALLOWAY	SO	#6 LeTourneau {2}	6:21.50	1/20
8	Abigail EVERETT	FR	#6 LeTourneau {3}	7:31.98	1/20

Women's 3000 Meters

1	Riley CAPUANO	SO	#9 Claremont-Mudd	9:48.52	12/2
2	Kendall ACCETTA	SR	#1 Colorado College	10:21.52	1/20
3	Alison MUELLER-HICKLER	SO	#1 Colorado College {2}	10:22.73	1/20
4	Elliot SINGER	JR	#1 Colorado College {3}	10:37.23	1/20
5	Brooktie FROGGE	SO	#1 Colorado College {4}	10:49.32	1/20
6	Charlie FLINT	FR	#1 Colorado College {5}	10:53.35	1/20
7	Liz WHITE	SO	#1 Colorado College {6}	10:57.32	1/20
8	Britt HELGAAS	JR	#1 Colorado College {7}	11:03.25	1/20
9	Mary CATE KISER	FR	#1 Colorado College {8}	11:08.52	1/20
10	Abby CROSSLEY	FR	#2 Whitworth	11:09.22	1/13

Women's 5000 Meters

1	Natalie BITETTI	SR	#9 Claremont-Mudd	16:33.50	12/2
2	Elle MARSYLA	SO	#9 Claremont-Mudd {2}	17:09.52	12/2

Women's 4x400 Relay

1	CC Gray Vanessa Garcia Aliya Jackson Hayley Huck	#3 Trinity (Texas)	4:05.98	12/1
2	Brynn Yanez Breonna McCarthy-Reese Ashley Reath Madelyn Gollihar	#4 McMurry	4:010.00	12/9
3	Haily Bass Victoria Wilson Hope Greenwald Ellie Marsh	#6 LeTourneau	4:20.00	1/20



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West

Women's High Jump

1	Breanne RAWLS	JR	#2 Whitworth	1.62m	5-3¾	1/20
2	Emma FOWKES	SR	#1 Colorado College	1.55m	5-1	12/8
2	Emma JONES	SO	#1 Colorado College	1.55m	5-1	12/8
2	Abigail CAPRYE	FR	#7 Pacific Lutheran	1.55m	5-1	1/13
5	Josephine LOUIS	FR	#1 Colorado College {3}	1.52m	4-11¾	1/20
5	April KWAN	SR	#1 Colorado College {3}	1.52m	4-11¾	1/20
7	Madison DOWNEY	FR	#7 Pacific Lutheran {2}	1.50m	4-11	1/13
7	Emmalee HORTON	SO	#5 Hardin-Simmons	1.50m	4-11	12/2
7	Janae GREEN	SO	#5 Hardin-Simmons	1.50m	4-11	12/2
10	Allie YOUNGS	JR	#7 Pacific Lutheran {3}	1.46m	4-9½	12/9
10	Cheyenne HICKS	FR	#7 Pacific Lutheran {3}	1.46m	4-9½	12/9

Women's Pole Vault

1	Brenna STELL		#4 McMurry	3.63m	11-10¾	12/9
2	Maddy WIETSTRUCK	JR	#3 Trinity (Texas)	3.25m	10-8	12/1
3	Kaelin LEISHMAN	SO	#3 Trinity (Texas) {2}	2.95m	9-8	12/1
3	Victoria BAKER	FR	#3 Trinity (Texas) {2}	2.95m	9-8	12/1
5	Josephine LOUIS	FR	#1 Colorado College	2.92m	9-7	1/20

Women's Long Jump

1	Joy AREOLA	JR	#3 Trinity (Texas)	5.07m	16-7¾	12/1
2	Brianna TIRA	FR	#2 Whitworth	5.03m	16-6	12/9
3	Clara LIPPERT	SO	#1 Colorado College	4.90m	16-1	12/8
4	Madison DOWNEY	FR	#7 Pacific Lutheran	4.80m	15-9	12/9
5	Victoria WILSON	SO	#6 LeTourneau	4.74m	15-6¾	1/20
6	Rose DINH	FR	#10 Lewis & Clark	4.70m	15-5	12/9
7	Molly VANCE	FR	#1 Colorado College {2}	4.68m	15-4¼	12/8
8	Breanne RAWLS	JR	#2 Whitworth {2}	4.66m	15-3½	1/20
9	Danielle SAULS	SR	#5 Hardin-Simmons	4.56m	14-11½	12/2
10	Josephine LOUIS	FR	#1 Colorado College {3}	4.55m	14-11¼	12/8
10	Emerald GARCIA	SR	#5 Hardin-Simmons {2}	4.55m	14-11¼	12/2

Women's Triple Jump

1	Joy AREOLA	JR	#3 Trinity (Texas)	11.40m	37-5	12/1
2	Isabella PEREIRA	FR	#2 Whitworth	10.22m	33-6½	1/13
3	Kloe SALAZAR	FR	#7 Pacific Lutheran	9.84m	32-3½	12/9
4	Madison DOWNEY	FR	#7 Pacific Lutheran {2}	9.22m	30-3	12/9

Women's Shot Put

1	Renee TIUMALU	SR	#2 Whitworth	13.29m	43-7¼	12/9
2	Izzy BOYD	FR	#2 Whitworth {2}	11.69m	38-4¼	1/20
3	Breanne RAWLS	JR	#2 Whitworth {3}	10.99m	36-¾	1/20
4	Erin CAPELL	JR	#1 Colorado College	10.90m	35-9¼	1/20
5	Elizabeth JORDAN	SO	#4 McMurry	10.76m	35-3¾	12/9
6	Natalie ELLIS	FR	#2 Whitworth {4}	10.53m	34-6¾	1/13
7	Amblessed OKEMGBO	SO	#2 Whitworth {5}	10.49m	34-5	1/13
8	Shakayla BROWDER	SO	#11 East Texas Bapti	10.36m	34-0	12/1
9	Logan SPENCER	JR	#2 Whitworth {6}	10.33m	33-10¾	1/20
10	Nia PILE	SO	#10 Lewis & Clark	10.11m	33-2	12/9

Women's Weight Throw

1	Elizabeth CUNNINGHAM	SO	#4 McMurry	13.03m	42-9	12/9
2	Kate BALLENGEE	JR	#3 Trinity (Texas)	10.37m	34-¼	12/1

Women's Pentathlon

1	Breanne RAWLS	JR	#2 Whitworth	3,177	1/20
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