



National TFRI Event Summary

Women's 60 Meters — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Joy ABU	SR	#2 William Carey (Miss.)	23.15		7.43	12/1/23 BSC Panther Indoor Icebreake
2	Jamaya WARTHEN	JR	#1 Indiana Tech	20.09		7.51	12/1/23 Blue & Gold Invitational
3	Machaeda LINTON	SO	#2 William Carey (Miss.) {2}	3.70	D	7.54	12/1/23 BSC Panther Indoor Icebreake
3	Nicole JOHNSON	SR	Warner (Fla.)	17.70		7.54	1/13/24 Jimmy Carnes Invitational Col
5	Kiya POGUE	JR	#1 Indiana Tech {2}	13.57		7.55	12/1/23 Blue & Gold Invitational
6	Fredricka MCKENZIE	SR	#2 William Carey (Miss.) {3}	11.31		7.57	12/1/23 BSC Panther Indoor Icebreake
7	Trinity MONTGOMERY	FR	Multnomah (Ore.)	10.06		7.59	12/9/23 Spokane Invitational
7	Tyeese SMITH	SO	#2 William Carey (Miss.) {4}	10.06		7.59	12/1/23 BSC Panther Indoor Icebreake
9	Ta'nijal MATTHEWS		Dillard (La.)	7.80		7.61 (1.1)	12/1/23 New Orleans Triangular Winte
10	Ny'tierra HOBBS	SR	#24 Madonna (Mich.)	6.69		7.62	1/13/24 Wolverine Invitational
10	Salieci MYLES	JR	#2 William Carey (Miss.) {5}	6.69		7.62	1/20/24 Samford January Open
12	Kynneddy TURNER	JR	Xavier (La.)	4.60		7.63w (2.1)	1/12/24 Bleu Devils "Indoor" Track Cla
12	Delaney WEIMER	JR	#16 Evangel (Mo.)	4.60		7.63	1/20/24 NAIA / JUCO Invitational
12	Kevell BYRD	JR	Dillard (La.) {2}	4.60		7.63 (1.1)	12/1/23 New Orleans Triangular Winte
15	Riley HERSHBERGER	SR	#11 Bethel (Ind.)	1.94		7.65	12/1/23 Blue & Gold Invitational
16	Irmiris MENDEZ	JR	Southeastern (Fla.)	1.60		7.66 #Error	12/2/23 Baron Invitational Meet
17	Jaelynn WILLIAMS	JR	Texas Wesleyan	1.28		7.67	1/20/24 NAIA / JUCO Invitational
17	Kayly GUTHRIE	JR	Multnomah (Ore.) {2}	1.28		7.67	12/9/23 Spokane Invitational
17	Gretchen RANEY	JR	#14 Saint Mary (Kan.)	1.28		7.67	12/2/23 Mel Tjeerdsma Classic
20	Jordyn MINOR	FR	Loyola (La.)	0.90		7.69w (2.1)	1/12/24 Bleu Devils "Indoor" Track Cla
21	Ta'nyia FLOWERS	SO	Dillard (La.) {3}	0.76		7.70 (1.1)	12/1/23 New Orleans Triangular Winte
21	Derica GIBSON	SR	#1 Indiana Tech {3}	0.76		7.70	12/8/23 Warrior Invitational
21	Ifunanya MUOGHALU	SO	#8 Cumberland (Tenn.)	0.76		7.70	1/13/24 Commodore Challenge
24	Jozlen BRISBON	JR	Lindsey Wilson (Ky.)	0.37		7.72	1/20/24 Centre College Track & Field I
25	Chasity VEALS	SR	Langston (Okla.)	0.20		7.75	12/2/23 Washburn Alumni Invitational
26	Emma JOHNSON	SR	Columbia Internation	0.15		7.77	1/13/24 Mondo College Invitational
27	Tiyna RIDGE	FR	Friends (Kan.)	0.13		7.78	1/20/24 NAIA / JUCO Invitational
28	Eden CLIFTON	SO	Graceland (Iowa)	0.10		7.79	12/2/23 Mel Tjeerdsma Classic
29	Niobe HIOLDER	FR	#1 Indiana Tech {4}	0.08		7.80	12/2/23 Mastodon Opener
30	Trinyty GREGORY	SO	Columbia Internation {2}	0.05		7.81	1/13/24 Mondo College Invitational
30	Zharia BONNER	FR	#2 William Carey (Miss.) {6}	0.05		7.81	12/1/23 BSC Panther Indoor Icebreake
30	Armoney CLAY	FR	#23 Marian (Ind.)	0.05		7.81	12/8/23 John Gartland Invitational
30	Nevaeh LACEY	FR	Xavier (La.) {2}	0.05		7.81 (1.1)	12/1/23 New Orleans Triangular Winte
30	Ally HAWK	SO	Indiana Wesleyan	0.05		7.81	1/20/24 Mastodon Invitational
35	Emily POWELSON	FR	Southeastern (Fla.) {2}	0.01		7.83 #Error	12/2/23 Baron Invitational Meet
35	Catalla JONES	FR	#23 Marian (Ind.) {2}	0.01		7.83	12/8/23 John Gartland Invitational



National TFRI Event Summary

Women's 60 Meter Hurdles — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Kiya POGUE	JR	#1 Indiana Tech	22.90	8.42	12/1/23	Blue & Gold Invitational
2	Joy ABU	SR	#2 William Carey (Miss.)	20.28	8.48	1/13/24	Commodore Challenge
3	Kerrigan MYERS	JR	#19 Midland (Neb.)	18.18	8.49	12/9/23	Bulldog Early Bird
3	Madigan KELLY	JR	#12 Lewis-Clark State (Ida)	18.18	8.49	1/20/24	Lauren McCluskey Memorial O
5	Hannah ANTKOVIK	JR	#10 Olivet Nazarene (Ill.)	14.08	8.50	12/8/23	Grand Valley State Holiday Op
6	Salieci MYLES	JR	#2 William Carey (Miss.) {2}	11.78	8.53	1/20/24	Samford January Open
7	Kerrigan MYERS	JR	#19 Midland (Neb.) {2}	10.48	8.56	12/2/23	SDSU Holiday Open and Multi
8	Adrianna RODENCAL	SO	#3 Concordia (Neb.)	9.38	8.57	12/9/23	Bulldog Early Bird
9	Katlyn JONES	SR	#1 Indiana Tech {2}	7.74	8.67	12/1/23	Blue & Gold Invitational
10	Doris MENSAH	SO	#8 Cumberland (Tenn.)	6.61	8.71	1/13/24	Commodore Challenge
11	Nisa THOMAS	SR	#13 Hastings (Neb.)	5.51	8.74	1/19/24	Polar Dog Indoor Invite
12	Kaitlyn MCCOLLY	JR	#9 Dickinson State (N.D.)	4.41	8.77	12/2/23	Marauders Indoor Opener
12	Faith JACKSON	SR	Siena Heights (Mich.)	4.41	8.77	1/19/24	John Flaminio Classic
14	Kyla COLEMAN	SO	Xavier (La.)	2.32	8.80	(1.1)	12/1/23 New Orleans Triangular Winte
14	Irmiris MENDEZ	JR	Southeastern (Fla.)	2.32	8.80	(0.1)	12/2/23 Baron Invitational Meet
16	JayOnna PERRY	SO	Ottawa (Kan.)	1.53	8.81		12/2/23 Mel Tjeerdsma Classic
17	Mariah FEDE	SO	McPherson (Kan.)	1.12	8.86	1/20/24	NAIA / JUCO Invitational
18	Zaria JONES	FR	#4 Central Methodist (Mo.)	0.93	8.89	12/2/23	Bob Timmons Challenge
19	Emma JOHNSON	SR	Columbia Internation	0.80	8.90	1/20/24	Carolina Challenge
19	Daena DRYER	FR	#2 William Carey (Miss.) {3}	0.80	8.90	1/13/24	Commodore Challenge
21	Josie GARRETT	SO	Doane (Neb.)	0.60	8.96	1/19/24	Prairie Wolf Indoor Invitationa
22	Natalea HILLEN	SR	Point Park (Pa.)	0.50	8.97	1/20/24	Ashland Invitational
23	Makiyah ALLEN	SO	Campbellsville (Ky.)	0.40	8.98		12/8/23 Marshall Opener
23	Ar'Briel SCOTT	FR	Southeastern (Fla.) {2}	0.40	8.98	#Error	12/2/23 Baron Invitational Meet
25	Jade HARRIS	SO	Xavier (La.) {2}	0.20	9.00	(1.9)	1/12/24 Bleu Devils "Indoor" Track Cla
26	Jaida ROWE	SO	#13 Hastings (Neb.) {2}	0.15	9.01	1/19/24	Polar Dog Indoor Invite
27	Rylin BAGARUS	SR	#11 Bethel (Ind.)	0.13	9.02		12/1/23 Blue & Gold Invitational
28	Ally HAWK	SO	Indiana Wesleyan	0.10	9.03	1/20/24	Mastodon Invitational
29	Addisyn TERPSTRA	FR	Grand View (Iowa)	0.08	9.05	1/20/24	Richard Alsup Open
30	Renee FINKE	JR	#4 Central Methodist (Mo.) {2}	0.05	8.47	(8.47 (55m)	1/13/24 Redhawks Invitational
30	Ariel JOHNSON	FR	Wiley (Texas)	0.05	9.11		1/14/24 Emory Crossplex Invite
32	Emma JOHNSON	JR	Viterbo (Wis.)	0.03	9.12		12/9/23 M City Classic (indoor)
33	Liberty BAKER	FR	York (Neb.)	0.02	9.14		12/9/23 Bulldog Early Bird
33	Linnearia RICHARDS	JR	Siena Heights (Mich.) {2}	0.02	9.14		12/2/23 Saginaw Valley State Holiday
35	Kailey JOHNSON	SR	#4 Central Methodist (Mo.) {3}	0.01	9.15		12/9/23 Crimson & Gold Invitational



National TFRI Event Summary

Women's 200 Meters — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Soyinne GRENYION	SR	#1 Indiana Tech	22.97		23.80	12/1/23 Blue & Gold Invitational
2	Printassia JOHNSON		#20 Life (Ga.)	20.94		23.81	1/19/24 Vanderbilt Indoor Invitational
3	Praise IDAMADUDU	JR	#8 Cumberland (Tenn.)	18.66		23.90	1/19/24 Vanderbilt Indoor Invitational
4	Jamaya WARTHEN	JR	#1 Indiana Tech {2}	15.88		24.16	12/1/23 Blue & Gold Invitational
5	Joy ABU	SR	#2 William Carey (Miss.)	3.72	D	24.24	1/13/24 Commodore Challenge
6	Derica GIBSON	SR	#1 Indiana Tech {3}	11.46		24.37	12/2/23 Mastodon Opener
7	Charity JONES	JR	#24 Madonna (Mich.)	10.18		24.51	12/2/23 Saginaw Valley State Holiday
8	Hannah ANTKOVIK	JR	#10 Olivet Nazarene (Ill.)	2.83	D	24.69	12/2/23 ONU Holiday Invitational
9	Ny'tierra HOBBS	SR	#24 Madonna (Mich.) {2}	7.67		24.77	12/8/23 Grand Valley State Holiday Op
10	Kynneddy TURNER	JR	Xavier (La.)	6.61		24.80w (2.3)	1/12/24 Bleu Devils "Indoor" Track Cla
11	Salieci MYLES	JR	#2 William Carey (Miss.) {2}	2.57	D	24.82	12/1/23 BSC Panther Indoor Icebreake
11	Nicole JOHNSON	SR	Warner (Fla.)	5.57		24.82 (0.5)	12/8/23 Keiser University Winter Open
13	Irmiris MENDEZ	JR	Southeastern (Fla.)	3.54		24.84 (1.6)	12/2/23 Baron Invitational Meet
14	Kevell BYRD	JR	Dillard (La.)	2.48		24.87 (1.1)	12/1/23 New Orleans Triangular Winte
15	Ifunanya MUOGHALU	SO	#8 Cumberland (Tenn.) {2}	1.90		24.91	1/13/24 Commodore Challenge
16	Mariah FEDE	SO	McPherson (Kan.)	1.49		25.05	1/20/24 NAIA / JUCO Invitational
17	Tera MILLER	SR	#10 Olivet Nazarene (Ill.) {2}	1.13		25.17	12/8/23 Grand Valley State Holiday Op
18	Riley HERSHBERGER	SR	#11 Bethel (Ind.)	1.01		25.19	12/1/23 Blue & Gold Invitational
19	Machaeda LINTON	SO	#2 William Carey (Miss.) {3}	0.84		25.26	1/20/24 Samford January Open
20	Doris MENSAH	SO	#8 Cumberland (Tenn.) {3}	0.70		25.33	1/13/24 Commodore Challenge
21	Emma JOHNSON	SR	Columbia Internation	0.60		25.39	1/20/24 Carolina Challenge
22	Tori BURTON	SO	Dillard (La.) {2}	0.50		25.40w (2.3)	1/12/24 Bleu Devils "Indoor" Track Cla
22	Gabbi BUTLER	SR	St. Ambrose (Iowa)	0.50		25.40	12/9/23 Finals Week Invitational
24	Delaney WEIMER	JR	#16 Evangel (Mo.)	0.30		25.53	12/9/23 Crimson & Gold Invitational
24	Kiya POGUE	JR	#1 Indiana Tech {4}	0.30		25.53	12/8/23 Warrior Invitational
26	Jaelyn MITCHELL	FR	Xavier (La.) {2}	0.15		25.54	1/20/24 Samford January Open
26	Darly CAMILO-MONTENEGRO	SR	#4 Central Methodist (Mo.)	0.15		25.54	1/19/24 Polar Dog Indoor Invite
28	Adrianna RODENCAL	SO	#3 Concordia (Neb.)	0.10		25.55	1/19/24 Polar Dog Indoor Invite
29	Aaliyah FREDERICK	FR	#1 Indiana Tech {5}	0.08		25.57	12/8/23 Warrior Invitational
30	Allena ROWLAND	SO	Clarke (Iowa)	0.05		25.63	12/9/23 Finals Week Invitational
31	Kayly GUTHRIE	JR	Multnomah (Ore.)	0.04		25.64	12/9/23 Spokane Invitational
32	Diamond RUSH	JR	Point Park (Pa.)	0.03		25.65	12/8/23 Warrior Invitational
33	Alexis SUMMERS	FR	Baker (Kan.)	0.02		25.66	12/9/23 Crimson & Gold Invitational
34	Kayla MOODY	SR	#1 Indiana Tech {6}	0.02		25.67	12/1/23 Blue & Gold Invitational
35	Geraldine HERRERA	FR	Warner (Fla.) {2}	0.01		25.69 (0.5)	12/8/23 Keiser University Winter Open



National TFRI Event Summary

Women's 400 Meters — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Praise IDAMADUDU	JR	#8 Cumberland (Tenn.)	23.56		54.29	1/13/24 Commodore Challenge
2	Soyinne GRENYION	SR	#1 Indiana Tech	21.27		54.50	12/1/23 Blue & Gold Invitational
3	Hannah ANTKOVIK	JR	#10 Olivet Nazarene (Ill.)	19.00		54.70	12/8/23 Grand Valley State Holiday Op
4	Joy ABU	SR	#2 William Carey (Miss.)	4.02	D	55.54	1/20/24 Samford January Open
5	Kevell BYRD	JR	Dillard (La.)	13.43		56.23	1/12/24 Bleu Devils "Indoor" Track Cla
6	Jo'Deci IRBY	SR	#1 Indiana Tech {2}	11.23		56.46	12/1/23 Blue & Gold Invitational
7	Nikiwe MONGWE	JR	MidAmerica Nazarene	10.15		56.56	1/20/24 NAIA / JUCO Invitational
8	Jenna ESCH	JR	#3 Concordia (Neb.)	8.87		56.89	12/9/23 Bulldog Early Bird
9	Maria SIMANCAS	SR	#2 William Carey (Miss.) {2}	2.83	D	56.93	1/13/24 Commodore Challenge
10	Allena ROWLAND	SO	Clarke (Iowa)	6.35		57.57	12/9/23 Finals Week Invitational
11	Samaya CAURTHENS	SO	Keiser (Fla.)	5.33		57.62	12/8/23 Keiser University Winter Open
12	Kayla MOODY	SR	#1 Indiana Tech {3}	4.31		57.66	12/8/23 Warrior Invitational
13	Tera MILLER	SR	#10 Olivet Nazarene (Ill.) {2}	3.30		57.69	12/8/23 Grand Valley State Holiday Op
14	Kennedy KRAMER	JR	Northwestern (Iowa)	2.25		57.81	12/9/23 Bulldog Early Bird
15	Junae BENNETT	JR	#1 Indiana Tech {4}	1.74		57.83	12/8/23 Warrior Invitational
16	Darly CAMILO-MONTENEGRO	SR	#4 Central Methodist (Mo.)	1.49		57.85	1/19/24 Polar Dog Indoor Invite
17	Hanna REUTER	SO	#23 Marian (Ind.)	1.21		57.92	12/8/23 John Gartland Invitational
18	Emily COLLINS	SO	#12 Lewis-Clark State (Ida)	1.02		58.13	1/20/24 Lauren McCluskey Memorial O
19	Kiara CARTER	JR	#10 Olivet Nazarene (Ill.) {3}	0.92		58.14	1/20/24 Pat Heenan Invitational
20	Sarah GENZINK	JR	#17 Cornerstone (Mich.)	0.79		58.21	1/20/24 Mike Lints Open
21	JayOnna PERRY	SO	Ottawa (Kan.)	0.68		58.23	12/9/23 Crimson & Gold Invitational
22	Fedjine BELL	SO	Xavier (La.)	0.50		58.49	12/1/23 New Orleans Triangular Winte
23	Fegor CLIFFORD	JR	#2 William Carey (Miss.) {3}	0.40		58.51	1/20/24 Samford January Open
24	Calli DAVIS	SR	Mount Marty (S.D.)	0.30		58.52	12/2/23 SDSU Holiday Open and Multi
25	Madi HAID	SR	#17 Cornerstone (Mich.) {2}	0.20		58.62	1/13/24 Bob Eubanks Open
26	Emma BLUM	SO	Northwestern (Iowa) {2}	0.15		58.67	1/19/24 Polar Dog Indoor Invite
27	Lexi WARDLOW	JR	#14 Saint Mary (Kan.)	0.13		58.72	12/9/23 Crimson & Gold Invitational
28	Ronnie MCMILLAN	JR	Aquinas (Mich.)	0.10		58.86	1/13/24 Bob Eubanks Open
29	Jennifer EZECHA	FR	#2 William Carey (Miss.) {4}	0.08		58.98	1/20/24 Samford January Open
30	Linnearia RICHARDS	JR	Siena Heights (Mich.)	0.05		58.99	12/8/23 Tiffin Open 1
31	KaNiya DOUGLAS	SO	Campbellsville (Ky.)	0.04		59.00	12/8/23 Marshall Opener
32	Vanessa PEREZ	SO	Oklahoma City	0.03		59.06	1/12/24 Arkansas Invitational
33	Carsyn BURDINE	SO	#10 Olivet Nazarene (Ill.) {4}	0.02		59.14	12/8/23 Grand Valley State Holiday Op
34	Jamila GARBA	SR	Campbellsville (Ky.) {2}	0.02		59.27	1/20/24 Centre College Track & Field I
35	Rhys MAXEY	SR	#13 Hastings (Neb.)	0.01		59.30	1/19/24 Polar Dog Indoor Invite



National TFRI Event Summary

Women's 600 Meters — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	Lisa VOYLES	SR	#1 Indiana Tech	23.54	1:32.35	12/8/23 Warrior Invitational
2	Maria SIMANCAS	SR	#2 William Carey (Miss.)	21.25	1:32.76	1/13/24 Commodore Challenge
3	Darly CAMILO-MONTENEGRO	SR	#4 Central Methodist (Mo.)	18.28	1:24.08 (60)	12/9/23 Crimson & Gold Invitational
4	Jenna ESCH	JR	#3 Concordia (Neb.)	15.61	1:35.19	12/9/23 Bulldog Early Bird
5	Jo'Deci IRBY	SR	#1 Indiana Tech {2}	13.55	1:35.32	12/8/23 Warrior Invitational
6	Jordan KOEPKE	JR	#3 Concordia (Neb.) {2}	11.44	1:35.56	12/9/23 Bulldog Early Bird
7	Gabbi BUTLER	SR	St. Ambrose (Iowa)	9.96	1:36.66	12/9/23 Finals Week Invitational
8	Emeline DELAVILLE	FR	#20 Life (Ga.)	8.83	1:36.97	1/14/24 Emory Crossplex Invite
9	Tianna BUMBACA-KUEHL	SR	Mount Marty (S.D.)	7.75	1:37.15	12/9/23 Bulldog Early Bird
10	Emilee HEYNEN	JR	#21 Dordt (Iowa)	6.74	1:37.18	12/2/23 SDSU Holiday Open and Multi
11	Shelby BUWALDA	SO	#21 Dordt (Iowa) {2}	5.52	1:37.68	12/2/23 SDSU Holiday Open and Multi
12	Lauryn MITCHELL	JR	Eastern Oregon	4.51	1:37.71	12/9/23 Spokane Invitational
13	Joshlyn TROUPE	FR	#4 Central Methodist (Mo.)	3.37	1:27.62 (60)	12/9/23 Crimson & Gold Invitational
14	Yanira DEANA PANINKA	SO	#4 Central Methodist (Mo.)	2.35	1:27.71 (60)	12/9/23 Crimson & Gold Invitational
15	Emily COLLINS	SO	#12 Lewis-Clark State (Ida)	1.80	1:38.44	12/9/23 Spokane Invitational
16	Jolee MESZ	FR	Morningside (Iowa)	1.46	1:38.90	1/19/24 Polar Dog Indoor Invite
17	Veronica PINKERTON	SR	#13 Hastings (Neb.)	1.20	1:28.32 (60)	12/8/23 UNK Pre-Holiday Invitational
18	Nevaeh SARABIA	SO	#19 Midland (Neb.)	1.09	1:39.00	12/9/23 Bulldog Early Bird
19	Najah GIBSON	FR	#20 Life (Ga.) {2}	0.97	1:39.08	1/14/24 Emory Crossplex Invite
20	Victoria YOUNG	SO	Campbellsville (Ky.)	0.78	1:39.52	1/13/24 Marshall Classic
21	Lakin ESSEX	FR	MidAmerica Nazarene	0.66	1:39.61	1/20/24 NAIA / JUCO Invitational
22	Autumn NOLD	FR	#16 Evangel (Mo.)	0.55	1:39.64	1/20/24 NAIA / JUCO Invitational
23	Eliza MCKOWN		Waldorf (Iowa)	0.45	1:39.65	1/20/24 Moco Mercer Challenge
24	Tori GERBER	SR	Viterbo (Wis.)	0.30	1:39.94	12/9/23 M City Classic (indoor)
25	Josey WAHLSTROM	SO	Mount Marty (S.D.) {2}	0.20	1:40.02	1/19/24 Polar Dog Indoor Invite
26	Ronnie MCMILLAN	JR	Aquinas (Mich.)	0.15	1:40.16	1/19/24 John Flaminio Classic
27	Lauren WOOPER	SO	Aquinas (Mich.) {2}	0.13	1:40.69	1/19/24 John Flaminio Classic
28	Megan CHRISTIAN	SR	#5 Milligan (Tenn.)	0.10	1:40.71	12/3/23 JDL Early Bird Invitational
29	Kiara BAHENA	FR	#18 Saint Francis (Ind.)	0.08	1:40.82	12/2/23 Mastodon Opener
30	Jessica PHILLIPS	JR	#24 Madonna (Mich.)	0.05	1:40.83	1/12/24 Saginaw Valley State Indoor Cl
31	Alison AMBUUL	JR	Benedictine (Kan.)	0.04	1:30.04 (60)	12/2/23 Mel Tjeerdsma Classic
32	Ezthia MAYCOCK	SO	#8 Cumberland (Tenn.)	0.03	1:41.18	1/13/24 Commodore Challenge
33	Jayden ROACH	JR	Rio Grande (Ohio)	0.02	1:41.39	1/13/24 Marshall Classic
34	Ashley TERRY	JR	#6 Cumberlands (Ky.)	0.02	1:41.43	12/2/23 Commonwealth College Open
35	Alex GERE	FR	MidAmerica Nazarene {2}	0.01	1:41.51	1/20/24 NAIA / JUCO Invitational



National TFRI Event Summary

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NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Olivia MATHIS	SO	#7 Saint Xavier (Ill.)	22.59		2:15.95	1/19/24 Aurora Grand Prix
2	Maria TIRADO	FR	#2 William Carey (Miss.)	20.40		2:16.24	1/20/24 Samford January Open
3	Ana PINEDA	SR	#15 St. Francis (Ill.)	18.31		2:16.37	1/20/24 Pat Heenan Invitational
4	Geraldin CORREA	SR	#12 Lewis-Clark State (Ida)	16.11		2:16.68	1/20/24 Lauren McCluskey Memorial O
5	Maria SIMANCAS	SR	#2 William Carey (Miss.) {2}	13.61		2:17.45	1/20/24 Samford January Open
6	Alexandra CLARKE	JR	#7 Saint Xavier (Ill.) {2}	11.36		2:17.88	1/19/24 Aurora Grand Prix
7	Madalenn FEE	SO	Cottey (Mo.)	10.10		2:18.48	1/20/24 NAIA / JUCO Invitational
8	Abigail MAYS		#25 Taylor (Ind.)	9.09		2:18.49	1/20/24 Butler Invitational
9	Annika ALDERFER FISHER	SR	Goshen (Ind.)	8.03		2:18.63	12/1/23 Blue & Gold Invitational
10	Jacqueline ALBO	SR	Lawrence Tech (Mich.)	7.00		2:18.70	1/20/24 SPIRE Midwest Indoor Open
11	Ellen-Mary KEARNEY	SO	#5 Milligan (Tenn.)	2.99	D	2:18.72	1/20/24 Finn Pincus Invitational
12	Lauren WOOER	SO	Aquinas (Mich.)	4.50		2:19.87	12/8/23 Grand Valley State Holiday Op
13	Shelby BUWALDA	SO	#21 Dordt (Iowa)	3.38		2:20.45	1/20/24 Jim Emmerich Alumni Invitati
14	Emilee HEYNEN	JR	#21 Dordt (Iowa) {2}	2.33		2:20.69	12/9/23 Iowa State Holiday Invitationa
15	Jenna ESCH	JR	#3 Concordia (Neb.)	1.82		2:20.70	1/19/24 Polar Dog Indoor Invite
16	Maddy WALTER-SHERRETTS	JR	#14 Saint Mary (Kan.)	1.55		2:20.84	1/20/24 Washburn Rust Buster
17	Kate MADSEN	JR	#14 Saint Mary (Kan.) {2}	1.21		2:21.26	1/20/24 Washburn Rust Buster
18	Reagan HIEBERT	SR	#14 Saint Mary (Kan.) {3}	0.99		2:21.82	1/20/24 Washburn Rust Buster
19	Veronica PINKERTON	SR	#13 Hastings (Neb.)	0.87		2:21.93	1/19/24 Polar Dog Indoor Invite
20	Kiara BAHENA	FR	#18 Saint Francis (Ind.)	0.77		2:21.94	12/8/23 Grand Valley State Holiday Op
21	Kori BAUMANN	JR	#17 Cornerstone (Mich.)	0.66		2:21.98	1/20/24 Mike Lints Open
22	Heather DURRANT	FR	#6 Cumberlands (Ky.)	0.55		2:22.02	1/19/24 Bellarmine Open
23	Yanira DEANA PANINKA	SO	#4 Central Methodist (Mo.)	0.44		2:22.05	1/13/24 Redhawks Invitational
24	Jaymee YELTON	JR	Huston-Tillotson (Texa)	0.30		2:22.25	1/13/24 HBCU Showcase
25	Tori GERBER	SR	Viterbo (Wis.)	0.20		2:22.66	12/2/23 Ripon Winter Open
26	Allison PLASSIO	SR	Point Park (Pa.)	0.15		2:22.93	1/20/24 Ashland Invitational
27	Isabelle SPILLER	FR	Oklahoma City	0.13		2:22.99	12/2/23 Washburn Alumni Invitational
28	Carly HOLADIA	FR	#14 Saint Mary (Kan.) {4}	0.10		2:23.07	1/20/24 Washburn Rust Buster
29	Macy KOPP	SO	#16 Evangel (Mo.)	0.08		2:23.18	1/20/24 NAIA / JUCO Invitational
30	Mia WELLINGTON	SR	Goshen (Ind.) {2}	0.05		2:23.22	1/20/24 Mastodon Invitational
31	Madison PEREZ		Our Lady of the Lake (	0.04		2:23.46	12/9/23 Crimson & Gold Invitational
32	Chaney NELSON	FR	Doane (Neb.)	0.03		2:23.60	12/3/23 Happy Holidays Multi-Events
33	Ellyn COE	JR	Mount Vernon Nazare	0.02		2:24.37	1/20/24 Ashland Invitational
34	Allison RAMSEY	SR	#15 St. Francis (Ill.) {2}	0.02		2:24.38	1/20/24 Pat Heenan Invitational
35	Hannah MITCHELL	FR	#2 William Carey (Miss.) {3}	0.01		2:24.44	1/20/24 Samford January Open



National TFRI Event Summary

Women's 1000 Meters — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Ellen-Mary KEARNEY	SO	#5 Milligan (Tenn.)	23.37		2:56.57	1/20/24 Finn Pincus Invitational
2	Maria TIRADO	FR	#2 William Carey (Miss.)	20.21		2:58.84	1/13/24 Commodore Challenge
3	Rylee HAECKER	SR	#3 Concordia (Neb.)	18.11		2:59.05	12/9/23 Bulldog Early Bird
4	Emeline DELAVILLE	FR	#20 Life (Ga.)	15.75		2:59.76	1/13/24 Clemson Invitational
5	Cailen JOLLEY	SR	Oklahoma City	13.35		3:00.58	1/12/24 Arkansas Invitational
6	Alex EBETINO	SR	#18 Saint Francis (Ind.)	3.31	D	3:00.65	1/13/24 Muskie Meet #1
7	Courtney SPORRER	SO	Morningside (Iowa)	10.14		3:01.06	1/19/24 Polar Dog Indoor Invite
8	Caitlin DOMINY	SR	#5 Milligan (Tenn.) {2}	3.02	D	3:01.44	1/20/24 Finn Pincus Invitational
9	Carlie GREGG	JR	#14 Saint Mary (Kan.)	7.98		3:01.54	12/2/23 Mel Tjeerdsma Classic
10	Laurny MITCHELL	JR	Eastern Oregon	6.96		3:01.61	1/20/24 Lauren McCluskey Memorial O
11	Maddy WALTER-SHERRETTS	JR	#14 Saint Mary (Kan.) {2}	5.94		3:01.66	12/2/23 Mel Tjeerdsma Classic
12	Elizabeth LUCASON	SO	#6 Cumberlands (Ky.)	4.91		3:01.76	1/19/24 Bellarmine Open
13	Gracie ALLEN	SR	#5 Milligan (Tenn.) {3}	3.39		3:03.49	1/20/24 Finn Pincus Invitational
14	Danie PARRIOTT	SO	Doane (Neb.)	2.34		3:03.76	1/19/24 Polar Dog Indoor Invite
15	Isabelle SPILLER	FR	Oklahoma City {2}	1.81		3:03.96	1/12/24 Arkansas Invitational
16	Savannah HOSSFELD	SO	#6 Cumberlands (Ky.) {2}	1.55		3:04.05	1/19/24 Bellarmine Open
17	Grace TIEGS	SO	#12 Lewis-Clark State (Ida)	1.22		3:04.51	1/20/24 Lauren McCluskey Memorial O
18	Lindsey ROTH	SO	Dakota State (S.D.)	1.08		3:04.78	1/20/24 Jim Emmerich Alumni Invitati
19	Rhaya KASCHINSKE	JR	#3 Concordia (Neb.) {2}	0.89		3:05.34	1/19/24 Polar Dog Indoor Invite
20	Maggie FRONING	JR	SCAD Savannah (Ga.)	0.77		3:05.45	1/20/24 Carolina Challenge
21	Brooklyn SHELL	SR	#12 Lewis-Clark State (Ida) {2}	0.64		3:05.64	1/20/24 Lauren McCluskey Memorial O
22	Tori GERBER	SR	Viterbo (Wis.)	0.50		3:07.70	12/9/23 M City Classic (indoor)
23	Aubree WILLIAMS	FR	#12 Lewis-Clark State (Ida) {3}	0.40		3:07.76	1/20/24 Lauren McCluskey Memorial O
24	Kiara BAHENA	FR	#18 Saint Francis (Ind.) {2}	0.30		3:08.29	1/13/24 Muskie Meet #1
25	Emily CHICOINE	SR	Morningside (Iowa) {2}	0.20		3:08.46	1/19/24 Polar Dog Indoor Invite
26	Hannah MITCHELL	FR	#2 William Carey (Miss.) {2}	0.15		3:08.71	1/13/24 Commodore Challenge
27	Valerija CURIKOVA	FR	Dakota State (S.D.) {2}	0.13		3:09.03	1/20/24 Jim Emmerich Alumni Invitati
28	Hailey SHANK	SR	Campbellsville (Ky.)	0.10		3:09.59	1/20/24 Centre College Track & Field I
29	Ashley TERRY	JR	#6 Cumberlands (Ky.) {3}	0.08		3:09.60	1/19/24 Bellarmine Open
30	Hope KRELL	FR	#5 Milligan (Tenn.) {4}	0.05		3:09.84	11/28/23 Ben Martin Chance Indoor/Ou
31	Ella HENAGE	SO	#6 Cumberlands (Ky.) {4}	0.04		3:11.14	1/19/24 Bellarmine Open
32	Amarissa KERNS	SO	Rio Grande (Ohio)	0.03		3:11.57	1/19/24 Larry Cole Invite
33	Kilia HASTY	JR	Montreat (N.C.)	0.02		3:11.58	1/13/24 Mondo College Invitational
34	Sonya ZIMMERMAN	JR	Tabor (Kan.)	0.02		3:11.64	12/2/23 Washburn Alumni Invitational
35	Myia JOHNSON	SR	#19 Midland (Neb.)	0.01		3:11.78	1/20/24 Richard Alsup Open



National TFRI Event Summary

Women's Mile — 2024 Week #1, January 24

NPR	Athlete	(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	Noel VANDERWALL	SO #25 Taylor (Ind.)	22.70	5:03.92	1/20/24 Butler Invitational
2	Elizabeth LUCASON	SO #6 Cumberlands (Ky.)	20.20	5:05.49	1/19/24 Bellarmine Open
3	Ashlei MCDONALD	SO Texas Wesleyan	17.82	5:06.70	12/9/23 Crimson & Gold Invitational
4	Alex EBETINO	SR #18 Saint Francis (Ind.)	3.82 D	5:06.71	1/20/24 Tiffin University Open II
5	Riley HIEBERT	SR #14 Saint Mary (Kan.)	13.66	5:07.21	1/20/24 Washburn Rust Buster
6	Alauna CARSTENS	SO Evergreen State (Wash)	11.55	5:07.57	1/21/24 Portland Indoor #1
7	Caitlin DOMINY	SR #5 Milligan (Tenn.)	3.50 D	5:07.72	1/20/24 Finn Pincus Invitational
8	Elizabeth BARRETT	SO Indiana Wesleyan	9.33	5:08.28	1/20/24 Mastodon Invitational
9	Rylee HAECKER	SR #3 Concordia (Neb.)	7.93	5:09.58	1/19/24 Polar Dog Indoor Invite
10	Reagan HIEBERT	SR #14 Saint Mary (Kan.) {2}	6.69	5:10.66	1/20/24 Washburn Rust Buster
11	Blanca CONESA	JR #2 William Carey (Miss.)	5.58	5:11.20	1/13/24 Commodore Challenge
12	Heather DURRANT	FR #6 Cumberlands (Ky.) {2}	4.53	5:11.51	1/19/24 Bellarmine Open
13	Cera ECKENROTH	FR John Brown (Ark.)	3.43	5:12.45	1/20/24 NAIA / JUCO Invitational
14	Kate MADSEN	JR #14 Saint Mary (Kan.) {3}	2.41	5:12.64	1/20/24 Washburn Rust Buster
15	Maddy WALTER-SHERRETTS	JR #14 Saint Mary (Kan.) {4}	1.86	5:13.17	1/20/24 Washburn Rust Buster
16	Sarah FOREMAN	SR Southeastern (Fla.)	1.57	5:13.57	12/8/23 Grand Valley State Holiday Op
17	Carlie GREGG	JR #14 Saint Mary (Kan.) {5}	1.31	5:13.65	1/20/24 Washburn Rust Buster
18	Addi DEWEY	JR Indiana Wesleyan {2}	1.20	5:13.77	1/20/24 Mastodon Invitational
19	Allison PLASSIO	SR Point Park (Pa.)	0.99	5:14.81	1/20/24 Ashland Invitational
20	Erika PENA	SO Oklahoma City	0.87	5:15.02	1/12/24 Arkansas Invitational
21	Josie TYRRELL	SO #14 Saint Mary (Kan.) {6}	0.71	5:15.64	1/20/24 Washburn Rust Buster
22	J'Lyn KNOTSON	JR Mount Mercy (Iowa)	0.57	5:16.05	1/20/24 Hilltop Invitational
23	Haley NIEUWKOOP	SR #17 Cornerstone (Mich.)	0.43	5:16.41	1/20/24 Mike Lints Open
24	Jacie REMTEMA	FR #17 Cornerstone (Mich.) {2}	0.30	5:16.71	1/20/24 Mike Lints Open
25	Louise COCKING	SR Oklahoma City {2}	0.20	5:16.82	1/20/24 NAIA / JUCO Invitational
26	Valerija CURIKOVA	FR Dakota State (S.D.)	0.15	5:16.92	1/20/24 Jim Emmerich Alumni Invitati
27	Maria TIRADO	FR #2 William Carey (Miss.) {2}	0.13	5:17.15	1/13/24 Commodore Challenge
28	Danielle ALLISON	SR Tabor (Kan.)	0.10	5:17.20	1/20/24 Washburn Rust Buster
29	Mia REED	JR Missouri Baptist	0.08	5:17.33	1/20/24 NAIA / JUCO Invitational
30	Lindsey ROTH	SO Dakota State (S.D.) {2}	0.05	5:17.39	1/20/24 Jim Emmerich Alumni Invitati
31	Annika ALDERFER FISHER	SR Goshen (Ind.)	0.04	5:17.40	1/20/24 Mastodon Invitational
32	Caitlin JACOBSMA	JR Northwestern (Iowa)	0.03	5:17.45	1/19/24 Polar Dog Indoor Invite
33	Kristine HONOMICHL	SR #21 Dordt (Iowa)	0.02	5:17.76	1/20/24 Jim Emmerich Alumni Invitati
34	Patricia BARRERA	SO #5 Milligan (Tenn.) {2}	0.02	5:17.88	1/20/24 Finn Pincus Invitational
35	Mekayla GIBSON	JR William Woods (Mo.)	0.01	5:17.89	1/20/24 NAIA / JUCO Invitational



National TFRI Event Summary

Women's 3000 Meters — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Caitlin DOMINY	SR	#5 Milligan (Tenn.)	22.94		9:45.13	12/3/23 JDL Early Bird Invitational
2	Lisa VOYLES	SR	#1 Indiana Tech	20.75		9:46.70	12/1/23 Blue & Gold Invitational
3	Alex EBETINO	SR	#18 Saint Francis (Ind.)	18.26		9:50.80	12/2/23 Mastodon Opener
4	Alauna CARSTENS	SO	Evergreen State (Wash	15.95		9:53.37	1/13/24 Washington Indoor Preview
5	Anna MARTIN	SO	Huntington (Ind.)	13.72		9:55.36	12/8/23 Grand Valley State Holiday Op
6	Alina BOSHCHUK	FR	#6 Cumberlands (Ky.)	11.63		9:56.15	1/19/24 Bellarmine Open
7	Reagan HIEBERT	SR	#14 Saint Mary (Kan.)	10.28		10:00.26	12/9/23 Crimson & Gold Invitational
8	Audrey BRINKRUFF	JR	#25 Taylor (Ind.)	8.82		10:06.27	1/20/24 Butler Invitational
9	Ana PINEDA	SR	#15 St. Francis (Ill.)	2.74	D	10:07.21	12/1/23 Annual PNW Classic
10	Allison RAMSEY	SR	#15 St. Francis (Ill.) {2}	6.74		10:07.26	12/1/23 Annual PNW Classic
11	Jessica KAMPMAN	SR	#21 Dordt (Iowa)	5.67		10:08.25	1/20/24 Jim Emmerich Alumni Invitati
12	Mollie GAMBLE	JR	#25 Taylor (Ind.) {2}	4.59		10:09.18	1/20/24 Butler Invitational
13	Ellen-Mary KEARNEY	SO	#5 Milligan (Tenn.) {2}	2.37	D	10:12.17	12/3/23 JDL Early Bird Invitational
14	Mia REED	JR	Missouri Baptist	2.31		10:13.62	12/1/23 Annual PNW Classic
15	Kate MADSEN	JR	#14 Saint Mary (Kan.) {2}	1.79		10:14.09	12/9/23 Crimson & Gold Invitational
16	Blanca CONESA	JR	#2 William Carey (Miss.)	1.48		10:15.66	1/13/24 Commodore Challenge
17	Alexia BIBAKIS	SR	#15 St. Francis (Ill.) {3}	1.20		10:16.39	12/1/23 Annual PNW Classic
18	Hasnae GOULAMZI	FR	Texas Wesleyan	1.08		10:16.90	1/20/24 NAIA / JUCO Invitational
19	Riley HIEBERT	SR	#14 Saint Mary (Kan.) {3}	0.90		10:19.21	1/20/24 Washburn Rust Buster
20	Kylie SAUDER	SR	Grace (Ind.)	0.80		10:19.23	12/1/23 Blue & Gold Invitational
21	J'Lyn KNOTSON	JR	Mount Mercy (Iowa)	0.66		10:20.22	12/9/23 Finals Week Invitational
22	Julie MCINTYRE	SR	#3 Concordia (Neb.)	0.53		10:20.98	12/9/23 Bulldog Early Bird
23	Julia GRALKI	JR	SCAD Savannah (Ga.)	0.42		10:21.21	1/13/24 Jimmy Carnes Invitational Col
24	Maddy WALTER-SHERRETS	JR	#14 Saint Mary (Kan.) {4}	0.30		10:22.05	12/9/23 Crimson & Gold Invitational
25	Zanelle WILLEMSE	SR	#5 Milligan (Tenn.) {3}	0.20		10:22.41	12/3/23 JDL Early Bird Invitational
26	Patricia BARRERA	SO	#5 Milligan (Tenn.) {4}	0.15		10:22.46	12/3/23 JDL Early Bird Invitational
27	Louise COCKING	SR	Oklahoma City	0.13		10:24.51	1/12/24 Arkansas Invitational
28	Kirsten GEARY	SO	Georgetown (Ky.)	0.10		10:26.02	1/20/24 Centre College Track & Field I
29	Haley NIEUWKOOP	SR	#17 Cornerstone (Mich.)	0.08		10:27.37	1/20/24 Mike Lints Open
30	Emily TEDDER	JR	Huntington (Ind.) {2}	0.05		10:27.42	12/8/23 Grand Valley State Holiday Op
31	Bailey WILK	SR	#15 St. Francis (Ill.) {4}	0.04		10:27.49	12/1/23 Annual PNW Classic
32	Courtney SPORRER	SO	Morningside (Iowa)	0.03		10:27.77	12/2/23 SDSU Holiday Open and Multi
33	Kristine HONOMICHL	SR	#21 Dordt (Iowa) {2}	0.02		10:28.35	12/2/23 SDSU Holiday Open and Multi
34	Gracie ALLEN	SR	#5 Milligan (Tenn.) {5}	0.02		10:28.77	1/20/24 Finn Pincus Invitational
35	Taylor ANEMA	SR	#21 Dordt (Iowa) {3}	0.01		10:28.78	12/2/23 SDSU Holiday Open and Multi



National TFRI Event Summary

Women's 5000 Meters — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	Alex EBETINO	SR	#18 Saint Francis (Ind.)	22.83	17:10.48	12/8/23 Grand Valley State Holiday Op
2	Jessica KAMPMAN	SR	#21 Dordt (Iowa)	20.05	17:20.72	12/2/23 SDSU Holiday Open and Multi
3	Ellen-Mary KEARNEY	SO	#5 Milligan (Tenn.)	17.91	17:22.57	11/28/23 Ben Martin Chance Indoor/Ou
4	Ana PINEDA	SR	#15 St. Francis (Ill.)	15.83	17:23.57	12/8/23 Grand Valley State Holiday Op
5	Caitlin DOMINY	SR	#5 Milligan (Tenn.) {2}	13.70	17:25.29	11/28/23 Ben Martin Chance Indoor/Ou
6	Haley NIEUWKOOP	SR	#17 Cornerstone (Mich.)	11.49	17:28.17	12/8/23 Grand Valley State Holiday Op
7	Hasnae GOULAMZI	FR	Texas Wesleyan	10.45	17:28.71	12/9/23 Crimson & Gold Invitational
8	Allison RAMSEY	SR	#15 St. Francis (Ill.) {2}	9.22	17:31.86	12/8/23 Grand Valley State Holiday Op
9	Alexia BIBAKIS	SR	#15 St. Francis (Ill.) {3}	7.98	17:35.95	12/8/23 Grand Valley State Holiday Op
10	Kylahn FREIBERG	SR	#3 Concordia (Neb.)	6.78	17:40.14	1/19/24 Polar Dog Indoor Invite
11	Riley HIEBERT	SR	#14 Saint Mary (Kan.)	5.60	17:45.16	12/2/23 Mel Tjeerdsma Classic
12	Sarah FOREMAN	SR	Southeastern (Fla.)	4.60	17:45.19	12/8/23 Grand Valley State Holiday Op
13	Reagan HIEBERT	SR	#14 Saint Mary (Kan.) {2}	2.59	17:45.48	12/2/23 Mel Tjeerdsma Classic
14	Kate MADSEN	JR	#14 Saint Mary (Kan.) {3}	2.53	17:48.04	12/2/23 Mel Tjeerdsma Classic
15	Mekayla GIBSON	JR	William Woods (Mo.)	1.98	17:50.02	12/9/23 Crimson & Gold Invitational
16	Riley JO FORD	JR	#15 St. Francis (Ill.) {4}	1.51	17:59.29	12/8/23 Grand Valley State Holiday Op
17	Natasha ORTIZ	SR	Benedictine (Kan.)	1.23	18:00.60	1/20/24 Richard Alsup Open
18	Bailey WILK	SR	#15 St. Francis (Ill.) {5}	1.05	18:03.90	12/8/23 Grand Valley State Holiday Op
19	Danielle ALLISON	SR	Tabor (Kan.)	0.90	18:06.03	12/2/23 Washburn Alumni Invitational
20	Aubrey BAHNER	JR	Tabor (Kan.) {2}	0.80	18:06.12	12/2/23 Washburn Alumni Invitational
21	Olivia BUKOWSKI	SR	#15 St. Francis (Ill.) {6}	0.68	18:06.90	12/8/23 Grand Valley State Holiday Op
22	Edith MANFRED	FR	SCAD Savannah (Ga.)	0.56	18:07.44	1/20/24 Carolina Challenge
23	Brooke WIEBE	JR	Tabor (Kan.) {3}	0.41	18:09.96	12/2/23 Washburn Alumni Invitational
24	Hannah BROWN	JR	#5 Milligan (Tenn.) {3}	0.30	18:10.81	11/28/23 Ben Martin Chance Indoor/Ou
25	Patricia BARRERA	SO	#5 Milligan (Tenn.) {4}	0.20	18:12.05	11/28/23 Ben Martin Chance Indoor/Ou
26	Alex MIDGETT	SR	SCAD Savannah (Ga.) {2}	0.15	18:13.74	1/20/24 Carolina Challenge
27	Kaylea HARTMAN	JR	Northwest (Wash.)	0.13	18:18.00	12/9/23 Spokane Invitational
28	Zanelle WILLEMSE	SR	#5 Milligan (Tenn.) {5}	0.10	18:19.10	11/28/23 Ben Martin Chance Indoor/Ou
29	Keegan BEISEL	SO	#3 Concordia (Neb.) {2}	0.08	18:20.55	1/19/24 Polar Dog Indoor Invite
30	Hannah SHOWALTER	SR	#14 Saint Mary (Kan.) {4}	0.05	18:21.09	12/2/23 Mel Tjeerdsma Classic
31	Catherine SLACK	SR	Montreat (N.C.)	0.04	18:23.04	11/28/23 Ben Martin Chance Indoor/Ou
32	Molly HARDING	SO	Huntington (Ind.)	0.03	18:24.22	12/8/23 Grand Valley State Holiday Op
33	Josie TYRRELL	SO	#14 Saint Mary (Kan.) {5}	0.02	18:25.47	12/2/23 Mel Tjeerdsma Classic
34	Annika ALDERFER FISHER	SR	Goshen (Ind.)	0.02	18:27.11	12/8/23 Grand Valley State Holiday Op
35	Victoria CLIBON	FR	#18 Saint Francis (Ind.) {2}	0.01	18:28.26	12/8/23 Grand Valley State Holiday Op



National TFRI Event Summary

Women's 3000m Race Walk — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	Heather DURRANT	FR	#6 <i>Cumberlands (Ky.)</i>	24.08	13:15.14	1/13/24 Mondo College Invitational
2	Alexa GOVERNOR	FR	#6 <i>Cumberlands (Ky.)</i> {2}	20.61	14:56.92	1/13/24 Mondo College Invitational
3	Ashlyn POULIN	FR	<i>Southeastern (Fla.)</i>	18.19	15:30.66	12/2/23 Baron Invitational Meet
4	Baileigh MORRIS	JR	#4 <i>Central Methodist (Mo.)</i>	16.11	15:37.88	1/19/24 Polar Dog Indoor Invite
5	Ainhoa COLINO	SO	#22 <i>Columbia (S.C.)</i>	13.55	16:46.85	1/21/24 JDL Flat is Fast Invitational
6	Lauren DAWSON	SR	#3 <i>Concordia (Neb.)</i>	11.29	17:23.31	12/9/23 Bulldog Early Bird
7	Alanna RODRIGUEZ	SO	#7 <i>Saint Xavier (Ill.)</i>	10.23	17:30.80	12/9/23 Finals Week Invitational
8	Tristyn DIPENTINO	JR	#13 <i>Hastings (Neb.)</i>	9.13	17:47.09	1/19/24 Polar Dog Indoor Invite
9	Abby HILL	SR	<i>Mount Mercy (Iowa)</i>	8.00	18:11.91	12/9/23 Finals Week Invitational
10	Baylee EVARTS	JR	#13 <i>Hastings (Neb.)</i> {2}	6.63	20:03.50	12/9/23 Bulldog Early Bird
11	Ava BRACKHAN	SO	#13 <i>Hastings (Neb.)</i> {3}	5.57	20:24.59	1/19/24 Polar Dog Indoor Invite
12	Carley DAVIS	SR	#13 <i>Hastings (Neb.)</i> {4}	4.56	20:29.21	1/19/24 Polar Dog Indoor Invite
13	Isabelle BLATZ	JR	#6 <i>Cumberlands (Ky.)</i> {3}	3.50	20:49.92	1/13/24 Mondo College Invitational
14	Mina SHULL	SO	#22 <i>Columbia (S.C.)</i> {2}	2.45	21:06.84	1/21/24 JDL Flat is Fast Invitational
15	Addison MARTIN	FR	#22 <i>Columbia (S.C.)</i> {3}	1.57	23:48.67	1/21/24 JDL Flat is Fast Invitational
16	Carly FUEL	FR	#22 <i>Columbia (S.C.)</i> {4}	1.28	24:05.78	1/21/24 JDL Flat is Fast Invitational



National TFRI Event Summary

Women's 4x400 Relay — 2024 Week #1, January 24

NPR	Athlete	(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	Jo'Deci Irby Junae Bennett Jamaya Warthen Olaide Olapade	#1 Indiana Tech	23.20	3:52.97	12/8/23 Warrior Invitational
2	Charity Jones Nia Wood Lauren Hamilton Jessica Phillips	#24 Madonna (Mich.)	21.05	3:53.29	12/8/23 Grand Valley State Holiday Op
3	Carsyn Burdine Hannah Antkoviak Tera Miller Tori Orton	#10 Olivet Nazarene (Ill.)	18.90	3:53.61	12/8/23 Grand Valley State Holiday Op
4	Jenna Esch Kayla Kirchner Trinity Tuls Jordan Koepke	#3 Concordia (Neb.)	16.40	3:54.71	12/9/23 Bulldog Early Bird
5	https://www.athletic.net/hlete/8982049/track-and-field/collegiate	Dillard (La.)	13.44	3:57.21	1/12/24 Bleu Devils "Indoor" Track Cla
6	Tanzania Barnes Jah-Nisha Campbell Jordyn Weems JayOnna Perry	Ottawa (Kan.)	11.16	3:58.16	12/2/23 Mel Tjeerdsma Classic
7	Doris Mensah Ezthia Maycock Ifunanya Muoghalu Praise Idamadudu	#8 Cumberland (Tenn.)	9.14	3:58.22	1/6/24 Edward S. Temple Classic
8	Nikiwe Mongwe Janiah Nicholson Alex Gere Daizy Solir	MidAmerica Nazarene	7.01	3:58.66	12/2/23 Mel Tjeerdsma Classic
9	Veronica Pinkerton Jaida Rowe Myricle Moffett Nisa Thomas	#13 Hastings (Neb.)	5.87	3:59.12	12/8/23 UNK Pre-Holiday Invitational
10	Madigan Kelly Sara Hathaway Anika Grogan Emily Collins	#12 Lewis-Clark State (Ida)	4.64	3:59.90	12/9/23 Spokane Invitational
11	Madi Haid Sarah Genzink Ketelynn Dix Hallie Kooyer	#17 Cornerstone (Mich.)	2.63	3:59.95	12/8/23 Grand Valley State Holiday Op
12	Joshlyn Troupe Darly Camilo-Montenegro Kailey Johnson Haley Bellamy	#4 Central Methodist (Mo.)	1.41	4:00.67	12/2/23 Bob Timmons Challenge
13	Janae Bailey Brooke Coffman Hanna Reuter Taylor Thomas	#23 Marian (Ind.)	1.30	4:00.70	12/8/23 John Gartland Invitational
14	Emma Blum Savonne Sterk Kennedy Kramer Jasmine Lux	Northwestern (Iowa)	1.13	4:00.96	1/19/24 Polar Dog Indoor Invite
15	Josey Wahlstrom Alexis Even Tianna Bumbaca-Kuehl Calli Davis	Mount Marty (S.D.)	0.92	4:01.56	1/19/24 Polar Dog Indoor Invite
16	https://www.athletic.net/hlete/1851570/track-and-field/collegiate	Xavier (La.)	0.70	4:02.44	12/1/23 New Orleans Triangular Winte



National TFRI Event Summary

Women's 4x400 Relay — 2024 Week #1, January 24

17	Anna Herman Ayda Den Herder Emilee Heynen Shelby Buwalda	#21 Dordt (Iowa)	0.56	4:02.72	12/2/23 SDSU Holiday Open and Multi
18	Alexandria Segura Morghan Neely Autumn Roberts Tara Madrid	Our Lady of the Lake (	0.43	4:02.86	1/19/24 Aurora Grand Prix
19	Olivia Mathis Kristen Booker Alexandra Clarke Emerson Collins	#7 Saint Xavier (Ill.)	0.31	4:03.04	1/19/24 Aurora Grand Prix
20	Allena Rowland Samantha Fowler Isabelle Matthews Anyah Ranson	Clarke (Iowa)	0.20	4:03.65	12/9/23 Finals Week Invitational
21	Kat Vogt Kiley Hejtmanek Morgan Mahoney Chaney Nelson	Doane (Neb.)	0.10	4:04.23	1/19/24 Polar Dog Indoor Invite



National TFRI Event Summary

Women's 4x800 Relay — 2024 Week #1, January 24

NPR	Athlete	(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	Jenna Esch Kylahn Freiberg Julie McIntyre Rylee Haecker	#3 Concordia (Neb.)	24.10	9:08.93	1/19/24 Polar Dog Indoor Invite
2	Courtney Sporrer Michelle Sanchez Emily Chicoine Jolee Mesz	Morningside (Iowa)	20.76	9:23.24	1/19/24 Polar Dog Indoor Invite
3	Isabelle Spiller Erika Pena Louise Cocking Cailen Jolley	Oklahoma City	18.51	9:26.08	1/20/24 NAIA / JUCO Invitational
4	Ashley Terry Elizabeth Lucason Ella Henage Alina Boshchuk	#6 Cumberlands (Ky.)	15.87	9:34.54	1/13/24 Mondo College Invitational
5	Skylar Adams Emily Harris Adriana McGregor Macy Kopp	#16 Evangel (Mo.)	13.65	9:39.32	1/20/24 NAIA / JUCO Invitational
6	Kayli Gonzales Rebekah Choriego Grace Lee Antonina Jackowiak	Friends (Kan.)	10.33	10:10.36	1/20/24 NAIA / JUCO Invitational
7	Yessenia Castellanos Kilia Hasty Natalia Nieto Mahaley Cronk	Montreat (N.C.)	8.27	10:12.00	1/13/24 Mondo College Invitational
8	Rita Girgly Helen Ullrich Emilie Nelson Josie Jansen	Benedictine (Kan.)	6.25	10:12.58	1/20/24 Richard Alsup Open
9	Cecilia Velarde Grace Dow Whitney Cure Cynthia Chaparro Belloc	#13 Hastings (Neb.)	5.00	10:33.30	1/19/24 Polar Dog Indoor Invite
10	https://www.athletic.net/hlete/1851569/track-and-field/collegiate	Loyola (La.)	4.00	11:11.98	1/12/24 Bleu Devils "Indoor" Track Cla
11	Mikhailah Hayes Madi McMahan Blanco Choque Gladys Akin Averie	Brenau (Ga.)	2.00	11:20.93	12/3/23 JDL Early Bird Invitational



National TFRI Event Summary

Women's Distance Medley Relay — 2024 Week #1, January 24

NPR	Athlete	(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	Alexandra Clarke Kristen Booker Olivia Mathis Daniella Nino	#7 Saint Xavier (Ill.)	23.03	12:55.87	12/1/23 Annual PNW Classic
2	Hope Krell Megan Christian Kaelyn Slaughter Hannah Brown	#5 Milligan (Tenn.)	20.91	12:58.56	1/20/24 Finn Pincus Invitational
3	Ameerah King Addiso Martin Carly Fuel Jennyfer Viguera	#22 Columbia (S.C.)	16.31	14:03.14	12/9/23 Bast-Cregger Invitational
4	Nolwenn Blain Chazmere Anderson Ashley Bowden Anna Brown	Point (Ga.)	14.00	15:02.42	1/14/24 Emory Crossplex Invite
5	Mack MCCARTHY Jayden Roach Grace Forrest Amarissa Kerns	Rio Grande (Ohio)	12.00	18:01.62	1/19/24 Larry Cole Invite



National TFRI Event Summary

Women's High Jump — 2024 Week #1, January 24

NPR	Athlete	(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	April PHILLIPS	FR #16 Evangel (Mo.)	23.38	1.74m 5-8½	12/9/23 Crimson & Gold Invitational
2	Renee FINKE	JR #4 Central Methodist (Mo.)	20.94	1.73m 5-8	12/2/23 Bob Timmons Challenge
3	Adarra HAGLUND	SO #9 Dickinson State (N.D.)	18.07	1.71m 5-7¼	1/20/24 Mike Thorson Open
3	Gina BUTZ	JR #23 Marian (Ind.)	18.07	1.71m 5-7¼	12/8/23 John Gartland Invitational
5	Emma VALENTINE	SO Siena Heights (Mich.)	13.63	1.70m 5-7	1/19/24 John Flaminio Classic
5	Erica XAYARATH	SR Huntington (Ind.)	13.63	1.70m 5-7	12/2/23 Commonwealth College Open
7	Zoey WALKER	FR #3 Concordia (Neb.)	9.94	1.68m 5-6	12/9/23 Bulldog Early Bird
7	Jennah CARPENTER	JR #12 Lewis-Clark State (Ida)	9.94	1.68m 5-6	1/20/24 Lauren McCluskey Memorial O
7	Brooke COFFMAN	FR #23 Marian (Ind.) {2}	9.94	1.68m 5-6	12/8/23 John Gartland Invitational
7	Lyssi SNOUFFER	SO Mount Vernon Nazare	9.94	1.68m 5-6	1/13/24 CapFam Alumni Meet
11	Kaylee DIAMOND	JR Aquinas (Mich.)	5.64	1.67m 5-5¾	12/8/23 Grand Valley State Holiday Op
12	Sidney GILLILAND	JR Graceland (Iowa)	4.25	1.65m 5-5	12/2/23 Mel Tjeerdsma Classic
12	Aubrey DEGROOT	FR Northwestern (Iowa)	4.25	1.65m 5-5	1/19/24 Polar Dog Indoor Invite
12	Delaney MILLER	SO #4 Central Methodist (Mo.) {2}	4.25	1.65m 5-5	1/20/24 NAIA / JUCO Invitational
12	Taryn ST. CLAIR	FR MidAmerica Nazarene	4.25	1.65m 5-5	12/9/23 Bulldog Early Bird
12	Josey REINEMAN	JR Huntington (Ind.) {2}	4.25	1.65m 5-5	12/2/23 Commonwealth College Open
12	Lizzy GRANDLE	SO Eastern Oregon	4.25	1.65m 5-5	1/20/24 Lauren McCluskey Memorial O
12	Mya HINES	FR #6 Cumberlands (Ky.)	4.25	1.65m 5-5	1/19/24 Bellarmine Open
19	Cailyn HELMUTH	SR #11 Bethel (Ind.)	0.90	1.64m 5-4½	12/8/23 Warrior Invitational
19	Abby CLARK	JR Montana Tech	0.90	1.64m 5-4½	1/12/24 Snake River Open
21	Kyley MAGERS	FR #4 Central Methodist (Mo.) {3}	0.60	1.63m 5-4¼	12/2/23 Bob Timmons Challenge
22	Andrea SUCHA	SO Mount Marty (S.D.)	0.50	1.60m 5-3	12/9/23 Bulldog Early Bird
22	Jastiny JACKSON	JR Doane (Neb.)	0.50	1.60m 5-3	1/19/24 Polar Dog Indoor Invite
22	Krista HARDY	SO #19 Midland (Neb.)	0.50	1.60m 5-3	12/9/23 Bulldog Early Bird
22	Sarah THEILER	SR Doane (Neb.)	0.50	1.60m 5-3	12/9/23 Bulldog Early Bird
22	Aiana COLAS	SO Keiser (Fla.)	0.50	1.60m 5-3	12/8/23 Keiser University Winter Open
22	Abi HUME	SR Indiana Wesleyan	0.50	1.60m 5-3	1/20/24 Mastodon Invitational
22	Jacie VANDER WAAL	JR Northwestern (Iowa) {2}	0.50	1.60m 5-3	1/19/24 Polar Dog Indoor Invite
22	Kaitlyn BECNEL	SR Loyola (La.)	0.50	1.60m 5-3	1/21/24 KMS Indoor Invitational
22	Josie GARRETT	SO Doane (Neb.)	0.50	1.60m 5-3	1/6/24 Ward Haylett Invitational
22	Loejia HIBBERT	FR Xavier (La.)	0.50	1.60m 5-3	12/1/23 New Orleans Triangular Winte
22	Haley BELLAMY	SO #4 Central Methodist (Mo.) {4}	0.50	1.60m 5-3	12/9/23 Boo Rogers Combined Events
33	Amanda STEINKE	SO #3 Concordia (Neb.) {2}	0.02	1.59m 5-2½	12/9/23 Bulldog Early Bird
33	Chioma OBI	FR Texas Wesleyan	0.02	1.59m 5-2½	1/20/24 NAIA / JUCO Invitational
33	Maddi BAKER	FR MidAmerica Nazarene {2}	0.02	1.59m 5-2½	12/9/23 Bulldog Early Bird



National TFRI Event Summary

Women's Pole Vault — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance			Meet
1	Evelyn DOLCE	FR	#1 Indiana Tech	25.32	3.95m	12-11½	12/8/23	Warrior Invitational
2	Gabrielle ZEILENGA	FR	#11 Bethel (Ind.)	21.01	3.80m	12-5½	12/1/23	Blue & Gold Invitational
3	Kaylee PRIBYL	FR	Doane (Neb.)	18.55	3.77m	12-4½	1/19/24	Polar Dog Indoor Invite
4	Tyler FUGATE	SR	Siena Heights (Mich.)	15.63	3.70m	12-1½	1/19/24	John Flaminio Classic
4	Sophia SUMER	SO	#11 Bethel (Ind.) {2}	15.63	3.70m	12-1½	12/1/23	Blue & Gold Invitational
6	Margherita CONRAD	SO	Siena Heights (Mich.) {2}	11.42	3.68m	12-¾	1/12/24	Saginaw Valley State Indoor Cl
7	Emma JOHNSON	JR	Viterbo (Wis.)	10.21	3.66m	12-0	12/2/23	Ripon Winter Open
8	Tatum TOWNSEND	SR	#17 Cornerstone (Mich.)	8.69	3.61m	11-10	1/20/24	Mike Lints Open
8	Grace CONWAY	JR	#11 Bethel (Ind.) {3}	8.69	3.61m	11-10	1/20/24	Mike Lints Open
10	Amira CUMMINGS	SR	#3 Concordia (Neb.)	6.29	3.57m	11-8½	12/9/23	Bulldog Early Bird
10	Josie PUELZ	SR	#3 Concordia (Neb.)	6.29	3.57m	11-8½	12/9/23	Bulldog Early Bird
10	Sydney REICHERT	SR	#3 Concordia (Neb.)	6.29	3.57m	11-8½	12/9/23	Bulldog Early Bird
10	Nevaeh BROWN	SR	Midway (Ky.)	6.29	3.57m	11-8½	1/20/24	Centre College Track & Field I
10	Kennedy STANLEY	SO	Doane (Neb.) {2}	6.29	3.57m	11-8½	12/9/23	Bulldog Early Bird
15	Shaily BAYNES	JR	Aquinas (Mich.)	1.69	3.55m	11-7¾	12/8/23	Grand Valley State Holiday Op
15	Megan JUDGE	JR	#20 Life (Ga.)	1.69	3.55m	11-7¾	1/14/24	Emory Crossplex Invite
17	Alaina SCOTT	JR	Missouri Baptist	1.00	3.50m	11-5¾	1/13/24	Redhawks Invitational
18	Krislynn BAILEY	SR	Saint Mary-of-the-Woo	0.90	3.47m	11-4½	1/19/24	Friday Night Invitational
18	Madison WAHL	JR	#9 Dickinson State (N.D.)	0.90	3.47m	11-4½	1/20/24	Mike Thorson Open
20	Chloe GALLAGHER	SR	Carroll (Mont.)	0.70	3.46m	11-4¼	12/7/23	Bobcat Preview
21	Cecily FAGER	FR	#17 Cornerstone (Mich.) {2}	0.60	3.42m	11-2½	1/13/24	Bob Eubanks Open
21	Morgan VARGO	JR	#17 Cornerstone (Mich.) {2}	0.60	3.42m	11-2½	1/13/24	Bob Eubanks Open
23	Krislynn BAILEY	SR	Saint Mary-of-the-Wo {2}	0.40	3.40m	11-1¾	12/2/23	Scott Fangman Invitational
24	Emma STEWART	FR	Spring Arbor (Mich.)	0.30	3.38m	11-1	1/12/24	Saginaw Valley State Indoor Cl
25	Gracie RIPPEN	SR	Mount Marty (S.D.)	0.20	3.32m	10-10¾	1/19/24	Polar Dog Indoor Invite
25	Erin BOGGS	JR	#3 Concordia (Neb.) {4}	0.20	3.32m	10-10¾	12/9/23	Bulldog Early Bird
25	Kayla SVOBODA	SO	#3 Concordia (Neb.) {4}	0.20	3.32m	10-10¾	1/19/24	Polar Dog Indoor Invite
28	Dakota MANECKE	SR	Rocky Mountain (Mont	0.10	3.31m	10-10¼	12/7/23	Bobcat Preview
28	Jael VANDER ZWAAG	SR	#11 Bethel (Ind.) {4}	0.10	3.31m	10-10¼	1/20/24	Mike Lints Open
30	Brooke HOLLOWAY	SO	Mount Vernon Nazare	0.05	3.25m	10-8	1/20/24	Ashland Invitational
31	Maeve MILLIGAN	JR	#1 Indiana Tech {2}	0.04	3.22m	10-6¾	12/8/23	Warrior Invitational
32	Ryleigh WARDEN	SO	St. Ambrose (Iowa)	0.03	3.20m	10-6	12/2/23	Frigid Bee Opener
32	Emma GRANT	JR	Clarke (Iowa)	0.03	3.20m	10-6	12/2/23	Frigid Bee Opener
32	Evelyn LEE	FR	Clarke (Iowa)	0.03	3.20m	10-6	12/2/23	Frigid Bee Opener
32	Megan FRANK	FR	Jamestown (N.D.)	0.03	3.20m	10-6	12/2/23	SDSU Holiday Open and Multi
32	Kate SURWILLO	SO	St. Ambrose (Iowa)	0.03	3.20m	10-6	12/2/23	Frigid Bee Opener



National TFRI Event Summary

Women's Long Jump — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance		Meet	
1	Machaeda LINTON	SO	#2 William Carey (Miss.)	23.74	5.99m	19-8	1/13/24	Commodore Challenge
2	Jordyn MINOR	FR	Loyola (La.)	21.02	5.92m	19-5¼ (1.2)	1/12/24	Bleu Devils "Indoor" Track Cla
3	Blessing SAMUEL	SO	#8 Cumberland (Tenn.)	18.92	5.91m	19-4¾	1/19/24	Vanderbilt Indoor Invitational
4	Hayley MILES	SO	#3 Concordia (Neb.)	16.82	5.90m	19-4¼	12/9/23	Bulldog Early Bird
5	Morgan VARGO	JR	#17 Cornerstone (Mich.)	13.26	5.70m	18-8½	12/8/23	Grand Valley State Holiday Op
6	Erica XAYARATH	SR	Huntington (Ind.)	11.19	5.69m	18-8	12/2/23	Commonwealth College Open
7	Meeyesha TUTT-MOOTOU	SO	Wiley (Texas)	9.84	5.64m	18-6	1/14/24	Emory Crossplex Invite
8	Carlie TURNER	JR	#1 Indiana Tech	8.70	5.62m	18-5¼	12/1/23	Blue & Gold Invitational
9	Gabrielle ZEILENGA	FR	#11 Bethel (Ind.)	7.63	5.61m	18-5	12/8/23	Warrior Invitational
10	Na'Zariah JAMES	FR	#4 Central Methodist (Mo.	6.43	5.58m	18-3¾	1/13/24	Redhawks Invitational
10	Reanna GREEN	SO	MidAmerica Nazarene	6.43	5.58m	18-3¾	12/9/23	Bulldog Early Bird
12	Jaelynn WILLIAMS	JR	Texas Wesleyan	4.36	5.57m	18-3¼	1/20/24	NAIA / JUCO Invitational
13	Trishelle GANAWAY	SO	#1 Indiana Tech {2}	3.26	5.55m	18-2½	12/8/23	Warrior Invitational
14	Faith MEASEL	SR	#21 Dordt (Iowa)	2.23	5.54m	18-2¼	12/2/23	SDSU Holiday Open and Multi
14	Kerrigan MYERS	JR	#19 Midland (Neb.)	2.23	5.54m	18-2¼	12/9/23	Bulldog Early Bird
16	Loeja HIBBERT	FR	Xavier (La.)	1.44	5.53m	18-1¾ (1.2)	12/1/23	New Orleans Triangular Winte
17	Brooklyn SIMMONS	JR	Huntington (Ind.) {2}	1.16	5.52m	18-1½	12/8/23	Grand Valley State Holiday Op
17	Sydney ZYWINA	JR	#12 Lewis-Clark State (Ida	1.16	5.52m	18-1½	1/20/24	Lauren McCluskey Memorial O
17	Eleanor SHERMAN	FR	Loyola (La.) {2}	1.16	5.52m	18-1½ (1.2)	12/1/23	New Orleans Triangular Winte
17	Emma ROEMER	FR	Point Park (Pa.)	1.16	5.52m	18-1½	12/1/23	Youngstown State Icebreaker
21	Carly LINDENMEYER	SR	MidAmerica Nazarene {2}	0.69	5.50m	18-½	12/9/23	Bulldog Early Bird
22	Jordyn WEEMS	JR	Ottawa (Kan.)	0.52	5.48m	17-11¾	1/20/24	Washburn Rust Buster
23	Trinity GREGORY	SO	Columbia Internation	0.40	5.47m	#Error	12/2/23	Baron Invitational Meet
24	Jessica GAKERI	JR	Montreat (N.C.)	0.30	5.45m	17-10¾	1/13/24	Mondo College Invitational
24	Nikki RAVELLI	SO	Lindsey Wilson (Ky.)	0.30	5.45m	17-10¾	12/2/23	Commonwealth College Open
26	Tyeese SMITH	SO	#2 William Carey (Miss.) {2}	0.15	5.43m	17-9¾	1/13/24	Commodore Challenge
26	Fegor CLIFFORD	JR	#2 William Carey (Miss.) {2}	0.15	5.43m	17-9¾	1/20/24	Samford January Open
28	Lillian GUZMAN	FR	Multnomah (Ore.)	0.10	5.42m	17-9½	12/9/23	Spokane Invitational
28	Annemarie KORNER	FR	Clarke (Iowa)	0.10	5.42m	17-9½	12/9/23	Finals Week Invitational
30	Brooklyn SIMMONS		Huntington (Ind.) {3}	0.05	5.40m	17-8¾	12/2/23	Commonwealth College Open
30	Princess BROWNE	JR	Multnomah (Ore.) {2}	0.05	5.40m	17-8¾	12/9/23	Spokane Invitational
32	Chasity VEALS	SR	Langston (Okla.)	0.03	5.39m	17-8¾	12/2/23	Washburn Alumni Invitational
32	Kaylee DIAMOND	JR	Aquinas (Mich.)	0.03	5.39m	17-8¾	1/19/24	John Flaminio Classic
32	Charlee OLSON	FR	Northwestern (Iowa)	0.03	5.39m	17-8¾	12/9/23	Bulldog Early Bird
35	Lexie JOHNSON	SR	St. Ambrose (Iowa)	0.01	5.36m	17-7	12/2/23	Frigid Bee Opener
35	Hayley LOEWEN	SO	MidAmerica Nazarene {3}	0.01	5.36m	17-7	12/9/23	Bulldog Early Bird
35	LaShae SMITH	JR	MidAmerica Nazarene {3}	0.01	5.36m	17-7	12/2/23	Mel Tjeerdsma Classic



National TFRI Event Summary

Women's Triple Jump — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance			Meet	
1	Machaeda LINTON	SO	#2 William Carey (Miss.)	26.46	12.71m	41-8½	1/13/24	Commodore Challenge	
2	Princess BROWNE	JR	Multnomah (Ore.)	20.49	11.91m	39-1	12/9/23	Spokane Invitational	
3	Jah'lia EVANS	JR	Voorhees (S.C.)	17.85	11.78m	38-7¾	1/19/24	Marlin Invitational	
4	Ahmia DORSEY	SR	Langston (Okla.)	15.70	11.75m	38-6¾	12/2/23	Washburn Alumni Invitational	
5	Chasity VEALS	SR	Langston (Okla.) {2}	13.60	11.73m	38-6	12/2/23	Washburn Alumni Invitational	
6	Sydney ZYWINA	JR	#12 Lewis-Clark State (Ida)	11.19	11.64m	38-2¼	12/9/23	Spokane Invitational	
7	Jolene MANTOAN	SR	#10 Olivet Nazarene (Ill.)	9.89	11.55m	37-10¾	12/2/23	ONU Holiday Invitational	
8	April PHILLIPS	FR	#16 Evangel (Mo.)	8.79	11.52m	37-9½	1/20/24	NAIA / JUCO Invitational	
9	Daena DRYER	FR	#2 William Carey (Miss.) {2}	7.55	11.45m	37-6¾	12/1/23	BSC Panther Indoor Icebreak	
9	Josi NOBLE	SO	#3 Concordia (Neb.)	7.55	11.45m	37-6¾	1/19/24	Polar Dog Indoor Invite	
11	Brittany COLEMAN	SR	Multnomah (Ore.) {2}	5.42	11.41m	37-5¼	12/9/23	Spokane Invitational	
12	Hayley MILES	SO	#3 Concordia (Neb.) {2}	4.26	11.32m	37-1¾	12/9/23	Bulldog Early Bird	
12	Hayley LOEWEN	SO	MidAmerica Nazarene	4.26	11.32m	37-1¾	12/9/23	Bulldog Early Bird	
14	Jayda LOWE	JR	Voorhees (S.C.) {2}	2.21	11.29m	37-½	1/19/24	Marlin Invitational	
14	Na'Zariah JAMES	FR	#4 Central Methodist (Mo.)	2.21	11.29m	37-½	12/9/23	Crimson & Gold Invitational	
16	Rosalyn ROGGASCH	SO	Doane (Neb.)	1.44	11.28m	37-¼	12/9/23	Bulldog Early Bird	
17	Mackenzie PRINGLE	FR	#22 Columbia (S.C.)	1.14	11.25m	36-11	1/13/24	Mondo College Invitational	
18	Meeyesha TUTT-MOOTOU	SO	Wiley (Texas)	1.02	11.24m	36-10½	1/14/24	Emory Crossplex Invite	
18	Zaniyah WILSON	SO	#2 William Carey (Miss.) {3}	1.02	11.24m	36-10½	1/13/24	Commodore Challenge	
20	Paige MANNEY	JR	Tennessee Wesleyan	0.70	11.15m	36-7	1/21/24	KMS Indoor Invitational	
21	Blessing SAMUEL	SO	#8 Cumberland (Tenn.)	0.60	11.14m	36-6¾	1/13/24	Commodore Challenge	
22	Blessing LAUDERMILCH	JR	Indiana Wesleyan	0.50	11.12m	36-5¾	1/20/24	Mastodon Invitational	
23	Kyla DAVIS	SO	Doane (Neb.) {2}	0.40	11.09m	36-4¾	1/19/24	Prairie Wolf Indoor Invitationa	
24	Josie GARRETT	SO	Doane (Neb.) {3}	0.30	11.03m	36-2¼	1/19/24	Prairie Wolf Indoor Invitationa	
24	Trishelle GANAWAY	SO	#1 Indiana Tech	0.30	11.03m	36-2¼	12/8/23	Warrior Invitational	
26	Jessica GAKERI	JR	Montreat (N.C.)	0.15	11.02m	36-2	12/2/23	Visit Winston-Salem College Ki	
27	Isabel SAYLER	SR	Briar Cliff (Iowa)	0.13	10.98m	36-¼	1/19/24	Polar Dog Indoor Invite	
27	Jadyn VERMILLION	SO	Montana Tech	0.13	10.98m	36-¼	12/7/23	Bobcat Preview	
29	Reanna GREEN	SO	MidAmerica Nazarene {2}	0.08	10.85m	35-7¼	12/9/23	Bulldog Early Bird	
29	Trinity DOUBLIN	SO	#13 Hastings (Neb.)	0.08	10.85m	35-7¼	12/8/23	UNK Pre-Holiday Invitational	
29	Elisa VALLE	FR	#2 William Carey (Miss.) {4}	0.08	10.85m	35-7¼	12/1/23	BSC Panther Indoor Icebreak	
32	Zoe CORDOVA	JR	Xavier (La.)	0.03	10.83m	35-6½ (1.2)	1/12/24	Bleu Devils "Indoor" Track Cla	
32	Anya WALTON	JR	Friends (Kan.)	0.03	10.83m	35-6½	12/2/23	Washburn Alumni Invitational	
34	Lexa BURTZLAFF	JR	Mount Marty (S.D.)	0.02	10.78m	35-4½	12/9/23	Bulldog Early Bird	
35	JaeLynne KOSMOS	FR	#3 Concordia (Neb.) {3}	0.01	10.77m	35-4	12/9/23	Bulldog Early Bird	



National TFRI Event Summary

Women's Shot Put — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance			Meet
1	Baylee BEARD	SO	#4 Central Methodist (Mo.)	24.29	14.99m	49-2¼	12/2/23	Bob Timmons Challenge
2	Kori NAGEL	JR	#9 Dickinson State (N.D.)	21.77	14.82m	48-7½	1/20/24	Mike Thorson Open
3	Lena KORTE	JR	Concordia (Mich.)	18.52	14.41m	47-3½	12/1/23	Oiler Opener
4	Abby MAGNUSON	SR	Dakota Wesleyan (S.D.)	15.80	14.13m	46-4¼	12/2/23	SDSU Holiday Open and Multi
5	Claire CASPERSEN	JR	College of Saint Mary (	13.51	13.99m	45-10¾	12/9/23	Bulldog Early Bird
6	Abigail GERBER	SR	#3 Concordia (Neb.)	11.40	13.94m	45-9	12/9/23	Bulldog Early Bird
7	Annah MILLER	SR	St. Ambrose (Iowa)	10.24	13.86m	45-5¾	12/2/23	Frigid Bee Opener
8	Princess KARA	SR	Indiana Wesleyan	8.86	13.68m	44-10¾	1/20/24	Mastodon Invitational
9	Daveina WATSON	JR	#8 Cumberland (Tenn.)	7.72	13.61m	44-8	1/6/24	Edward S. Temple Classic
10	Kiara ANDERSON	SR	#13 Hastings (Neb.)	6.63	13.57m	44-6¼	12/8/23	UNK Pre-Holiday Invitational
11	Ava CONRAD	JR	Mount Mercy (Iowa)	5.46	13.43m	44-¾	1/20/24	Larry Wieczorek Invitational
12	Alecia PARKER	JR	#11 Bethel (Ind.)	4.16	13.15m	43-1¾	1/20/24	Mike Lints Open
13	Bre NAIL	SR	Mount Mercy (Iowa) {2}	3.15	13.14m	43-1½	12/1/23	Grinnell Opener
13	Hope WAGNER	SR	Briar Cliff (Iowa)	3.15	13.14m	43-1½	12/9/23	Bulldog Early Bird
15	Arriana BENJAMIN	SR	#23 Marian (Ind.)	1.64	13.13m	43-1	1/13/24	Robert H. Johnson Some Littl
15	Merideth DEVRIES	JR	Indiana Wesleyan {2}	1.64	13.13m	43-1	1/20/24	Mastodon Invitational
17	Laurel BARBER	SR	MidAmerica Nazarene	1.07	13.06m	42-10¼	12/9/23	Bulldog Early Bird
18	Daryn BATTS	SR	Oklahoma City	0.90	12.97m	42-6¾	12/9/23	J.D. Martin Invitational
19	Victoria LOTZ	JR	MidAmerica Nazarene {2}	0.80	12.94m	42-5½	1/20/24	NAIA / JUCO Invitational
20	Markalah BARNES	SR	#11 Bethel (Ind.) {2}	0.70	12.85m	42-2	1/20/24	Mike Lints Open
21	Kamryn POKORNEY	SR	#3 Concordia (Neb.) {2}	0.60	12.83m	42-1¼	1/19/24	Polar Dog Indoor Invite
22	Maggie HEESCH	SO	#19 Midland (Neb.)	0.50	12.80m	42-0	12/2/23	SDSU Holiday Open and Multi
23	Lauren TAYLOR	SO	#9 Dickinson State (N.D.) {2}	0.40	12.74m	41-9¾	1/20/24	Mike Thorson Open
24	Alician GARCIA	SO	#9 Dickinson State (N.D.) {3}	0.30	12.69m	41-7¾	1/20/24	Mike Thorson Open
25	Kloey PICKENS	JR	Columbia Internation	0.20	12.62m	41-5	1/20/24	Carolina Challenge
26	Evie SCOLES	JR	John Brown (Ark.)	0.15	12.61m	41-4½	1/20/24	NAIA / JUCO Invitational
27	Madison GREEN	JR	Grand View (Iowa)	0.13	12.59m	41-3¾	1/20/24	Richard Alsup Open
28	Chloe GUNDERSON	JR	#9 Dickinson State (N.D.) {4}	0.10	12.50m	41-¼	1/20/24	Mike Thorson Open
29	Rebecca EACKER	FR	#9 Dickinson State (N.D.) {5}	0.08	12.44m	40-9¾	1/20/24	Mike Thorson Open
30	Bryana BAZILE	SR	Loyola (La.)	0.05	12.41m	40-8¾	1/21/24	KMS Indoor Invitational
31	Asia TYLER	JR	#13 Hastings (Neb.) {2}	0.04	12.37m	40-7	12/8/23	UNK Pre-Holiday Invitational
32	Darci DAWSON	JR	#22 Columbia (S.C.)	0.03	12.36m	40-6¾	1/13/24	Mondo College Invitational
33	Mady KELSEY	JR	#19 Midland (Neb.) {2}	0.02	12.35m	40-6¼	12/9/23	Bulldog Early Bird
34	Lana KROHE	JR	#10 Olivet Nazarene (Ill.)	0.02	12.32m	40-5	12/2/23	ONU Holiday Invitational
35	Sydney DUNCAN	FR	IU Kokomo (Ind.)	0.01	12.31m	40-4¾	12/8/23	Warrior Invitational



National TFRI Event Summary

Women's Weight Throw — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance		Meet
1	Kiara ANDERSON	SR	#13 Hastings (Neb.)	22.94	18.15m	59-6¾	12/8/23 UNK Pre-Holiday Invitational
2	Precious AGUAGYO	JR	#7 Saint Xavier (Ill.)	20.64	18.03m	59-2	12/9/23 Finals Week Invitational
3	Abi WOHLGEMUTH	JR	#3 Concordia (Neb.)	18.41	17.94m	58-10¼	12/9/23 Bulldog Early Bird
4	Kori NAGEL	JR	#9 Dickinson State (N.D.)	16.11	17.82m	58-5¾	1/20/24 Mike Thorson Open
5	Arriana BENJAMIN	SR	#23 Marian (Ind.)	13.82	17.68m	58-¼	12/2/23 Scott Fangman Invitational
6	Kayla MIKOTTIS	SR	#10 Olivet Nazarene (Ill.)	11.33	17.39m	57-¾	12/2/23 ONU Holiday Invitational
7	Darci DAWSON	JR	#22 Columbia (S.C.)	10.21	17.32m	56-10	12/9/23 Bast-Cregger Invitational
8	Karli WOLFE	SR	#4 Central Methodist (Mo.)	8.99	17.19m	56-4¾	12/9/23 Crimson & Gold Invitational
9	Victoria LOTZ	JR	MidAmerica Nazarene	7.97	17.18m	56-4½	1/20/24 NAIA / JUCO Invitational
10	Maggie HEESCH	SO	#19 Midland (Neb.)	6.80	17.08m	56-½	1/20/24 Richard Alsup Open
11	Macy FULLER	SR	Doane (Neb.)	5.78	17.07m	56-0	1/6/24 Ward Haylett Invitational
12	Madison GREEN	JR	Grand View (Iowa)	4.71	17.03m	55-10½	12/2/23 Frigid Bee Opener
13	Mia KNIGGE	SO	Doane (Neb.) {2}	3.42	16.71m	54-10	1/6/24 Ward Haylett Invitational
14	Claire MEACHAM	SO	#17 Cornerstone (Mich.)	2.36	16.64m	54-7¼	12/8/23 Grand Valley State Holiday Op
15	Abigail GERBER	SR	#3 Concordia (Neb.) {2}	1.67	16.42m	53-10½	12/9/23 Bulldog Early Bird
16	Madison SUTTON	SR	Benedictine (Kan.)	1.39	16.39m	53-9¼	12/2/23 Mel Tjeerdsma Classic
17	Kamryn POKORNEY	SR	#3 Concordia (Neb.) {3}	1.11	16.35m	53-7¾	12/9/23 Bulldog Early Bird
18	Asia TYLER	JR	#13 Hastings (Neb.) {2}	0.99	16.33m	53-7	1/19/24 Polar Dog Indoor Invite
19	Jennifer BATU	SR	#20 Life (Ga.)	0.80	16.21m	53-2¼	1/14/24 Emory Crossplex Invite
19	Deneara MBOUG	SO	#1 Indiana Tech	0.80	16.21m	53-2¼	12/2/23 Mastodon Opener
21	Kenna WOODWARD	SR	Eastern Oregon	0.60	16.20m	53-1¾	1/20/24 Lauren McCluskey Memorial O
22	Annah MILLER	SR	St. Ambrose (Iowa)	0.50	16.11m	52-10¼	12/9/23 Finals Week Invitational
23	Kloey PICKENS	JR	Columbia Internation	0.40	16.04m	52-7½	1/20/24 Carolina Challenge
24	Tatiana MARTINEZ	JR	Providence (Mont.)	0.30	16.03m	52-7¼	12/7/23 Bobcat Preview
25	Willow KENNEDA	SR	Goshen (Ind.)	0.20	15.94m	52-3¾	12/1/23 Blue & Gold Invitational
26	Nhaydia WATSON	SO	#23 Marian (Ind.) {2}	0.15	15.82m	51-11	12/8/23 John Gartland Invitational
27	Candice JONES	JR	York (Neb.)	0.13	15.70m	51-6¼	1/19/24 Prairie Wolf Indoor Invitationa
28	Keeley HUGHES	SR	#23 Marian (Ind.) {3}	0.10	15.53m	50-11½	12/8/23 John Gartland Invitational
29	Maelie HOPE	FR	Aquinas (Mich.)	0.08	15.52m	50-11	1/13/24 Bob Eubanks Open
29	Madison GOOKIN	SR	York (Neb.) {2}	0.08	15.52m	50-11	12/2/23 Mel Tjeerdsma Classic
31	Dazanni HINTON	SR	Columbia Internation{2}	0.04	15.49m	50-10	1/20/24 Carolina Challenge
32	Lauren TAYLOR	SO	#9 Dickinson State (N.D.){2}	0.03	15.45m	50-8¼	1/20/24 Mike Thorson Open
33	Tori NYGARD	SR	#9 Dickinson State (N.D.){3}	0.02	15.39m	50-6	1/20/24 Mike Thorson Open
34	April CZARNECKI	SR	Grand View (Iowa) {2}	0.02	15.30m	50-2½	1/20/24 Richard Alsup Open
35	Tracey GOOCH	SO	#23 Marian (Ind.) {4}	0.01	15.29m	50-2	12/8/23 John Gartland Invitational



National TFRI Event Summary

Women's Pentathlon — 2024 Week #1, January 24

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Kaitlyn MCCOLLY	JR	#9 Dickinson State (N.D.)	24.18		3,536	12/9/23 Dakota Alumni Classic
2	Renee FINKE	JR	#4 Central Methodist (Mo.)	20.82		3,413	12/9/23 Boo Rogers Combined Events
3	Cailyn HELMUTH	SR	#11 Bethel (Ind.)	18.00		3,339	12/8/23 Warrior Invitational
4	Lizzy GRANDLE	SO	Eastern Oregon	15.94		3,333	1/20/24 Lauren McCluskey Memorial O
5	Abby CLARK	JR	Montana Tech	13.89		3,329	1/12/24 Snake River Open
6	Haley BELLAMY	SO	#4 Central Methodist (Mo.)	11.66		3,308	12/9/23 Boo Rogers Combined Events
7	Jennah CARPENTER	JR	#12 Lewis-Clark State (Ida.)	10.56		3,296	1/20/24 Lauren McCluskey Memorial O
8	Kerrigan MYERS	JR	#19 Midland (Neb.)	9.25		3,254	12/9/23 Bulldog Early Bird
9	Ketelynn DIX	SO	#17 Cornerstone (Mich.)	7.79		3,167	12/2/23 Saginaw Valley State Holiday
10	Zoey WALKER	FR	#3 Concordia (Neb.)	6.41		3,070	12/9/23 Bulldog Early Bird
11	Josi NOBLE	SO	#3 Concordia (Neb.)	{2} 5.40		3,067	12/9/23 Bulldog Early Bird
12	Annemarie KORNER	FR	Clarke (Iowa)	4.37		3,059	12/9/23 Finals Week Invitational
13	Amanda STEINKE	SO	#3 Concordia (Neb.)	{3} 3.23		3,024	12/9/23 Bulldog Early Bird
14	Chaney NELSON	FR	Doane (Neb.)	2.18		3,012	12/3/23 Happy Holidays Multi-Events
15	Lana MUSA	SR	#7 Saint Xavier (Ill.)	1.66		3,006	12/9/23 Finals Week Invitational
16	Karli BEDARD	SR	Eastern Oregon	{2} 1.37		2,995	1/20/24 Lauren McCluskey Memorial O
17	Faith ESPINOSA	JR	#3 Concordia (Neb.)	{4} 1.04		2,974	12/9/23 Bulldog Early Bird
18	Maddi BAKER	FR	MidAmerica Nazarene	0.90		2,963	12/9/23 Bulldog Early Bird
19	Trysta HILTON	SO	Huntington (Ind.)	0.80		2,915	12/1/23 Mastodon Multi Invitational
20	LaShae SMITH	JR	MidAmerica Nazarene	{2} 0.70		2,907	12/9/23 Bulldog Early Bird
21	Rosalyn ROGGASCH	SO	Doane (Neb.)	{2} 0.60		2,905	12/3/23 Happy Holidays Multi-Events
22	Elena BATENHORST	JR	#3 Concordia (Neb.)	{5} 0.50		2,866	12/9/23 Bulldog Early Bird
23	Sammy CONLEY	JR	Eastern Oregon	{3} 0.40		2,853	1/20/24 Lauren McCluskey Memorial O
24	Anyah RANSON	SO	Clarke (Iowa)	{2} 0.30		2,816	12/9/23 Finals Week Invitational
25	Gabrielle ZEILENGA	FR	#11 Bethel (Ind.)	{2} 0.20		2,770	12/8/23 Warrior Invitational
26	Amelie STEINS	FR	Dakota State (S.D.)	0.15		2,766	12/2/23 SDSU Holiday Open and Multi
27	Madyson RAY	SR	#19 Midland (Neb.)	{2} 0.13		2,756	12/9/23 Bulldog Early Bird
28	Emma KUCERA	FR	#3 Concordia (Neb.)	{6} 0.10		2,754	12/9/23 Bulldog Early Bird
29	Liberty BAKER	FR	York (Neb.)	0.08		2,753	12/9/23 Bulldog Early Bird
30	Katya BARANKO	SR	#9 Dickinson State (N.D.)	{2} 0.05		2,752	12/9/23 Dakota Alumni Classic
31	Kelsey EVENHOUSE	JR	#21 Dordt (Iowa)	0.04		2,721	12/2/23 SDSU Holiday Open and Multi
32	Josey WAHLSTROM	SO	Mount Marty (S.D.)	0.03		2,647	12/2/23 SDSU Holiday Open and Multi
33	Makayla DINKLER	SR	York (Neb.)	{2} 0.02		2,619	12/9/23 Bulldog Early Bird
34	Abigail BATU-TIAKO	SR	William Penn (Iowa)	0.02		2,597	12/9/23 Finals Week Invitational
35	Isabelle MATTHEWS	SO	Clarke (Iowa)	{3} 0.01		2,582	12/9/23 Finals Week Invitational