



Regional TFRI Event Summary

as of 1/24/2024 2:46:49 PM

Great Lakes

Women's 60 Meters

1	Jamaya WARTHEN	JR	#1	Indiana Tech	7.51	12/1
2	Kiya POGUE	JR	#1	Indiana Tech	{2} 7.55	12/1
3	Ny'tierra HOBBS	SR	#11	Madonna (Mich.)	7.62	1/13
4	Riley HERSHBERGER	SR	#4	Bethel (Ind.)	7.65	12/1
5	Derica GIBSON	SR	#1	Indiana Tech	{3} 7.70	12/8
6	Jozlen BRISBON	JR	#20	Lindsey Wilson (I	7.72	1/20
7	Niobe HIOLDER	FR	#1	Indiana Tech	{4} 7.80	12/2
8	Armoney CLAY	FR	#2	Marian (Ind.)	7.81	12/8
8	Ally HAWK	SO	#7	Indiana Wesleyan	7.81	1/20
10	Catalla JONES	FR	#2	Marian (Ind.)	{2} 7.83	12/8

Women's 60 Meter Hurdles

1	Kiya POGUE	JR	#1	Indiana Tech	8.42	12/1
2	Katlyn JONES	SR	#1	Indiana Tech	{2} 8.67	12/1
3	Faith JACKSON	SR	#8	Siena Heights (M	8.77	1/19
4	Natalea HILLEN	SR	#14	Point Park (Pa.)	8.97	1/20
5	Makiyah ALLEN	SO	#13	Campbellsville (I	8.98	12/8
6	Rylin BAGARUS	SR	#4	Bethel (Ind.)	9.02	12/1
7	Ally HAWK	SO	#7	Indiana Wesleyan	9.03	1/20
8	Linnearia RICHARDS	JR	#8	Siena Heights (M	{2} 9.14	12/2
9	Taniyah HINES		#25	Midway (Ky.)	9.16	1/20
9	Patience SAKEUH	JR	#12	Taylor (Ind.)	9.16	1/19

Women's 200 Meters

1	Soyinne GRENYION	SR	#1	Indiana Tech	23.80	12/1
2	Jamaya WARTHEN	JR	#1	Indiana Tech	{2} 24.16	12/1
3	Derica GIBSON	SR	#1	Indiana Tech	{3} 24.37	12/2
4	Charity JONES	JR	#11	Madonna (Mich.)	24.51	12/2
5	Ny'tierra HOBBS	SR	#11	Madonna (Mich.)	{2} 24.77	12/8
6	Riley HERSHBERGER	SR	#4	Bethel (Ind.)	25.19	12/1
7	Kiya POGUE	JR	#1	Indiana Tech	{4} 25.53	12/8
8	Aaliyah FREDERICK	FR	#1	Indiana Tech	{5} 25.57	12/8
9	Diamond RUSH	JR	#14	Point Park (Pa.)	25.65	12/8
10	Kayla MOODY	SR	#1	Indiana Tech	{6} 25.67	12/1

Women's 400 Meters

1	Soyinne GRENYION	SR	#1	Indiana Tech	54.50	12/1
2	Jo'Deci IRBY	SR	#1	Indiana Tech	{2} 56.46	12/1
3	Kayla MOODY	SR	#1	Indiana Tech	{3} 57.66	12/8
4	Junae BENNETT	JR	#1	Indiana Tech	{4} 57.83	12/8
5	Hanna REUTER	SO	#2	Marian (Ind.)	57.92	12/8
6	Sarah GENZINK	JR	#3	Cornerstone (Mi	58.21	1/20
7	Madi HAID	SR	#3	Cornerstone (Mi	{2} 58.62	1/13
8	Ronnie MCMILLAN	JR	#9	Aquinas (Mich.)	58.86	1/13
9	Linnearia RICHARDS	JR	#8	Siena Heights (M	58.99	12/8
10	KaNiya DOUGLAS	SO	#13	Campbellsville (I	59.00	12/8

Women's 600 Meters

1	Lisa VOYLES	SR	#1	Indiana Tech	1:32.35	12/8
2	Jo'Deci IRBY	SR	#1	Indiana Tech	{2} 1:35.32	12/8
3	Hanna REUTER	SO	#2	Marian (Ind.)	1:38.82	1/19
4	Victoria YOUNG	SO	#13	Campbellsville (I	1:39.52	1/13
5	Taylor THOMAS	SR	#2	Marian (Ind.)	{2} 1:39.88	1/19
6	Ronnie MCMILLAN	JR	#9	Aquinas (Mich.)	1:40.16	1/19
7	Lauren WOOER	SO	#9	Aquinas (Mich.)	{2} 1:40.69	1/19
8	Kiara BAHENA	FR	#10	Saint Francis (In	1:40.82	12/2
9	Jessica PHILLIPS	JR	#11	Madonna (Mich.)	1:40.83	1/12
10	Jayden ROACH	JR	#19	Rio Grande (Ohi	1:41.39	1/13

Women's 800 Meters

1	Abigail MAYS		#12	Taylor (Ind.)	2:18.49	1/20
2	Annika ALDERFER FISHER	SR	#15	Goshen (Ind.)	2:18.63	12/1
3	Jacqueline ALBO	SR	#23	Lawrence Tech (I	2:18.70	1/20
4	Lauren WOOER	SO	#9	Aquinas (Mich.)	2:19.87	12/8
5	Kiara BAHENA	FR	#10	Saint Francis (In	2:21.94	12/8
6	Kori BAUMANN	JR	#3	Cornerstone (Mi	2:21.98	1/20
7	Heather DURRANT	FR	#5	Cumberlands (Ky	2:22.02	1/19
8	Allison PLASSIO	SR	#14	Point Park (Pa.)	2:22.93	1/20
9	Mia WELLINGTON	SR	#15	Goshen (Ind.)	{2} 2:23.22	1/20
10	Ellyn COE	JR	#22	Mount Vernon N	2:24.37	1/20

Women's 1000 Meters

1	Lisa VOYLES	SR	#1	Indiana Tech	2:50.67	1/19
2	Alex EBETINO	SR	#10	Saint Francis (In	3:00.65	1/13
3	Krista BOESE	SR	#1	Indiana Tech	{2} 3:01.57	1/19
4	Elizabeth LUCASON	SO	#5	Cumberlands (Ky	3:01.76	1/19
5	Kylie SAUDER	SR	#17	Grace (Ind.)	3:02.17	1/19
6	Savannah HOSSFELD	SO	#5	Cumberlands (Ky	{2} 3:04.05	1/19
7	Tara FRIESEN	SR	#17	Grace (Ind.)	{2} 3:05.35	1/19
8	Kiara BAHENA	FR	#10	Saint Francis (In	{2} 3:08.29	1/13
9	Liz LOICHINGER	SR	#2	Marian (Ind.)	3:08.35	1/19
10	Hailey SHANK	SR	#13	Campbellsville (I	3:09.59	1/20

Women's Mile

1	Noel VANDERWALL	SO	#12	Taylor (Ind.)	5:03.92	1/20
2	Elizabeth LUCASON	SO	#5	Cumberlands (Ky	5:05.49	1/19
3	Alex EBETINO	SR	#10	Saint Francis (In	5:06.71	1/20
4	Elizabeth BARRETT	SO	#7	Indiana Wesleyan	5:08.28	1/20
5	Heather DURRANT	FR	#5	Cumberlands (Ky	{2} 5:11.51	1/19
6	Addi DEWEY	JR	#7	Indiana Wesleyan	{2} 5:13.77	1/20
7	Allison PLASSIO	SR	#14	Point Park (Pa.)	5:14.81	1/20
8	Haley NIEUWKOOP	SR	#3	Cornerstone (Mi	5:16.41	1/20
9	Jacie REMTEMA	FR	#3	Cornerstone (Mi	{2} 5:16.71	1/20
10	Annika ALDERFER FISHER	SR	#15	Goshen (Ind.)	5:17.40	1/20



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Great Lakes

Women's 3000 Meters

1	Lisa VOYLES	SR	#1 Indiana Tech	9:46.70	12/1
2	Alex EBETINO	SR	#10 Saint Francis (Ind.)	9:50.80	12/2
3	Anna MARTIN	SO	#6 Huntington (Ind.)	9:55.36	12/8
4	Alina BOSHCHUK	FR	#5 Cumberland (Ky.)	9:56.15	1/19
5	Audrey BRINKRUFF	JR	#12 Taylor (Ind.)	10:06.27	1/20
6	Mollie GAMBLE	JR	#12 Taylor (Ind.) {2}	10:09.18	1/20
7	Kylie SAUDER	SR	#17 Grace (Ind.)	10:19.23	12/1
8	Kirsten GEARY	SO	Georgetown (Ky.)	10:26.02	1/20
9	Haley NIEUWKOOP	SR	#3 Cornerstone (Mich.)	10:27.37	1/20
10	Emily TEDDER	JR	#6 Huntington (Ind.) {2}	10:27.42	12/8

Women's 5000 Meters

1	Alex EBETINO	SR	#10 Saint Francis (Ind.)	17:10.48	12/8
2	Haley NIEUWKOOP	SR	#3 Cornerstone (Mich.)	17:28.17	12/8
3	Molly HARDING	SO	#6 Huntington (Ind.)	18:24.22	12/8
4	Annika ALDERFER FISHER	SR	#15 Goshen (Ind.)	18:27.11	12/8
5	Victoria CLIBON	FR	#10 Saint Francis (Ind.) {2}	18:28.26	12/8
6	Amarissa KERNS	SO	#19 Rio Grande (Ohio)	18:45.42	12/1
7	Hailey SHANK	SR	#13 Campbellsville (Ind.)	18:54.39	1/20
8	Hannah WELLS	JR	#16 IU Kokomo (Ind.)	18:55.35	12/8
9	Carmen CAMINO	SR	WVU Tech	19:07.51	12/9
10	Rachael BARONE	SO	#3 Cornerstone (Mich.) {2}	19:18.11	12/8

Women's 3000m Race Walk

1	Heather DURRANT	FR	#5 Cumberland (Ky.)	13:15.14	1/13
2	Alexa GOVERNOR	FR	#5 Cumberland (Ky.) {2}	14:56.92	1/13
3	Sophia LEE-HAUSER	JR	#14 Point Park (Pa.)	16:01.02	1/19
4	Korissa VANOVER	SR	#1 Indiana Tech	17:36.82	1/19
5	Maddie DOTLICH	JR	#16 IU Kokomo (Ind.)	17:40.85	1/19
6	Evelyn HASENOUR	JR	#21 IU East (Ind.)	20:10.41	1/19
7	Isabelle BLATZ	JR	#5 Cumberland (Ky.) {3}	20:49.92	1/13
8	Alexis DEAN	SO	#21 IU East (Ind.) {2}	21:33.47	1/19

Women's 4x400 Relay

1	Jo'Deci Irby Junae Bennett Jamaya Warthen Olaide Olapade	#1 Indiana Tech	3:52.97	12/8
2	Charity Jones Nia Wood Lauren Hamilton Jessica Phillips	#11 Madonna (Mich.)	3:53.29	12/8
3	Madi Haid Sarah Genzink Ketelynn Dix Hallie Kooyer	#3 Cornerstone (Mich.)	3:59.95	12/8
4	Janae Bailey Brooke Coffman Hanna Reuter Taylor Thomas	#2 Marian (Ind.)	4:00.70	12/8
5	Ally Hawk Kailyn Ely Ella Maas Dylainey Floyd	#7 Indiana Wesleyan	4:04.72	1/20
6	Brianna Hooton Riley Hershberger Rylin Bagarus Gabrielle Zeilenga	#4 Bethel (Ind.)	4:06.33	12/1
7	Natalea Hillen Makayla Rice Mya Greschner Diamond Rush	#14 Point Park (Pa.)	4:07.00	1/20
8	Jocie Berry Aveona Edwards Bailey McCulloch Linnea Richards	#8 Siena Heights (Mich.)	4:09.79	12/2
9	Lauren Wooser Ronnie McMillan Ella Koons Cadence Schultz	#9 Aquinas (Mich.)	4:10.02	1/13
10	Beatriz De Souza Kathryn Couch Abia Kante Olivia Gries	#5 Cumberland (Ky.)	4:13.38	12/2

Women's 4x800 Relay

1	Ashley Terry Elizabeth Lucason Ella Henage Alina Boshchuk	#5 Cumberland (Ky.)	9:34.54	1/13
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Regional TFRI Event Summary

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Great Lakes

Women's Distance Medley Relay

1	Mack MCCARTHY Jayd en Roach Grace Forrest Amarissa Kerns	#19 Rio Grande (Ohic	18:01.62	1/19
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Women's High Jump

1	Gina BUTZ	JR	#2 Marian (Ind.)	1.71m	5-7¼	12/8
2	Emma VALENTINE	SO	#8 Siena Heights (M	1.70m	5-7	1/19
2	Erica XAYARATH	SR	#6 Huntington (Ind.	1.70m	5-7	12/2
4	Lyssi SNOUFFER	SO	#22 Mount Vernon Ni	1.68m	5-6	1/13
4	Brooke COFFMAN	FR	#2 Marian (Ind.)	{2} 1.68m	5-6	12/8
4	Josey REINEMAN	JR	#6 Huntington (Ind.){2}	1.68m	5-6	1/19
7	Kaylee DIAMOND	JR	#9 Aquinas (Mich.)	1.67m	5-5¾	12/8
8	Mya HINES	FR	#5 Cumberlands (K)	1.65m	5-5	1/19
9	Cailyn HELMUTH	SR	#4 Bethel (Ind.)	1.64m	5-4½	12/8
10	Abi HUME	SR	#7 Indiana Wesleya	1.60m	5-3	1/20

Women's Pole Vault

1	Evelyn DOLCE	FR	#1 Indiana Tech	3.95m	12-11½	12/8
2	Gabrielle ZEILENGA	FR	#4 Bethel (Ind.)	3.80m	12-5½	12/1
3	Tyler FUGATE	SR	#8 Siena Heights (M	3.70m	12-1½	1/19
3	Sophia SUMER	SO	#4 Bethel (Ind.)	{2} 3.70m	12-1½	12/1
5	Margherita CONRAD	SO	#8 Siena Heights (M){2}	3.68m	12-¾	1/12
6	Tatum TOWNSEND	SR	#3 Cornerstone (Mi	3.61m	11-10	1/20
6	Grace CONWAY	JR	#4 Bethel (Ind.)	{3} 3.61m	11-10	1/20
8	Nevaeh BROWN	SR	#25 Midway (Ky.)	3.57m	11-8½	1/20
9	Shaily BAYNES	JR	#9 Aquinas (Mich.)	3.55m	11-7¾	12/8
10	Morgan VARGO	JR	#3 Cornerstone (Mi){2}	3.42m	11-2½	1/13
10	Cecily FAGER	FR	#3 Cornerstone (Mi){2}	3.42m	11-2½	1/13

Women's Long Jump

1	Morgan VARGO	JR	#3 Cornerstone (Mi	5.70m	18-8½	12/8
2	Erica XAYARATH	SR	#6 Huntington (Ind.	5.69m	18-8	12/2
3	Carlie TURNER	JR	#1 Indiana Tech	5.62m	18-5¼	12/1
4	Gabrielle ZEILENGA	FR	#4 Bethel (Ind.)	5.61m	18-5	12/8
5	Trishelle GANAWAY	SO	#1 Indiana Tech	{2} 5.55m	18-2½	12/8
6	Emma ROEMER	FR	#14 Point Park (Pa.)	5.52m	18-1½	12/1
6	Brooklyn SIMMONS	JR	#6 Huntington (Ind.){2}	5.52m	18-1½	12/8
8	Nikki RAVELLI	SO	#20 Lindsey Wilson (I	5.45m	17-10¾	12/2
9	Brooklyn SIMMONS		#6 Huntington (Ind.){3}	5.40m	17-8¾	12/2
10	Kaylee DIAMOND	JR	#9 Aquinas (Mich.)	5.39m	17-8¼	1/19

Women's Triple Jump

1	Erica XAYARATH	SR	#6 Huntington (Ind.	11.32m	37-1¾	1/19
2	Blessing LAUDERMILCH	JR	#7 Indiana Wesleya	11.12m	36-5¾	1/20
3	Trishelle GANAWAY	SO	#1 Indiana Tech	11.03m	36-2¼	12/8
4	Brooklyn SIMMONS	JR	#6 Huntington (Ind.){2}	10.78m	35-4½	1/19
5	Shirmara ANDERSON	SO	#2 Marian (Ind.)	10.70m	35-1¼	12/2
6	Destiny BARNES		#20 Lindsey Wilson (I	10.62m	34-10¼	12/2
7	Naiyae EVANS	SO	#1 Indiana Tech	{2} 10.55m	34-7½	12/8
7	Makayla KEFFELER	SO	#7 Indiana Wesleya {2}	10.55m	34-7½	1/20
9	Naomi WALTERS	SR	#2 Marian (Ind.)	{2} 10.46m	34-4	1/13
10	Holli REUTER	SO	#2 Marian (Ind.)	{3} 10.40m	34-1½	12/2

Women's Shot Put

1	Lena KORTE	JR	#18 Concordia (Mich.	14.41m	47-3½	12/1
2	Princess KARA	SR	#7 Indiana Wesleya	13.68m	44-10¾	1/20
3	Sydney DUNCAN	FR	#16 IU Kokomo (Ind.	13.27m	43-6½	1/19
4	Alecia PARKER	JR	#4 Bethel (Ind.)	13.15m	43-1¾	1/20
5	Merideth DEVRIES	JR	#7 Indiana Wesleya {2}	13.13m	43-1	1/20
5	Arriana BENJAMIN	SR	#2 Marian (Ind.)	13.13m	43-1	1/13
7	Markalah BARNES	SR	#4 Bethel (Ind.)	{2} 12.85m	42-2	1/20
8	Rebecca BELTRAN	SR	#9 Aquinas (Mich.)	12.22m	40-1¼	1/13
9	Emma BYRUM	SR	#16 IU Kokomo (Ind.){2}	12.14m	39-10	12/2
10	Faith ROCK	SO	#16 IU Kokomo (Ind.){3}	12.09m	39-8	12/8

Women's Weight Throw

1	Arriana BENJAMIN	SR	#2 Marian (Ind.)	17.68m	58-¼	12/2
2	Claire MEACHAM	SO	#3 Cornerstone (Mi	16.64m	54-7¼	12/8
3	Deneara MBOUG	SO	#1 Indiana Tech	16.21m	53-2¼	12/2
4	Willow KENNEDA	SR	#15 Goshen (Ind.)	15.94m	52-3¾	12/1
5	Nhaydia WATSON	SO	#2 Marian (Ind.)	{2} 15.82m	51-11	12/8
6	Keeley HUGHES	SR	#2 Marian (Ind.)	{3} 15.53m	50-11½	12/8
7	Maelie HOPE	FR	#9 Aquinas (Mich.)	15.52m	50-11	1/13
8	Tracey GOOCH	SO	#2 Marian (Ind.)	{4} 15.29m	50-2	12/8
9	Lena KORTE	JR	#18 Concordia (Mich.	15.14m	49-8¼	12/1
10	Jennifer SHERWOOD	JR	#24 Spring Arbor (Mi	15.04m	49-4¼	12/8

Women's Pentathlon

1	Cailyn HELMUTH	SR	#4 Bethel (Ind.)	3,339		12/8
2	Ketelynn DIX	SO	#3 Cornerstone (Mi	3,167		12/2
3	Trysta HILTON	SO	#6 Huntington (Ind.	2,915		12/1
4	Gabrielle ZEILENGA	FR	#4 Bethel (Ind.)	{2} 2,770		12/8
5	Anna BURK	FR	#3 Cornerstone (Mi){2}	2,500		12/2
6	Kenzie MEYER	FR	#3 Cornerstone (Mi){3}	2,474		12/2
7	Brianna GOINS	FR	#1 Indiana Tech	2,460		12/8
8	Jayde ULLENBRUCH	FR	#18 Concordia (Mich.	2,244		12/1
9	Vanessa TEMPLE	SO	#21 IU East (Ind.)	2,231		12/1
10	Jeyda BROWN	FR	#18 Concordia (Mich.){2}	2,181		12/1



Regional TFRI Event Summary

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Midwest

Women's 60 Meters

1	Eden CLIFTON	SO	#18 Graceland (Iowa)	7.79	12/2
2	Adrianna RODENCAL	SO	#1 Concordia (Neb.)	7.85	12/9
3	Lilly OSTERT	FR	#20 William Penn (Iowa)	7.88	12/2
3	Kerrigan MYERS	JR	#9 Midland (Neb.)	7.88	1/20
5	Hannah ANTKOVIK	JR	#3 Olivet Nazarene	7.90	12/2
6	Emerson COLINS	SO	#8 Saint Xavier (Ill.)	7.91	12/1
6	Tera MILLER	SR	#3 Olivet Nazarene {2}	7.91	12/2
8	Neenah GUERRERO	FR	#9 Midland (Neb.) {2}	7.92	12/9
9	Gabbi BUTLER	SR	#14 St. Ambrose (Iowa)	7.93	12/2
9	Gabrielle DILLARD	FR	#11 Clarke (Iowa)	7.93	12/2

Women's 60 Meter Hurdles

1	Kerrigan MYERS	JR	#9 Midland (Neb.)	8.49	12/9
2	Hannah ANTKOVIK	JR	#3 Olivet Nazarene	8.50	12/8
3	Kerrigan MYERS	JR	#9 Midland (Neb.) {2}	8.56	12/2
4	Adrianna RODENCAL	SO	#1 Concordia (Neb.)	8.57	12/9
5	Kaitlyn MCCOLLY	JR	#7 Dickinson State (Iowa)	8.64	1/20
6	Nisa THOMAS	SR	#4 Hastings (Neb.)	8.74	1/19
7	Josie GARRETT	SO	#2 Doane (Neb.)	8.96	1/19
8	Jaida ROWE	SO	#4 Hastings (Neb.) {2}	9.01	1/19
9	Addisyn TERPSTRA	FR	#19 Grand View (Iowa)	9.05	1/20
10	Emma JOHNSON	JR	#17 Viterbo (Wis.)	9.12	12/9

Women's 200 Meters

1	Hannah ANTKOVIK	JR	#3 Olivet Nazarene	24.69	12/2
2	Tera MILLER	SR	#3 Olivet Nazarene {2}	25.17	12/8
3	Gabbi BUTLER	SR	#14 St. Ambrose (Iowa)	25.40	12/9
4	Adrianna RODENCAL	SO	#1 Concordia (Neb.)	25.55	1/19
5	Allena ROWLAND	SO	#11 Clarke (Iowa)	25.63	12/9
6	Eden CLIFTON	SO	#18 Graceland (Iowa)	25.87	1/20
7	Kiara CARTER	JR	#3 Olivet Nazarene {3}	25.91	1/20
8	Molli THORNTON	FR	#15 Dakota State (S.I.)	25.93	12/9
9	Alexis EVEN	SO	#13 Mount Marty (S.I.)	25.94	12/9
10	Calli DAVIS	SR	#13 Mount Marty (S.I.) {2}	25.95	12/9

Women's 400 Meters

1	Hannah ANTKOVIK	JR	#3 Olivet Nazarene	54.70	12/8
2	Jenna ESCH	JR	#1 Concordia (Neb.)	56.89	12/9
3	Allena ROWLAND	SO	#11 Clarke (Iowa)	57.57	12/9
4	Tera MILLER	SR	#3 Olivet Nazarene {2}	57.69	12/8
5	Kennedy KRAMER	JR	#10 Northwestern (Iowa)	57.81	12/9
6	Kiara CARTER	JR	#3 Olivet Nazarene {3}	58.14	1/20
7	Calli DAVIS	SR	#13 Mount Marty (S.I.)	58.52	12/2
8	Emma BLUM	SO	#10 Northwestern (Iowa) {2}	58.67	1/19
9	Carsyn BURDINE	SO	#3 Olivet Nazarene {4}	59.14	12/8
10	Rhys MAXEY	SR	#4 Hastings (Neb.)	59.30	1/19

Women's 600 Meters

1	Jenna ESCH	JR	#1 Concordia (Neb.)	1:35.19	12/9
2	Jordan KOEPKE	JR	#1 Concordia (Neb.) {2}	1:35.56	12/9
3	Gabbi BUTLER	SR	#14 St. Ambrose (Iowa)	1:36.66	12/9
4	Tianna BUMBACA-KUEHL	SR	#13 Mount Marty (S.I.)	1:37.15	12/9
5	Emilee HEYNEN	JR	#5 Dordt (Iowa)	1:37.18	12/2
6	Shelby BUWALDA	SO	#5 Dordt (Iowa) {2}	1:37.68	12/2
7	Jolee MESZ	FR	#12 Morningside (Iowa)	1:38.90	1/19
8	Veronica PINKERTON	SR	#4 Hastings (Neb.)	1:28.32 (1:28.32 (60	12/8
9	Nevaeh SARABIA	SO	#9 Midland (Neb.)	1:39.00	12/9
10	Eliza MCKOWN	SO	Waldorf (Iowa)	1:39.65	1/20

Women's 800 Meters

1	Olivia MATHIS	SO	#8 Saint Xavier (Ill.)	2:15.95	1/19
2	Ana PINEDA	SR	#6 St. Francis (Ill.)	2:16.37	1/20
3	Alexandra CLARKE	JR	#8 Saint Xavier (Ill.) {2}	2:17.88	1/19
4	Shelby BUWALDA	SO	#5 Dordt (Iowa)	2:20.45	1/20
5	Emilee HEYNEN	JR	#5 Dordt (Iowa) {2}	2:20.69	12/9
6	Jenna ESCH	JR	#1 Concordia (Neb.)	2:20.70	1/19
7	Veronica PINKERTON	SR	#4 Hastings (Neb.)	2:21.93	1/19
8	Tori GERBER	SR	#17 Viterbo (Wis.)	2:22.66	12/2
9	Chaney NELSON	FR	#2 Doane (Neb.)	2:23.60	12/3
10	Allison RAMSEY	SR	#6 St. Francis (Ill.) {2}	2:24.38	1/20

Women's 1000 Meters

1	Rylee HAECKER	SR	#1 Concordia (Neb.)	2:59.05	12/9
2	Courtney SPORRER	SO	#12 Morningside (Iowa)	3:01.06	1/19
3	Danie PARRIOTT	SO	#2 Doane (Neb.)	3:03.76	1/19
4	Lindsey ROTH	SO	#15 Dakota State (S.I.)	3:04.78	1/20
5	Rhaya KASCHINSKE	JR	#1 Concordia (Neb.) {2}	3:05.34	1/19
6	Tori GERBER	SR	#17 Viterbo (Wis.)	3:07.70	12/9
7	Emily CHICOINE	SR	#12 Morningside (Iowa) {2}	3:08.46	1/19
8	Valerija CURIKOVA	FR	#15 Dakota State (S.I.) {2}	3:09.03	1/20
9	Myia JOHNSON	SR	#9 Midland (Neb.)	3:11.78	1/20
10	Jaci BURTIS	FR	#5 Dordt (Iowa)	3:13.01	1/20

Women's Mile

1	Rylee HAECKER	SR	#1 Concordia (Neb.)	5:09.58	1/19
2	J'Lyn KNUTSON	JR	#16 Mount Mercy (Iowa)	5:16.05	1/20
3	Valerija CURIKOVA	FR	#15 Dakota State (S.I.)	5:16.92	1/20
4	Lindsey ROTH	SO	#15 Dakota State (S.I.) {2}	5:17.39	1/20
5	Caitlin JACOBSMA	JR	#10 Northwestern (Iowa)	5:17.45	1/19
6	Kristine HONOMICHL	SR	#5 Dordt (Iowa)	5:17.76	1/20
7	Taylor SPORRER	JR	#12 Morningside (Iowa)	5:19.02	1/19
8	Rory BICKLER	SR	#11 Clarke (Iowa)	5:22.58	1/20
9	Kathryn SWANSON	JR	#3 Olivet Nazarene	5:25.58	12/2
10	Olivia BUKOWSKI	SR	#6 St. Francis (Ill.)	5:26.27	1/20



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Midwest

Women's 3000 Meters

1	Ana PINEDA	SR	#6 St. Francis (Ill.)	10:07.21	12/1
2	Allison RAMSEY	SR	#6 St. Francis (Ill.) {2}	10:07.26	12/1
3	Jessica KAMPMAN	SR	#5 Dordt (Iowa)	10:08.25	1/20
4	Alexia BIBAKIS	SR	#6 St. Francis (Ill.) {3}	10:16.39	12/1
5	J'Lyn KNUTSON	JR	#16 Mount Mercy (Iowa)	10:20.22	12/9
6	Julie MCINTYRE	SR	#1 Concordia (Neb.)	10:20.98	12/9
7	Bailey WILK	SR	#6 St. Francis (Ill.) {4}	10:27.49	12/1
8	Courtney SPORRER	SO	#12 Morningside (Iowa)	10:27.77	12/2
9	Kristine HONOMICHL	SR	#5 Dordt (Iowa) {2}	10:28.35	12/2
10	Taylor ANEMA	SR	#5 Dordt (Iowa) {3}	10:28.78	12/2

Women's 5000 Meters

1	Jessica KAMPMAN	SR	#5 Dordt (Iowa)	17:20.72	12/2
2	Ana PINEDA	SR	#6 St. Francis (Ill.)	17:23.57	12/8
3	Allison RAMSEY	SR	#6 St. Francis (Ill.) {2}	17:31.86	12/8
4	Alexia BIBAKIS	SR	#6 St. Francis (Ill.) {3}	17:35.95	12/8
5	Kylahn FREIBERG	SR	#1 Concordia (Neb.)	17:40.14	1/19
6	Riley JO FORD	JR	#6 St. Francis (Ill.) {4}	17:59.29	12/8
7	Bailey WILK	SR	#6 St. Francis (Ill.) {5}	18:03.90	12/8
8	Olivia BUKOWSKI	SR	#6 St. Francis (Ill.) {6}	18:06.90	12/8
9	Keegan BEISEL	SO	#1 Concordia (Neb.) {2}	18:20.55	1/19
10	Emily HAVERDINK	SO	#10 Northwestern (Iowa)	18:29.68	1/19

Women's 3000m Race Walk

1	Lauren DAWSON	SR	#1 Concordia (Neb.)	17:23.31	12/9
2	Alanna RODRIGUEZ	SO	#8 Saint Xavier (Ill.)	17:30.80	12/9
3	Tristyn DIPENTINO	JR	#4 Hastings (Neb.)	17:47.09	1/19
4	Abby HILL	SR	#16 Mount Mercy (Iowa)	18:11.91	12/9
5	Baylee EVARTS	JR	#4 Hastings (Neb.) {2}	20:03.50	12/9
6	Ava BRACKHAN	SO	#4 Hastings (Neb.) {3}	20:24.59	1/19
7	Carley DAVIS	SR	#4 Hastings (Neb.) {4}	20:29.21	1/19

Women's 4x400 Relay

1	Carsyn Burdine Hannah Antkoviak Tera Miller Tori Orton	#3 Olivet Nazarene	3:53.61	12/8
2	Jenna Esch Kayla Kirchner Trinity Tuls Jordan Koepke	#1 Concordia (Neb.)	3:54.71	12/9
3	Veronica Pinkerton Jaida Rowe Myricle Moffett Nisa Thomas	#4 Hastings (Neb.)	3:59.12	12/8
4	Emma Blum Savonne Sterk Kennedy Kramer Jasmine Lux	#10 Northwestern (Iowa)	4:00.96	1/19
5	Josey Wahlstrom Alexis Even Tianna Bumbaca-Kuehl Calli Davis	#13 Mount Marty (S.D.)	4:01.56	1/19
6	Anna Herman Ayda Den Herder Emilee Heynen Shelby Buwalda	#5 Dordt (Iowa)	4:02.72	12/2
7	Olivia Mathis Kristen Booker Alexandra Clarke Emerson Colins	#8 Saint Xavier (Ill.)	4:03.04	1/19
8	Allena Rowland Samant ha Fowler Isabelle Matthews Anyah Ranson	#11 Clarke (Iowa)	4:03.65	12/9
9	Kat Vogt Kiley Hejtmanek Morgan Mahoney Chaney Nelson	#2 Doane (Neb.)	4:04.23	1/19
10	Emily Chicoine Michelle Sanchez Courtney Sporrer Sarah Perez	#12 Morningside (Iowa)	4:06.19	1/19



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Midwest

Women's 4x800 Relay

1	Jenna Esch Kylahn Freiberg Julie McIntyre Rylee Haecker	#1 Concordia (Neb.)	9:08.93	1/19
2	Courtney Sporrer Michelle Sanchez Emily Chicoine Jolee Mesz	#12 Morningside (Iowa)	9:23.24	1/19
3	Cecilia Velarde Grace Dow Whitney Cure Cynthia Chaparro Belloc	#4 Hastings (Neb.)	10:33.30	1/19

Women's Distance Medley Relay

1	Alexandra Clarke Kristen Booker Olivia Mathis Daniella Nino	#8 Saint Xavier (Ill.)	12:55.87	12/1
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Women's High Jump

1	Adarra HAGLUND	SO	#7 Dickinson State (Iowa)	1.71m	5-7¼	1/20
2	Zoey WALKER	FR	#1 Concordia (Neb.)	1.68m	5-6	12/9
3	Sidney GILLILAND	JR	#18 Graceland (Iowa)	1.65m	5-5	12/2
3	Aubrey DEGROOT	FR	#10 Northwestern (Iowa)	1.65m	5-5	1/19
5	Krista HARDY	SO	#9 Midland (Neb.)	1.60m	5-3	12/9
5	Jacie VANDER WAAL	JR	#10 Northwestern (Iowa)	1.60m	5-3	1/19
5	Sarah THEILER	SR	#2 Doane (Neb.)	1.60m	5-3	1/6
5	Jastiny JACKSON	JR	#2 Doane (Neb.)	1.60m	5-3	1/19
5	Andrea SUCHA	SO	#13 Mount Marty (S.I.)	1.60m	5-3	12/9
5	Josie GARRETT	SO	#2 Doane (Neb.)	1.60m	5-3	1/6

Women's Pole Vault

1	Kaylee PRIBYL	FR	#2 Doane (Neb.)	3.77m	12-4½	1/19
2	Emma JOHNSON	JR	#17 Viterbo (Wis.)	3.66m	12-0	12/2
3	Amira CUMMINGS	SR	#1 Concordia (Neb.)	3.57m	11-8½	12/9
3	Kennedy STANLEY	SO	#2 Doane (Neb.)	3.57m	11-8½	12/9
3	Josie PUELZ	SR	#1 Concordia (Neb.)	3.57m	11-8½	12/9
3	Sydney REICHERT	SR	#1 Concordia (Neb.)	3.57m	11-8½	12/9
7	Madison WAHL	JR	#7 Dickinson State (Iowa)	3.47m	11-4½	1/20
8	Erin BOGGS	JR	#1 Concordia (Neb.)	3.32m	10-10¾	12/9
8	Kayla SVOBODA	SO	#1 Concordia (Neb.)	3.32m	10-10¾	1/19
8	Gracie RIPPEN	SR	#13 Mount Marty (S.I.)	3.32m	10-10¾	1/19

Women's Long Jump

1	Hayley MILES	SO	#1 Concordia (Neb.)	5.90m	19-4¼	12/9
2	Faith MEASEL	SR	#5 Dordt (Iowa)	5.54m	18-2¼	12/2
2	Kerrigan MYERS	JR	#9 Midland (Neb.)	5.54m	18-2¼	12/9
4	Annemarie KORNER	FR	#11 Clarke (Iowa)	5.42m	17-9½	12/9
5	Charlee OLSON	FR	#10 Northwestern (Iowa)	5.39m	17-8¼	12/9
6	Lexie JOHNSON	SR	#14 St. Ambrose (Iowa)	5.36m	17-7	12/2
7	Lindsay ADAMS	JR	#2 Doane (Neb.)	5.33m	17-6	1/19
8	Katya BARANKO	SR	#7 Dickinson State (Iowa)	5.31m	17-5¼	12/2
8	Morgan CRAIG	SO	#2 Doane (Neb.)	{2} 5.31m	17-5¼	1/6
10	Hailey PERRINE	SO	#3 Olivet Nazarene	5.30m	17-4¾	1/20

Women's Triple Jump

1	Jolene MANTOAN	SR	#3 Olivet Nazarene	11.55m	37-10¾	12/2
2	Josi NOBLE	SO	#1 Concordia (Neb.)	11.45m	37-6¾	1/19
3	Hayley MILES	SO	#1 Concordia (Neb.)	{2} 11.32m	37-1¾	12/9
4	Rosalyn ROGGASCH	SO	#2 Doane (Neb.)	11.28m	37-¼	1/6
5	Kyla DAVIS	SO	#2 Doane (Neb.)	{2} 11.09m	36-4¾	1/19
6	Josie GARRETT	SO	#2 Doane (Neb.)	{3} 11.03m	36-2¼	1/19
7	Isabel SAYLER	SR	#23 Briar Cliff (Iowa)	10.98m	36-¼	1/19
8	Trinity DOUBLIN	SO	#4 Hastings (Neb.)	10.85m	35-7¼	12/8
9	Lexa BURTZLAFF	JR	#13 Mount Marty (S.I.)	10.78m	35-4½	12/9
10	JaeLynne KOSMOS	FR	#1 Concordia (Neb.)	{3} 10.77m	35-4	12/9

Women's Shot Put

1	Kori NAGEL	JR	#7 Dickinson State (Iowa)	14.82m	48-7½	1/20
2	Abby MAGNUSON	SR	#21 Dakota Wesleyan	14.13m	46-4¼	12/2
3	Claire CASPERSEN	JR	#22 College of Saint I.	13.99m	45-10¾	12/9
4	Abigail GERBER	SR	#1 Concordia (Neb.)	13.94m	45-9	12/9
5	Annah MILLER	SR	#14 St. Ambrose (Iowa)	13.86m	45-5¾	12/2
6	Kiara ANDERSON	SR	#4 Hastings (Neb.)	13.57m	44-6¼	12/8
7	Ava CONRAD	JR	#16 Mount Mercy (Iowa)	13.43m	44-¾	1/20
8	Bre NAIL	SR	#16 Mount Mercy (Iowa)	{2} 13.14m	43-1½	12/1
8	Hope WAGNER	SR	#23 Briar Cliff (Iowa)	13.14m	43-1½	12/9
10	Kamryn POKORNEY	SR	#1 Concordia (Neb.)	{2} 12.83m	42-1¼	1/19

Women's Weight Throw

1	Kiara ANDERSON	SR	#4 Hastings (Neb.)	18.15m	59-6¾	12/8
2	Precious AGUAGYO	JR	#8 Saint Xavier (Ill.)	18.03m	59-2	12/9
3	Abi WOHLGEMUTH	JR	#1 Concordia (Neb.)	17.94m	58-10¼	12/9
4	Kori NAGEL	JR	#7 Dickinson State (Iowa)	17.82m	58-5¾	1/20
5	Kayla MIKOTTIS	SR	#3 Olivet Nazarene	17.39m	57-¾	12/2
6	Maggie HEESCH	SO	#9 Midland (Neb.)	17.08m	56-½	1/20
7	Macy FULLER	SR	#2 Doane (Neb.)	17.07m	56-0	1/6
8	Madison GREEN	JR	#19 Grand View (Iowa)	17.03m	55-10½	12/2
9	Mia KNIGGE	SO	#2 Doane (Neb.)	{2} 16.71m	54-10	1/6
10	Abigail GERBER	SR	#1 Concordia (Neb.)	{2} 16.42m	53-10½	12/9



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Midwest

Women's Pentathlon

1	Kaitlyn MCCOLLY	JR	#7 Dickinson State	3,536	12/9
2	Kerrigan MYERS	JR	#9 Midland (Neb.)	3,254	12/9
3	Zoey WALKER	FR	#1 Concordia (Neb.)	3,070	12/9
4	Josi NOBLE	SO	#1 Concordia (Neb.) {2}	3,067	12/9
5	Annemarie KORNER	FR	#11 Clarke (Iowa)	3,059	12/9
6	Amanda STEINKE	SO	#1 Concordia (Neb.) {3}	3,024	12/9
7	Chaney NELSON	FR	#2 Doane (Neb.)	3,012	12/3
8	Lana MUSA	SR	#8 Saint Xavier (Ill.)	3,006	12/9
9	Faith ESPINOSA	JR	#1 Concordia (Neb.) {4}	2,974	12/9
10	Rosalyn ROGGASCH	SO	#2 Doane (Neb.) {2}	2,905	12/3



Regional TFRI Event Summary

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South

Women's 60 Meters

1	Praise IDAMADUDU	JR	#4 Cumberland (Tei	7.39	1/19
2	Joy ABU	SR	#1 William Carey (M	7.43	12/1
3	Nicole JOHNSON	SR	#15 Warner (Fla.)	7.54	1/13
3	Machaeda LINTON	SO	#1 William Carey (M{2}	7.54	12/1
5	Fredricka MCKENZIE	SR	#1 William Carey (M{3}	7.57	12/1
6	Tyeese SMITH	SO	#1 William Carey (M{4}	7.59	12/1
7	Ta'nijal MATTHEWS		#13 Dillard (La.)	7.61 (1.1)	12/1
8	Salieci MYLES	JR	#1 William Carey (M{5}	7.62	1/20
9	Doris MENSAH	SO	#4 Cumberland (Tei{2}	7.63	1/19
9	Kynneddy TURNER	JR	#7 Xavier (La.)	7.63w (2.1)	1/12
9	Kevell BYRD	JR	#13 Dillard (La.) {2}	7.63 (1.1)	12/1

Women's 60 Meter Hurdles

1	Joy ABU	SR	#1 William Carey (M	8.48	1/13
2	Salieci MYLES	JR	#1 William Carey (M{2}	8.53	1/20
3	Doris MENSAH	SO	#4 Cumberland (Tei	8.71	1/13
4	Kyla COLEMAN	SO	#7 Xavier (La.)	8.80 (1.1)	12/1
4	Irmiris MENDEZ	JR	#3 Southeastern (Fl	8.80 (0.1)	12/2
6	Daena DRYER	FR	#1 William Carey (M{3}	8.90	1/13
6	Emma JOHNSON	SR	#11 Columbia Intern.	8.90	1/20
8	Ar'Briel SCOTT	FR	#3 Southeastern (Fl{2}	8.98	12/2
9	Jade HARRIS	SO	#7 Xavier (La.) {2}	9.00 (1.9)	1/12
10	Mackenzie PRINGLE	FR	#6 Columbia (S.C.)	9.17	1/21

Women's 200 Meters

1	Printassia JOHNSON	SR	#5 Life (Ga.)	23.81	1/19
2	Praise IDAMADUDU	JR	#4 Cumberland (Tei	23.90	1/19
3	Joy ABU	SR	#1 William Carey (M	24.24	1/13
4	Kynneddy TURNER	JR	#7 Xavier (La.)	24.80w (2.3)	1/12
5	Nicole JOHNSON	SR	#15 Warner (Fla.)	24.82 (0.5)	12/8
5	Salieci MYLES	JR	#1 William Carey (M{2}	24.82	12/1
7	Irmiris MENDEZ	JR	#3 Southeastern (Fl	24.84 (1.6)	12/2
8	Kevell BYRD	JR	#13 Dillard (La.)	24.87 (1.1)	12/1
9	Ifunanya MUOGHALU	SO	#4 Cumberland (Tei{2}	24.91	1/13
10	Machaeda LINTON	SO	#1 William Carey (M{3}	25.26	1/20

Women's 400 Meters

1	Praise IDAMADUDU	JR	#4 Cumberland (Tei	54.29	1/13
2	Joy ABU	SR	#1 William Carey (M	55.54	1/20
3	Kevell BYRD	JR	#13 Dillard (La.)	56.23	1/12
4	Ifunanya MUOGHALU	SO	#4 Cumberland (Tei{2}	56.44	1/19
5	Maria SIMANCAS	SR	#1 William Carey (M{2}	56.93	1/13
6	Samaya CAURTHENS	SO	#9 Keiser (Fla.)	57.62	12/8
7	Fedjine BELL	SO	#7 Xavier (La.)	58.49	12/1
8	Fegor CLIFFORD	JR	#1 William Carey (M{3}	58.51	1/20
9	Melissa GRIPACUS	SO	#9 Keiser (Fla.) {2}	58.62	1/20
10	Jennifer EZEOKA	FR	#1 William Carey (M{4}	58.98	1/20

Women's 600 Meters

1	Maria SIMANCAS	SR	#1 William Carey (M	1:32.76	1/13
2	Emeline DELAVILLE	FR	#5 Life (Ga.)	1:36.97	1/14
3	Najah GIBSON	FR	#5 Life (Ga.) {2}	1:39.08	1/14
4	Megan CHRISTIAN	SR	#2 Milligan (Tenn.)	1:40.71	12/3
5	Ezthia MAYCOCK	SO	#4 Cumberland (Tei	1:41.18	1/13
6	Emily STANDIFER	JR	#10 Montreat (N.C.)	1:42.94	12/2
7	Kaylene MANTERNACH	SO	#10 Montreat (N.C.) {2}	1:43.06	12/2
8	Brianna SHEPPARD	FR	#3 Southeastern (Fl	1:43.78	1/20
9	Hope KRELL	FR	#2 Milligan (Tenn.) {2}	1:46.22	11/28
10	Laila REED	SO	#14 Brenau (Ga.)	1:49.91	12/3

Women's 800 Meters

1	Maria TIRADO	FR	#1 William Carey (M	2:16.24	1/20
2	Maria SIMANCAS	SR	#1 William Carey (M{2}	2:17.45	1/20
3	Ellen-Mary KEARNEY	SO	#2 Milligan (Tenn.)	2:18.72	1/20
4	Emeline DELAVILLE	FR	#5 Life (Ga.)	2:20.95	1/19
5	Kyja WILLIAMS	SO	#5 Life (Ga.) {2}	2:23.70	1/19
6	Hannah MITCHELL	FR	#1 William Carey (M{3}	2:24.44	1/20
7	Jessica LYONS	SO	#12 SCAD Savannah	2:24.52	1/13
8	Gracie ALLEN	SR	#2 Milligan (Tenn.) {2}	2:24.73	1/20
9	Maggie FRONING	JR	#12 SCAD Savannah {2}	2:25.53	1/13
10	Praise IDAMADUDU	JR	#4 Cumberland (Tei	2:27.64	1/6

Women's 1000 Meters

1	Ellen-Mary KEARNEY	SO	#2 Milligan (Tenn.)	2:56.57	1/20
2	Maria TIRADO	FR	#1 William Carey (M	2:58.84	1/13
3	Emeline DELAVILLE	FR	#5 Life (Ga.)	2:59.76	1/13
4	Caitlin DOMINY	SR	#2 Milligan (Tenn.) {2}	3:01.44	1/20
5	Gracie ALLEN	SR	#2 Milligan (Tenn.) {3}	3:03.49	1/20
6	Maggie FRONING	JR	#12 SCAD Savannah	3:05.45	1/20
7	Grace FEDER	JR	#3 Southeastern (Fl	3:05.83	1/20
8	Hannah MITCHELL	FR	#1 William Carey (M{2}	3:08.71	1/13
9	Hope KRELL	FR	#2 Milligan (Tenn.) {4}	3:09.84	11/28
10	Jillian BLASER	JR	#3 Southeastern (Fl{2}	3:11.15	1/20

Women's Mile

1	Caitlin DOMINY	SR	#2 Milligan (Tenn.)	5:07.72	1/20
2	Blanca CONESA	JR	#1 William Carey (M	5:11.20	1/13
3	Sarah FOREMAN	SR	#3 Southeastern (Fl	5:13.57	12/8
4	Maria TIRADO	FR	#1 William Carey (M{2}	5:17.15	1/13
5	Patricia BARRERA	SO	#2 Milligan (Tenn.) {2}	5:17.88	1/20
6	Maggie FRONING	JR	#12 SCAD Savannah	5:18.23	1/13
7	Mahaley CRONK	SR	#10 Montreat (N.C.)	5:19.52	12/2
8	Isabelle JOHNSON	SO	#2 Milligan (Tenn.) {3}	5:26.53	12/3
9	Anna JONES	JR	#2 Milligan (Tenn.) {4}	5:32.47	1/20
10	Avery RAYMOND	FR	#21 SCAD Atlanta (Ga	5:32.61	1/13



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South

Women's 3000 Meters

1	Caitlin DOMINY	SR	#2 Milligan (Tenn.)	9:45.13	12/3
2	Ellen-Mary KEARNEY	SO	#2 Milligan (Tenn.) {2}	10:12.17	12/3
3	Blanca CONESA	JR	#1 William Carey (M	10:15.66	1/13
4	Julia GRALKI	JR	#12 SCAD Savannah	10:21.21	1/13
5	Zanelle WILLEMSE	SR	#2 Milligan (Tenn.) {3}	10:22.41	12/3
6	Patricia BARRERA	SO	#2 Milligan (Tenn.) {4}	10:22.46	12/3
7	Sarah FOREMAN	SR	#3 Southeastern (Fl	10:25.80	1/20
8	Gracie ALLEN	SR	#2 Milligan (Tenn.) {5}	10:28.77	1/20
9	Edith MANFRED	FR	#12 SCAD Savannah	10:31.28	1/13
10	Kilia HASTY	JR	#10 Montreat (N.C.)	10:39.56	12/2

Women's 5000 Meters

1	Ellen-Mary KEARNEY	SO	#2 Milligan (Tenn.)	17:22.57	11/28
2	Caitlin DOMINY	SR	#2 Milligan (Tenn.) {2}	17:25.29	11/28
3	Sarah FOREMAN	SR	#3 Southeastern (Fl	17:45.19	12/8
4	Edith MANFRED	FR	#12 SCAD Savannah	18:07.44	1/20
5	Hannah BROWN	JR	#2 Milligan (Tenn.) {3}	18:10.81	11/28
6	Patricia BARRERA	SO	#2 Milligan (Tenn.) {4}	18:12.05	11/28
7	Alex MIDGETT	SR	#12 SCAD Savannah	18:13.74	1/20
8	Zanelle WILLEMSE	SR	#2 Milligan (Tenn.) {5}	18:19.10	11/28
9	Catherine SLACK	SR	#10 Montreat (N.C.)	18:23.04	11/28
10	Mercy KIBIWOTT	JR	#4 Cumberland (Tei	18:28.88	1/19

Women's 3000m Race Walk

1	Ashlyn POULIN	FR	#3 Southeastern (Fl	15:27.78	1/20
2	Ainhua COLINO	SO	#6 Columbia (S.C.)	16:46.85	1/21
3	Mina SHULL	SO	#6 Columbia (S.C.) {2}	21:06.84	1/21
4	Addison MARTIN	FR	#6 Columbia (S.C.) {3}	23:48.67	1/21
5	Carly FUEL	FR	#6 Columbia (S.C.) {4}	24:05.78	1/21

Women's 4x400 Relay

1	Ezthia Maycock Ifunany a Muoghalu Doris Mensah Praise Idamadudu	#4 Cumberland (Tei	3:51.71	1/19
2	https://www.tfrrs.org/teams/	#13 Dillard (La.)	3:57.21	1/12
3	https://www.tfrrs.org/teams/	#5 Life (Ga.)	3:59.19	1/19
4	https://www.tfrrs.org/teams/	#7 Xavier (La.)	4:02.44	12/1
5	Yamina Numan Camille Barron LaKeisha Manning Khila Darrisaw	#18 St. Thomas (Fla.)	4:18.58	1/13
6	Samaya Caurthens Meliss a Gripacus Marie Marc Jasheena Owens	#9 Keiser (Fla.)	4:19.25	12/8
7	Ameerah King Kayla Ferrell Myikayla Howard Ashante Shaw	#6 Columbia (S.C.)	4:22.87	12/9
8	Isabella Zaro Carlotta Walser Maggie Froning Jessica Lyons	#12 SCAD Savannah	4:29.19	1/13
9	Emma Johnson Ane` Peasley Caroline Rimmer Morgan Johnson	#11 Columbia Intern	4:32.38	1/13
10	Kamryn Chambliss Meridi th Richemond Mikh ailah Hayes Laila Reed	#14 Brenau (Ga.)	4:34.26	12/3

Women's 4x800 Relay

1	Yessenia Castellanos Kilia Hasty Natalia Nieto Mahaley Cronk	#10 Montreat (N.C.)	10:12.00	1/13
2	https://www.tfrrs.org/teams/	#8 Loyola (La.)	11:11.98	1/12
3	Mikhailah Hayes Madi McMahan Blanco Choque Gladys Akin Averie	#14 Brenau (Ga.)	11:20.93	12/3



Regional TFRI Event Summary

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South

Women's Distance Medley Relay

1	Jillian Blaser Chelsee Martino Grace Feder Sarah Foreman	#3 Southeastern (Fl	12:56.64	1/20
2	Hope Krell Megan Christian Kaelyn Slaughter Hannah Brown	#2 Milligan (Tenn.)	12:58.56	1/20
3	Ameerah King Addison Martin Carly Fuel Jennyfer Viguera	#6 Columbia (S.C.)	14:03.14	12/9
4	Nolwenn Blain Chazmere Anderson Ashley Bowden Anna Brown	#19 Point (Ga.)	15:02.42	1/14

Women's High Jump

1	Kaitlyn BECNEL	SR	#8 Loyola (La.)	1.60m	5-3	12/1
1	Aiana COLAS	SO	#9 Keiser (Fla.)	1.60m	5-3	12/8
1	Loejia HIBBERT	FR	#7 Xavier (La.)	1.60m	5-3	12/1
4	Lauryn MARTIN		#7 Xavier (La.)	{2} 1.55m	5-1	12/1
5	Paige MANNEY	JR	#16 Tennessee Wesle	1.51m	4-11½	11/28
6	Macy HINKLE	FR	#2 Milligan (Tenn.)	1.48m	4-10¼	12/3
7	Emma BARNES	SO	#10 Montreat (N.C.)	1.47m	4-9¾	1/13
8	Yasmine RODGERS	FR	#9 Keiser (Fla.)	{2} 1.46m	4-9½	1/20
9	Samantha CRAMER	SO	#20 Reinhardt (Ga.)	1.45m	4-9	1/14
9	Zaniyah WILSON	SO	#1 William Carey (M	1.45m	4-9	12/1

Women's Pole Vault

1	Megan JUDGE	JR	#5 Life (Ga.)	3.55m	11-7¾	1/14
2	Cameron KELPERIS	FR	#5 Life (Ga.)	{2} 3.10m	10-2	1/14
3	Aubrey SELLERS	FR	#3 Southeastern (Fl	3.02m	9-10¾	1/20
4	Sophia BOU	FR	#3 Southeastern (Fl	{2} 2.12m	6-11½	1/20
5	Jillian BLASER	JR	#3 Southeastern (Fl	{3} 1.45m	4-9	12/8

Women's Long Jump

1	Machaeda LINTON	SO	#1 William Carey (M	5.99m	19-8	1/13
2	Jordyn MINOR	FR	#8 Loyola (La.)	5.92m	19-5¼ (1.2)	1/12
3	Blessing SAMUEL	SO	#4 Cumberland (Tei	5.91m	19-4¾	1/19
4	Loejia HIBBERT	FR	#7 Xavier (La.)	5.53m	18-1¾ (1.2)	12/1
5	Eleanor SHERMAN	FR	#8 Loyola (La.)	{2} 5.52m	18-1½ (1.2)	12/1
6	Trinyty GREGORY	SO	#11 Columbia Intern.	5.47m		12/2
7	Jessica GAKERI	JR	#10 Montreat (N.C.)	5.45m	17-10¾	1/13
8	Tyese SMITH	SO	#1 William Carey (M	{2} 5.43m	17-9¾	1/13
8	Fegor CLIFFORD	JR	#1 William Carey (M	{2} 5.43m	17-9¾	1/20
10	Mackenzie PRINGLE	FR	#6 Columbia (S.C.)	5.15m	16-10¾	12/9

Women's Triple Jump

1	Machaeda LINTON	SO	#1 William Carey (M	12.71m	41-8½	1/13
2	Jah'lia EVANS	JR	#17 Voorhees (S.C.)	11.78m	38-7¾	1/19
3	Daena DRYER	FR	#1 William Carey (M	{2} 11.45m	37-6¾	12/1
4	Jayda LOWE	JR	#17 Voorhees (S.C.)	{2} 11.29m	37-½	1/19
5	Mackenzie PRINGLE	FR	#6 Columbia (S.C.)	11.25m	36-11	1/13
6	Zaniyah WILSON	SO	#1 William Carey (M	{3} 11.24m	36-10½	1/13
7	Paige MANNEY	JR	#16 Tennessee Wesle	11.15m	36-7	1/21
8	Blessing SAMUEL	SO	#4 Cumberland (Tei	11.14m	36-6¾	1/13
9	Jessica GAKERI	JR	#10 Montreat (N.C.)	11.02m	36-2	12/2
10	Elisa VALLE	FR	#1 William Carey (M	{4} 10.85m	35-7¼	12/1

Women's Shot Put

1	Daveina WATSON	JR	#4 Cumberland (Tei	14.38m	47-2¼	1/19
2	Kloey PICKENS	JR	#11 Columbia Intern.	12.62m	41-5	1/20
3	Bryana BAZILE	SR	#8 Loyola (La.)	12.41m	40-8¾	1/21
4	Darci DAWSON	JR	#6 Columbia (S.C.)	12.36m	40-6¾	1/13
5	Ezarya DALE	FR	#9 Keiser (Fla.)	12.31m	40-4¾	1/20
6	Sha'Nyia WOOLERY	SO	#14 Brenau (Ga.)	12.22m	40-1¼	12/3
7	Diamond ATKINS	SR	#5 Life (Ga.)	12.10m	39-8½	1/19
8	Renee ANDERSON	FR	#8 Loyola (La.)	{2} 11.90m	39-½	1/12
9	Allison CRAIG	FR	#3 Southeastern (Fl	11.73m	38-6	12/8
10	Jacquelyn BOWNES	JR	#23 Fisk (Tenn.)	11.64m	38-2¼	1/20

Women's Weight Throw

1	Darci DAWSON	JR	#6 Columbia (S.C.)	17.32m	56-10	12/9
2	Jennifer BATU	SR	#5 Life (Ga.)	16.21m	53-2¼	1/14
3	Kloey PICKENS	JR	#11 Columbia Intern.	16.04m	52-7½	1/20
4	Dazanni HINTON	SR	#11 Columbia Intern.	{2} 15.49m	50-10	1/20
5	Bryana BAZILE	SR	#8 Loyola (La.)	15.18m	49-9¾	1/21
6	Diamond ATKINS	SR	#5 Life (Ga.)	{2} 14.64m	48-½	1/13
7	Anaya CANTY	SR	#6 Columbia (S.C.)	{2} 14.62m	47-11¾	12/9
8	Doreshia MCALLISTER	FR	#6 Columbia (S.C.)	{3} 14.36m	47-1½	12/9
9	Ezarya DALE	FR	#9 Keiser (Fla.)	14.22m	46-8	1/20
10	Sophiat OMIZI	JR	#4 Cumberland (Tei	14.20m	46-7¼	1/19

Women's Pentathlon

1	Irmiris MENDEZ	JR	#3 Southeastern (Fl	2,561		1/20
2	Chelsee MARTINO	SR	#3 Southeastern (Fl	{2} 2,518		1/20
3	Natalie ROHM	SO	#3 Southeastern (Fl	{3} 2,412		1/20
4	Yasmine RODGERS	FR	#9 Keiser (Fla.)	2,281		1/20
5	Melissa GRIPACUS	SO	#9 Keiser (Fla.)	{2} 2,061		1/20
6	Avery BRINCAT	FR	#3 Southeastern (Fl	{4} 1,939		1/20
7	Jasheena OWENS	FR	#9 Keiser (Fla.)	{3} 1,484		1/20
8	Jessica BROWN	FR	#3 Southeastern (Fl	{5} 1,255		1/20



Regional TFRI Event Summary

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South Central

Women's 60 Meters

1	Delaney WEIMER	JR	#5 Evangel (Mo.)	7.63	1/20
2	Gretchen RANEY	JR	#2 Saint Mary (Kan.)	7.67	12/2
2	Jaelynn WILLIAMS	JR	#7 Texas Wesleyan	7.67	1/20
4	Chasity VEALS	SR	#10 Langston (Okla.)	7.75	12/2
5	Tiyna RIDGE	FR	#9 Friends (Kan.)	7.78	1/20
6	Samantha COLSON	JR	#2 Saint Mary (Kan.)	7.86	12/2
7	Shannon MILLS	FR	#12 Wiley (Texas)	7.88	12/9
8	Jordyn WEEMS	JR	#8 Ottawa (Kan.)	7.90	12/2
9	Darby CAMILO-MONTENEGRO	SR	#1 Central Methodist	7.34 (7.34 (55m)	1/13
9	Savannah LEWIS	JR	#13 Saint Mary-of-the	7.91	1/19
9	Alexis SUMMERS	FR	#15 Baker (Kan.)	7.91	12/9

Women's 60 Meter Hurdles

1	JayOnna PERRY	SO	#8 Ottawa (Kan.)	8.81	12/2
2	Mariah FEDE	SO	#16 McPherson (Kan.)	8.86	1/20
3	Zaria JONES	FR	#1 Central Methodist	8.89	12/2
4	Ariel JOHNSON	FR	#12 Wiley (Texas)	9.11	1/14
4	Renee FINKE	JR	#1 Central Methodist	9.11	1/19
6	Kailey JOHNSON	SR	#1 Central Methodist	9.15	12/9
7	Tafaol MOHAMED	FR	#1 Central Methodist	8.56 (8.56 (55m)	1/13
8	Haley BELLAMY	SO	#1 Central Methodist	9.27	12/9
9	Taylor WASHINGTON	SO	St. Louis Pharma	9.28	12/9
10	Parys SMITH	JR	#1 Central Methodist	9.31	1/19

Women's 200 Meters

1	Mariah FEDE	SO	#16 McPherson (Kan.)	25.05	1/20
2	Delaney WEIMER	JR	#5 Evangel (Mo.)	25.53	12/9
3	Darby CAMILO-MONTENEGRO	SR	#1 Central Methodist	25.54	1/19
4	Alexis SUMMERS	FR	#15 Baker (Kan.)	25.66	12/9
5	Shannon MILLS	FR	#12 Wiley (Texas)	25.76	12/9
6	Lexi WARDLOW	JR	#2 Saint Mary (Kan.)	25.78	1/20
7	Gretchen RANEY	JR	#2 Saint Mary (Kan.)	25.85	1/20
8	Jordyn WEEMS	JR	#8 Ottawa (Kan.)	25.94	12/9
9	Jaelynn WILLIAMS	JR	#7 Texas Wesleyan	25.95	1/20
10	Hope MCGUIRE	JR	#13 Saint Mary-of-the	26.00	1/19

Women's 400 Meters

1	Nikiwe MONGWE	JR	#3 MidAmerica Naz	56.56	1/20
2	Darby CAMILO-MONTENEGRO	SR	#1 Central Methodist	57.85	1/19
3	JayOnna PERRY	SO	#8 Ottawa (Kan.)	58.23	12/9
4	Lexi WARDLOW	JR	#2 Saint Mary (Kan.)	58.72	12/9
5	Vanessa PEREZ	SO	#4 Oklahoma City	59.06	1/12
6	Lakin ESSEX	FR	#3 MidAmerica Naz	59.54	12/9
7	Autumn NOLD	FR	#5 Evangel (Mo.)	59.67	12/2
8	Alex GERE	FR	#3 MidAmerica Naz	1:00.20	12/2
9	Janiah NICHOLSON	JR	#3 MidAmerica Naz	1:00.25	12/2
10	Alison AMBUUL	JR	#6 Benedictine (Kar	1:00.36	1/20

Women's 600 Meters

1	Darby CAMILO-MONTENEGRO	SR	#1 Central Methodist	1:24.08 (1:24.08 (60	12/9
2	Joshlyn TROUPE	FR	#1 Central Methodist	1:27.62 (1:27.62 (60	12/9
3	Yanira DEANA PANINKA	SO	#1 Central Methodist	1:27.71 (1:27.71 (60	12/9
4	Lakin ESSEX	FR	#3 MidAmerica Naz	1:39.61	1/20
5	Autumn NOLD	FR	#5 Evangel (Mo.)	1:39.64	1/20
6	Alison AMBUUL	JR	#6 Benedictine (Kar	1:30.04 (1:30.04 (60	12/2
7	Alex GERE	FR	#3 MidAmerica Naz	1:41.51	1/20
8	Cailen JOLLEY	SR	#4 Oklahoma City	1:42.04	1/20
9	Mia ROMAN	JR	Bethel (Kan.)	1:42.27	1/20
10	Destiny ESCOBAR	SR	#8 Ottawa (Kan.)	1:31.57 (1:31.57 (60	12/2

Women's 800 Meters

1	Madalenn FEE	SO	#20 Cottey (Mo.)	2:18.48	1/20
2	Maddy WALTER-SHERRETTS	JR	#2 Saint Mary (Kan.)	2:20.84	1/20
3	Kate MADSEN	JR	#2 Saint Mary (Kan.)	2:21.26	1/20
4	Reagan HIEBERT	SR	#2 Saint Mary (Kan.)	2:21.82	1/20
5	Yanira DEANA PANINKA	SO	#1 Central Methodist	2:22.05	1/13
6	Jaymee YELTON	JR	Huston-Tillotson	2:22.25	1/13
7	Zalenka BRANNAN	FR	Texas A&M-Texa	2:22.81	12/9
8	Isabelle SPILLER	FR	#4 Oklahoma City	2:22.99	12/2
9	Carly HOLADIA	FR	#2 Saint Mary (Kan.)	2:23.07	1/20
10	Macy KOPP	SO	#5 Evangel (Mo.)	2:23.18	1/20

Women's 1000 Meters

1	Cailen JOLLEY	SR	#4 Oklahoma City	3:00.58	1/12
2	Carlie GREGG	JR	#2 Saint Mary (Kan.)	3:01.54	12/2
3	Maddy WALTER-SHERRETTS	JR	#2 Saint Mary (Kan.)	3:01.66	12/2
4	Isabelle SPILLER	FR	#4 Oklahoma City	3:03.96	1/12
5	Sonya ZIMMERMAN	JR	#11 Tabor (Kan.)	3:11.64	12/2
6	Abigail WHITE	SO	#2 Saint Mary (Kan.)	3:14.78	12/2
7	Shelby LINGLE	FR	#23 Kansas Wesleyan	3:15.11	12/9
8	Antonina JACKOWIAK	FR	#9 Friends (Kan.)	3:15.54	1/11
9	Rachel STERNER	JR	#15 Baker (Kan.)	3:16.58	1/20
10	Emilia DIAZ	SO	#2 Saint Mary (Kan.)	3:17.01	12/2

Women's Mile

1	Ashlei MCDONALD	SO	#7 Texas Wesleyan	5:06.70	12/9
2	Riley HIEBERT	SR	#2 Saint Mary (Kan.)	5:07.21	1/20
3	Reagan HIEBERT	SR	#2 Saint Mary (Kan.)	5:10.66	1/20
4	Cera ECKENROTH	FR	#18 John Brown (Ark	5:12.45	1/20
5	Kate MADSEN	JR	#2 Saint Mary (Kan.)	5:12.64	1/20
6	Maddy WALTER-SHERRETTS	JR	#2 Saint Mary (Kan.)	5:13.17	1/20
7	Carlie GREGG	JR	#2 Saint Mary (Kan.)	5:13.65	1/20
8	Erika PENA	SO	#4 Oklahoma City	5:15.02	1/12
9	Josie TYRRELL	SO	#2 Saint Mary (Kan.)	5:15.64	1/20
10	Louise COCKING	SR	#4 Oklahoma City	5:16.82	1/20



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South Central

Women's 3000 Meters

1	Reagan HIEBERT	SR	#2 Saint Mary (Kan.)	10:00.26	12/9
2	Mia REED	JR	#14 Missouri Baptist	10:13.62	12/1
3	Kate MADSEN	JR	#2 Saint Mary (Kan.) {2}	10:14.09	12/9
4	Hasnae GOULAMZI	FR	#7 Texas Wesleyan	10:16.90	1/20
5	Riley HIEBERT	SR	#2 Saint Mary (Kan.) {3}	10:19.21	1/20
6	Maddy WALTER-SHERRETTS	JR	#2 Saint Mary (Kan.) {4}	10:22.05	12/9
7	Louise COCKING	SR	#4 Oklahoma City	10:24.51	1/12
8	Brooke WIEBE	JR	#11 Tabor (Kan.)	10:29.73	1/20
9	Mekayla GIBSON	JR	#21 William Woods (I	10:33.70	1/20
10	Josie TYRRELL	SO	#2 Saint Mary (Kan.) {5}	10:35.59	12/9

Women's 5000 Meters

1	Hasnae GOULAMZI	FR	#7 Texas Wesleyan	17:28.71	12/9
2	Riley HIEBERT	SR	#2 Saint Mary (Kan.)	17:45.16	12/2
3	Reagan HIEBERT	SR	#2 Saint Mary (Kan.) {2}	17:45.48	12/2
4	Kate MADSEN	JR	#2 Saint Mary (Kan.) {3}	17:48.04	12/2
5	Mekayla GIBSON	JR	#21 William Woods (I	17:50.02	12/9
6	Natasha ORTIZ	SR	#6 Benedictine (Kar	18:00.60	1/20
7	Danielle ALLISON	SR	#11 Tabor (Kan.)	18:06.03	12/2
8	Aubrey BAHNER	JR	#11 Tabor (Kan.) {2}	18:06.12	12/2
9	Brooke WIEBE	JR	#11 Tabor (Kan.) {3}	18:09.96	12/2
10	Hannah SHOWALTER	SR	#2 Saint Mary (Kan.) {4}	18:21.09	12/2

Women's 3000m Race Walk

1	Baileigh MORRIS	JR	#1 Central Methodi:	15:37.88	1/19
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Women's 4x400 Relay

1	Tanzania Barnes Jah-Nisha Campbell Jordyn Weems JayOnna Perry	#8 Ottawa (Kan.)	3:58.16	12/2
2	Nikiwe Mongwe Janiah Nicholson Alex Gere Daizy Solir	#3 MidAmerica Naz:	3:58.66	12/2
3	Joshlyn Troupe Daryl Camilo-Montenegro Kail ey Johnson Haley Bellamy	#1 Central Methodi:	4:00.67	12/2
4	Alexandria Segura Morghana Neely Autumn Roberts Tara Madrid	#17 Our Lady of the I	4:02.86	1/19
5	https://www.tfrrs.org/teams/	#10 Langston (Okla.)	4:04.35	1/20
6	Gretchen Raney Carissa Martin Jane Duteil Lexi Wardlow	#2 Saint Mary (Kan.)	4:07.39	1/20
7	Vanessa Perez Cailen Jolley Floencia Cabrera Shawna Smith	#4 Oklahoma City	4:07.57	1/20
8	Abigail Good Liberty Wiles Taylor Collins Autumn Nold	#5 Evangel (Mo.)	4:11.21	12/9
9	Shanai Sweeting Faith Klamm Hope Klamm Destiny Pearson	#19 Park (Mo.)	4:13.59	1/20
10	Chaleica Booker Ayanna Johnson Jazmyn e White Jaymee Yelton	Huston-Tillotsor	4:15.95	1/13



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South Central

Women's 4x800 Relay

1	Isabelle Spiller Erika Pena Louise Cocking Cailen Jolley	#4 Oklahoma City	9:26.08	1/20
2	Skylar Adams Emily Harris Adriana McGregor Macy Kopp	#5 Evangel (Mo.)	9:39.32	1/20
3	Kayli Gonzales Rebekah Choriego Grace Lee Antonina Jackowiak	#9 Friends (Kan.)	10:10.36	1/20
4	Rita Girgly Helen Ullrich Emilie Nelson Josie Jansen	#6 Benedictine (Kar	10:12.58	1/20

Women's High Jump

1	April PHILLIPS	FR	#5 Evangel (Mo.)	1.74m	5-8½	12/9
2	Renee FINKE	JR	#1 Central Methodist	1.73m	5-8	12/2
3	Taryn ST. CLAIR	FR	#3 MidAmerica Nazarene	1.65m	5-5	12/9
3	Delaney MILLER	SO	#1 Central Methodist	1.65m	5-5	1/20
5	Kyley MAGERS	FR	#1 Central Methodist	1.63m	5-4¼	12/2
6	Haley BELLAMY	SO	#1 Central Methodist	1.60m	5-3	12/9
7	Chioma OBI	FR	#7 Texas Wesleyan	1.59m	5-2½	1/20
7	Maddi BAKER	FR	#3 MidAmerica Nazarene	1.59m	5-2½	12/9
9	LaShae SMITH	JR	#3 MidAmerica Nazarene	1.56m	5-1¼	12/9
10	Gabriela MILLAN	FR	#9 Friends (Kan.)	1.55m	5-1	1/11
10	Carly LINDENMEYER	SR	#3 MidAmerica Nazarene	1.55m	5-1	12/9

Women's Pole Vault

1	Alaina SCOTT	JR	#14 Missouri Baptist	3.50m	11-5¾	1/13
2	Krislynn BAILEY	SR	#13 Saint Mary-of-the-Hill	3.47m	11-4½	1/19
3	Krislynn BAILEY	SR	#13 Saint Mary-of-the-Hill	3.40m	11-1¾	12/2
4	Brynna HALATA	JR	#9 Friends (Kan.)	3.15m	10-4	12/2
5	Ashley GROTHAUS	JR	#14 Missouri Baptist	2.90m	9-6¼	1/13
6	Grace MITCHELL	JR	#18 John Brown (Ark)	2.85m	9-4¼	12/2
7	Amara REICHERT	SR	#1 Central Methodist	2.77m	9-1	1/20
8	Zoi SMITH	FR	Culver-Stockton	2.75m	9-¼	1/20
9	https://www.tfrrs.org/athletes/0	SO	#24 Southwestern (K)	2.72m	8-11	1/11
10	Kinlie JUDD	FR	Culver-Stockton	2.65m	8-8¼	1/20

Women's Long Jump

1	Meeyesha TUTT-MOOTOUO	SO	#12 Wiley (Texas)	5.64m	18-6	1/14
2	Reanna GREEN	SO	#3 MidAmerica Nazarene	5.58m	18-3¾	12/9
2	Na'Zariah JAMES	FR	#1 Central Methodist	5.58m	18-3¾	1/13
4	Jaelynn WILLIAMS	JR	#7 Texas Wesleyan	5.57m	18-3¾	1/20
5	Carly LINDENMEYER	SR	#3 MidAmerica Nazarene	5.50m	18-½	12/9
6	Jordyn WEEMS	JR	#8 Ottawa (Kan.)	5.48m	17-11¾	1/20
7	Chasity VEALS	SR	#10 Langston (Okla.)	5.39m	17-8¼	12/2
8	LaShae SMITH	JR	#3 MidAmerica Nazarene	5.36m	17-7	12/2
8	Hayley LOEWEN	SO	#3 MidAmerica Nazarene	5.36m	17-7	12/9
10	April PHILLIPS	FR	#5 Evangel (Mo.)	5.33m	17-6	1/20

Women's Triple Jump

1	Ahmia DORSEY	SR	#10 Langston (Okla.)	11.75m	38-6¾	12/2
2	Chasity VEALS	SR	#10 Langston (Okla.)	11.73m	38-6	12/2
3	April PHILLIPS	FR	#5 Evangel (Mo.)	11.52m	37-9½	1/20
4	Hayley LOEWEN	SO	#3 MidAmerica Nazarene	11.32m	37-1¾	12/9
5	Na'Zariah JAMES	FR	#1 Central Methodist	11.29m	37-½	12/9
6	Meeyesha TUTT-MOOTOUO	SO	#12 Wiley (Texas)	11.24m	36-10½	1/14
7	Reanna GREEN	SO	#3 MidAmerica Nazarene	10.85m	35-7¼	12/9
8	Anyia WALTON	JR	#9 Friends (Kan.)	10.83m	35-6½	12/2
9	Aneesa SHEPPARD	FR	#9 Friends (Kan.)	10.71m	35-1¾	12/2
10	Myiah LOGUE	JR	Bethel (Kan.)	10.67m	35-¼	1/20

Women's Shot Put

1	Baylee BEARD	SO	#1 Central Methodist	14.99m	49-2¼	12/2
2	Laurel BARBER	SR	#3 MidAmerica Nazarene	13.06m	42-10¼	12/9
3	Daryn BATTS	SR	#4 Oklahoma City	12.97m	42-6¾	12/9
4	Victoria LOTZ	JR	#3 MidAmerica Nazarene	12.94m	42-5½	1/20
5	Evie SCOLES	JR	#18 John Brown (Ark)	12.61m	41-4½	1/20
6	Madison SUTTON	SR	#6 Benedictine (Kar	12.26m	40-2¾	12/2
7	Caley BLOSSER	JR	#3 MidAmerica Nazarene	12.18m	39-11½	1/20
8	Kaylyn POWERS	JR	#25 Hannibal-LaGrange	12.07m	39-7¼	1/20
9	Jeanette WOEHRL	JR	#22 Columbia (Mo.)	12.03m	39-5¾	12/2
10	Tirzah DODORICO	FR	#22 Columbia (Mo.)	11.98m	39-3¾	1/20

Women's Weight Throw

1	Karli WOLFE	SR	#1 Central Methodist	17.19m	56-4¾	12/9
2	Victoria LOTZ	JR	#3 MidAmerica Nazarene	17.18m	56-4½	1/20
3	Madison SUTTON	SR	#6 Benedictine (Kar	16.39m	53-9¼	12/2
4	Kennise ANDERSON	JR	#19 Park (Mo.)	15.10m	49-6½	1/20
5	Kaylyn POWERS	JR	#25 Hannibal-LaGrange	14.99m	49-2¼	1/20
6	Baylee BEARD	SO	#1 Central Methodist	14.81m	48-7¼	12/2
7	Alejandra HANDIE	SR	#24 Southwestern (K	14.52m	47-7¾	1/20
8	Jaine JOHNSON	JR	#8 Ottawa (Kan.)	14.51m	47-7¼	12/2
9	Abby GREEN	SO	#9 Friends (Kan.)	14.49m	47-6½	12/2
10	Caley BLOSSER	JR	#3 MidAmerica Nazarene	14.35m	47-1	1/20



USTFCCCA NAIA Indoor Track & Field

WOMEN — 2024 Week #1, January 22

Regional TFRI Event Summary

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South Central

Women's Pentathlon

1	Renee FINKE	JR	#1 Central Methodist	3,413	12/9
2	Haley BELLAMY	SO	#1 Central Methodist	3,308	12/9
3	Maddi BAKER	FR	#3 MidAmerica Nazarene	2,963	12/9
4	LaShae SMITH	JR	#3 MidAmerica Nazarene	2,907	12/9
5	Madalenn FEE	SO	#20 Cottey (Mo.)	2,387	12/9
5	Ella MARGHEIM	SO	#3 MidAmerica Nazarene	2,387	12/9



Regional TFRI Event Summary

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West

Women's 60 Meters

1	Trinity MONTGOMERY	FR	#3 Multnomah (Ore	7.59	12/9
2	Kayly GUTHRIE	JR	#3 Multnomah (Ore{2}	7.67	12/9
3	Kellan WAHL	JR	#7 Rocky Mountain	7.84	12/7
4	Taylor JOYCE	FR	#1 Eastern Oregon	7.99	12/9
5	Brooklyn SCHULTZ	JR	#4 Carroll (Mont.)	8.13	12/7
6	Katie BROWN	JR	#1 Eastern Oregon {2}	8.17	12/9
7	Kennedi RIASCOS	FR	#3 Multnomah (Ore{3}	8.22	12/9
8	Jenna HILLMAN	SO	#7 Rocky Mountain {2}	8.25	12/7
9	Madison MACMILLAN	JR	#1 Eastern Oregon {3}	8.26	12/9
10	Jade ROBERTS	JR	#6 Arizona Christiar	8.43	12/2

Women's 60 Meter Hurdles

1	Madigan KELLY	JR	#2 Lewis-Clark Stat	8.49	1/20
2	Sara HATHAWAY	SR	#2 Lewis-Clark Stat{2}	9.17	1/20
3	Jadyn VERMILLION	SO	#5 Montana Tech	9.18	1/12
4	Jennah CARPENTER	JR	#2 Lewis-Clark Stat{3}	9.32	12/9
5	Olleca SEVERSON	JR	#5 Montana Tech {2}	9.35	12/7
6	Lizzy GRANDLE	SO	#1 Eastern Oregon	9.46	12/9
7	Abby CLARK	JR	#5 Montana Tech {3}	9.47	1/12
8	Skotlyn HILL	SO	#1 Eastern Oregon {2}	9.59	12/9
9	Karli BEDARD	SR	#1 Eastern Oregon {3}	9.78	1/20
10	Gabriella DOMENICI	FR	#4 Carroll (Mont.)	9.86	12/7
10	Sammy CONLEY	JR	#1 Eastern Oregon {4}	9.86	12/9

Women's 200 Meters

1	Kayly GUTHRIE	JR	#3 Multnomah (Ore	25.64	12/9
2	Emily COLLINS	SO	#2 Lewis-Clark Stat	25.96	1/20
3	Anika GROGAN	SR	#2 Lewis-Clark Stat{2}	26.09	12/9
3	Taylor JOYCE	FR	#1 Eastern Oregon	26.09	12/9
5	Katie BROWN	JR	#1 Eastern Oregon {2}	26.40	12/9
6	Kellan WAHL	JR	#7 Rocky Mountain	26.68	12/7
7	Jenna HILLMAN	SO	#7 Rocky Mountain {2}	26.89	12/7
8	Kennedi RIASCOS	FR	#3 Multnomah (Ore{2}	27.68	12/9
9	Macey GUNDERSON	FR	#2 Lewis-Clark Stat{3}	27.91	12/9
10	Kourtney BRUNER	SR	#6 Arizona Christiar	28.39	12/8

Women's 400 Meters

1	Emily COLLINS	SO	#2 Lewis-Clark Stat	58.13	1/20
2	Katie BROWN	JR	#1 Eastern Oregon	1:02.35	1/20
3	Macey GUNDERSON	FR	#2 Lewis-Clark Stat{2}	1:03.96	12/9
4	Isabelle RAASCH	SO	#3 Multnomah (Ore	1:07.70	12/9
5	Jade ROBERTS	JR	#6 Arizona Christiar	1:08.24	12/8
6	Zoe DAVIDSON	JR	#6 Arizona Christiar{2}	1:10.28	12/8
7	Taylor PRINCE-CONNER	FR	#6 Arizona Christiar{3}	1:10.53	12/8
8	Jocelyn ODIOTT	FR	#6 Arizona Christiar{4}	1:10.57	12/8
9	Ainslee SMITH	SO	#6 Arizona Christiar{5}	1:12.01	12/8

Women's 600 Meters

1	Lauryn MITCHELL	JR	#1 Eastern Oregon	1:37.71	12/9
2	Emily COLLINS	SO	#2 Lewis-Clark Stat	1:38.44	12/9
3	Skotlyn HILL	SO	#1 Eastern Oregon {2}	1:42.51	12/9
4	Kendall BONZANI	JR	#1 Eastern Oregon {3}	1:44.95	12/9
5	Lizzy BEHNKE	JR	#9 Northwest (Wasl	1:46.14	12/9
6	Sydney PECK	SO	#1 Eastern Oregon {4}	1:46.49	1/20
7	Katalina ROBINSON	FR	#6 Arizona Christiar	1:47.66	12/8
8	Maryan SHARIF	SR	#10 Park (Ariz.)	1:48.17	1/12
9	Sierra JANIKOWSKI	SR	#11 Bushnell (Ore.)	1:51.17	1/21
10	Jade ROBERTS	JR	#6 Arizona Christiar{2}	1:57.51	12/2

Women's 800 Meters

1	Geraldin CORREA	SR	#2 Lewis-Clark Stat	2:16.68	1/20
2	Skotlyn HILL	SO	#1 Eastern Oregon	2:31.73	1/20
3	Karli BEDARD	SR	#1 Eastern Oregon {2}	2:32.35	1/20
4	Kristen THOMAS	JR	#2 Lewis-Clark Stat{2}	2:33.95	1/20
5	Kathryn SNYDER	SO	#4 Carroll (Mont.)	2:36.44	12/7
6	Abby CLARK	JR	#5 Montana Tech	2:40.11	1/12
7	Lizzy GRANDLE	SO	#1 Eastern Oregon {3}	2:42.31	1/20
8	Jennah CARPENTER	JR	#2 Lewis-Clark Stat{3}	2:46.24	1/20
9	Sammy CONLEY	JR	#1 Eastern Oregon {4}	2:46.50	1/20

Women's 1000 Meters

1	Lauryn MITCHELL	JR	#1 Eastern Oregon	3:01.61	1/20
2	Grace TIEGS	SO	#2 Lewis-Clark Stat	3:04.51	1/20
3	Brooklyn SHELL	SR	#2 Lewis-Clark Stat{2}	3:05.64	1/20
4	Aubree WILLIAMS	FR	#2 Lewis-Clark Stat{3}	3:07.76	1/20
5	Madelyn NICHOLS	JR	#1 Eastern Oregon {2}	3:14.50	1/20
6	Jaiden COCHRAN	FR	#1 Eastern Oregon {3}	3:15.65	1/20
7	Abigail PEIGHTAL	SR	#2 Lewis-Clark Stat{4}	3:17.11	1/20
8	Ashley TREADWELL	FR	#1 Eastern Oregon {4}	3:17.16	1/20
9	Mattie WOODBURY	FR	#1 Eastern Oregon {5}	3:17.97	1/20
10	Macey REED	FR	#1 Eastern Oregon {6}	3:21.52	1/20

Women's Mile

1	Alauna CARSTENS	SO	#8 Evergreen State	5:07.57	1/21
2	Grace TIEGS	SO	#2 Lewis-Clark Stat	5:22.27	1/20
3	Brooklyn SHELL	SR	#2 Lewis-Clark Stat{2}	5:23.30	1/20
4	Aubree WILLIAMS	FR	#2 Lewis-Clark Stat{3}	5:25.74	1/20
5	Abigail PEIGHTAL	SR	#2 Lewis-Clark Stat{4}	5:31.93	12/9
6	Gabrielle METZGER	JR	#3 Multnomah (Ore	5:34.67	1/21
7	DeAsia WOSACHLO	JR	#3 Multnomah (Ore{2}	5:38.94	1/21
8	Kristen THOMAS	JR	#2 Lewis-Clark Stat{5}	6:11.77	1/20



Regional TFRI Event Summary

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West

Women's 3000 Meters

1	Alauna CARSTENS	SO	#8 Evergreen State	9:53.37	1/13
2	Jaiden COCHRAN	FR	#1 Eastern Oregon	10:59.03	1/20
3	Abigail PEIGHTAL	SR	#2 Lewis-Clark Stat	11:01.58	1/20
4	Madelyn NICHOLS	JR	#1 Eastern Oregon {2}	11:24.18	1/20
5	Mattie WOODBURY	FR	#1 Eastern Oregon {3}	11:26.64	1/20
6	Abigail GORTON	SR	#2 Lewis-Clark Stat {2}	11:28.45	1/20
7	Kaleah HINES	FR	#1 Eastern Oregon {4}	11:32.33	1/20
8	Sadie MCCOY	FR	#1 Eastern Oregon {5}	11:41.41	1/20
9	Ashley TREADWELL	FR	#1 Eastern Oregon {6}	11:41.46	1/20

Women's 5000 Meters

1	Kaylea HARTMAN	JR	#9 Northwest (Wasl	18:18.00	12/9
2	Jaiden COCHRAN	FR	#1 Eastern Oregon	19:07.31	12/9
3	Nicole MORGEN	JR	#4 Carroll (Mont.)	19:22.96	12/7
4	Kaleah HINES	FR	#1 Eastern Oregon {2}	20:20.92	12/9
5	Sadie MCCOY	FR	#1 Eastern Oregon {3}	22:02.34	12/9

Women's 4x400 Relay

1	Madigan Kelly Sara Hathaway Anika Grogan Emily Collins	#2 Lewis-Clark Stat	3:59.90	12/9
2	Rakiah Grende Chloe Raats Madalen Shipman Sorren Reese	#4 Carroll (Mont.)	4:04.66	12/7
3	Sydney Peck Harlee Grant Skotlyn Hill Laurn Mitchell	#1 Eastern Oregon	4:13.11	12/9
4	Ainslee Smith MIRDEGE LENTZ BIANCA HERNANDEZ ZOE DAVIDSON	#6 Arizona Christi	4:25.87	12/2
5	Sierra Janikowski Adrienne Mai Kaitlin Cook Audri Ward	#11 Bushnell (Ore.)	4:38.92	1/21

Women's High Jump

1	Jennah CARPENTER	JR	#2 Lewis-Clark Stat	1.68m	5-6	1/20
2	Lizzy GRANDLE	SO	#1 Eastern Oregon	1.65m	5-5	1/20
3	Abby CLARK	JR	#5 Montana Tech	1.64m	5-4½	1/12
4	Corona PARKER	JR	#8 Evergreen State	1.55m	5-1	1/13
5	Gabriella DOMENICI	FR	#4 Carroll (Mont.)	1.50m	4-11	12/7
5	Sammy CONLEY	JR	#1 Eastern Oregon {2}	1.50m	4-11	1/20
7	Karli BEDARD	SR	#1 Eastern Oregon {3}	1.47m	4-9¾	1/20
7	Mallory TURNER	SO	#10 Park (Ariz.)	1.47m	4-9¾	1/12
9	Adrienne WASHINGTON	JR	#1 Eastern Oregon {4}	1.46m	4-9½	1/20
10	Sorren REESE	SO	#4 Carroll (Mont.) {2}	1.45m	4-9	12/7

Women's Pole Vault

1	Chloe GALLAGHER	SR	#4 Carroll (Mont.)	3.46m	11-4¼	12/7
2	Dakota MANECKE	SR	#7 Rocky Mountain	3.31m	10-10¼	12/7
3	Taylor JOYCE	FR	#1 Eastern Oregon	3.15m	10-4	12/9
4	Harlee GRANT	FR	#1 Eastern Oregon {2}	3.01m	9-10½	1/20
5	Emberlynn MACK	SO	#2 Lewis-Clark Stat	2.85m	9-4¼	12/9

Women's Long Jump

1	Sydney ZYWINA	JR	#2 Lewis-Clark Stat	5.52m	18-1½	1/20
2	Lillian GUZMAN	FR	#3 Multnomah (Ore	5.42m	17-9½	12/9
3	Princess BROWNE	JR	#3 Multnomah (Ore{2}	5.40m	17-8¾	12/9
4	Jadyn VERMILLION	SO	#5 Montana Tech	5.34m	17-6¼	1/12
5	Jennah CARPENTER	JR	#2 Lewis-Clark Stat{2}	5.29m	17-4¼	1/20
6	Abby CLARK	JR	#5 Montana Tech {2}	5.22m	17-1½	12/7
7	Lizzy GRANDLE	SO	#1 Eastern Oregon	5.14m	16-10½	1/20
8	Rylee ARMSTRONG		#5 Montana Tech {3}	5.03m	16-6	1/12
8	Brittany COLEMAN	SR	#3 Multnomah (Ore{3}	5.03m	16-6	12/9
10	Sara HATHAWAY	SR	#2 Lewis-Clark Stat{3}	4.92m	16-1¾	12/9

Women's Triple Jump

1	Princess BROWNE	JR	#3 Multnomah (Ore	11.91m	39-1	12/9
2	Sydney ZYWINA	JR	#2 Lewis-Clark Stat	11.64m	38-2¼	12/9
3	Brittany COLEMAN	SR	#3 Multnomah (Ore{2}	11.41m	37-5¼	12/9
4	Jadyn VERMILLION	SO	#5 Montana Tech	10.98m	36-¼	12/7
5	Kellan WAHL	JR	#7 Rocky Mountain	10.68m	35-½	12/7
6	Sophie LOVELESS	SR	#4 Carroll (Mont.)	10.63m	34-10½	12/7
7	Adrienne WASHINGTON	JR	#1 Eastern Oregon	10.31m	33-10	1/20
8	Kassidy CHAMBERLIN	SO	#3 Multnomah (Ore{3}	9.57m	31-4¾	12/9

Women's Shot Put

1	Kenna WOODWARD	SR	#1 Eastern Oregon	12.12m	39-9¼	1/20
2	Haylee APPLEFORD	FR	#2 Lewis-Clark Stat	11.91m	39-1	1/20
3	Abby CLARK	JR	#5 Montana Tech	11.06m	36-3½	1/12
4	Lizzy GRANDLE	SO	#1 Eastern Oregon {2}	10.91m	35-9½	1/20
5	Sammy CONLEY	JR	#1 Eastern Oregon {3}	10.77m	35-4	1/20
6	Kayla BOTKIN	SO	#4 Carroll (Mont.)	10.51m	34-5¾	12/7
7	Madison LEWIS	SO	#4 Carroll (Mont.) {2}	10.28m	33-8¾	12/7
8	Crisha POLK	SR	#4 Carroll (Mont.) {3}	10.06m	33-¼	12/7
9	Grace OSBORNE	SO	#2 Lewis-Clark Stat{2}	9.95m	32-7¾	12/9
10	Jennah CARPENTER	JR	#2 Lewis-Clark Stat{3}	9.72m	31-10¾	1/20

Women's Weight Throw

1	Kenna WOODWARD	SR	#1 Eastern Oregon	16.20m	53-1¾	1/20
2	Tatiana MARTINEZ	JR	#12 Providence (Mor	16.03m	52-7¼	12/7
3	Abby LUSCO	JR	#1 Eastern Oregon {2}	14.13m	46-4¼	1/20
4	Trinity HILL	SR	#1 Eastern Oregon {3}	13.32m	43-8½	1/20
5	Haylee APPLEFORD	FR	#2 Lewis-Clark Stat	10.05m	32-11¾	1/20



Regional TFRI Event Summary

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West

Women's Pentathlon

1	Lizzy GRANDLE	SO	#1 Eastern Oregon	3,333	1/20
2	Abby CLARK	JR	#5 Montana Tech	3,329	1/12
3	Jennah CARPENTER	JR	#2 Lewis-Clark Stat	3,296	1/20
4	Karli BEDARD	SR	#1 Eastern Oregon {2}	2,995	1/20
5	Sammy CONLEY	JR	#1 Eastern Oregon {3}	2,853	1/20
6	Skotlyn HILL	SO	#1 Eastern Oregon {4}	2,558	1/20
7	Rylee ARMSTRONG		#5 Montana Tech {2}	2,076	1/12
8	Jadyn VERMILLION	SO	#5 Montana Tech {3}	1,979	1/12