



Regional TFRI Event Summary

as of 1/24/2024 2:46:59 PM

Atlantic

Women's 60 Meters

1	Akira HAMILTON	FR	#2 Richard Bland (V	7.69	1/20
1	Nasjai WHITE	FR	#1 Lake-Sumter Sta	8.34	1/20
2	Haniyyah JOHNSON	SO	#2 Richard Bland (V{2}	7.75	12/1
2	Leenesa WHITTAKER	SO	#2 Richard Bland (V{2}	7.75	1/7
4	Alyssa DYETT	SO	#1 Monroe-New Ro	7.78	1/12
5	Makenzey GLASS	FR	#5 Marion Military I	7.93	1/14
6	Kiana CASIMIR	SO	#4 Essex County (N.	8.10	1/5
7	Djior DELISSER	SO	#1 Monroe-New Ro{2}	8.16	1/5
7	Ashia MARTIN	FR	#4 Essex County (N.{2}	8.16	1/5
9	Jayla WERTS	FR	#2 Richard Bland (V{4}	8.17	1/7
10	Kettia AMBROSE	FR	#1 Monroe-New Ro{3}	8.19	1/12

Women's 60 Meter Hurdles

1	Laura MATHEWS	SR	#8 Thaddeus Stevel	8.80	12/9
1	Quaycian DAVIS	FR	#1 Monroe-New Ro	8.80	1/12
3	Sophia OUTHOUS	FR	#9 Spartanburg Mel	11.55	1/21

Women's 200 Meters

1	Leenesa WHITTAKER	SO	#2 Richard Bland (V	25.88	1/7
2	Kettia AMBROSE	FR	#1 Monroe-New Ro	26.22	1/12
3	Akira HAMILTON	FR	#2 Richard Bland (V{2}	26.25	1/20
4	Paula ORUSEDE	FR	#1 Monroe-New Ro{2}	26.32	1/12
5	Jayla WERTS	FR	#2 Richard Bland (V{3}	26.51	1/19
6	Kahliyah SMITH	SO	#1 Monroe-New Ro{3}	27.00	1/5
7	Kiana CASIMIR	SO	#4 Essex County (N.	27.16	1/19
8	Kimberly BAKER	FR	#4 Essex County (N.{2}	27.68	1/20
9	Djior DELISSER	SO	#1 Monroe-New Ro{4}	28.11	1/12
10	Ashia MARTIN	FR	#4 Essex County (N.{3}	28.19	1/5

Women's 400 Meters

1	Nasjai WHITE	FR	#1 Lake-Sumter Sta	1:05.18	1/20
1	Jayla WERTS	FR	#2 Richard Bland (V	59.77	1/7
2	Paula ORUSEDE	FR	#1 Monroe-New Ro	1:01.26	1/12
3	Kimberly BAKER	FR	#4 Essex County (N.	1:02.56	1/12
4	Kahliyah SMITH	SO	#1 Monroe-New Ro{2}	1:04.83	1/12
5	Sophia OUTHOUS	FR	#9 Spartanburg Mel	1:05.08	1/21
6	Gracie RATCLIFF	FR	#10 Patrick & Henry I	1:05.94	12/9
7	Janiya WASHINGTON	FR	#2 Richard Bland (V{2}	1:07.34	1/20
8	Julihanna JOHNSON	FR	#1 Monroe-New Ro{3}	1:07.84	1/19
9	Ashia MARTIN	FR	#4 Essex County (N.{2}	1:07.91	1/19
10	Kiliyah TAYLOR	FR	#5 Marion Military I	1:08.06	1/14

Women's 600 Meters

1	Vegonia JEAN BAPTISTE	SO	#1 Monroe-New Ro	1:23.92	(1:23.92 {50} 1/12
2	Paula ORUSEDE	FR	#1 Monroe-New Ro{2}	1:23.96	(1:23.96 {50} 1/5
3	Morgan JARRELL	FR	#3 Hagerstown (Md	1:46.79	1/20
4	Julihanna JOHNSON	FR	#1 Monroe-New Ro{3}	1:34.50	(1:34.50 {50} 1/12
5	Janeisy CAMILO	SO	#1 Monroe-New Ro{4}	1:35.78	(1:35.78 {50} 1/5
6	Arial CRAWFORD	FR	#3 Hagerstown (Md{2}	2:02.13	1/20

Women's 800 Meters

1	Serena DOUGLAS	FR	#4 Essex County (N.	2:23.16	1/19
2	Laura MATHEWS	SR	#8 Thaddeus Stevel	2:45.41	12/9
3	Ciarra PARRIAG	FR	#12 Nassau (N.Y.) CC	2:49.70	1/19
4	Janeisy CAMILO	SO	#1 Monroe-New Ro	2:52.27	1/12
5	Megan CALDER	FR	#6 Finger Lakes (N.)	2:52.88	1/20
6	Alheli RAMOS-GARCIA	SO	#10 Patrick & Henry I	2:57.95	1/12
7	Amanda KELLY	FR	#15 Kingsborough (N	3:00.26	1/19
8	Averi VANCE	FR	#9 Spartanburg Mel	3:03.06	1/21
9	Kristalyn STEADMAN	SO	#5 Marion Military I	3:03.12	1/14
10	Sipriana HILL	FR	#5 Marion Military I{2}	3:04.00	1/21

Women's 1000 Meters

1	Aaliyah HEADLEY	FR	#1 Monroe-New Ro	3:14.05	1/12
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Women's Mile

1	Attoya HARVEY	FR	#1 Monroe-New Ro	5:07.38	1/12
2	Shaquka TYRELL	SO	#1 Monroe-New Ro{2}	5:19.52	1/12
3	Kayla JOHNSON	SO	#1 Monroe-New Ro{3}	5:21.32	1/5
4	Serena DOUGLAS	FR	#4 Essex County (N.	5:42.25	1/12
5	Rebecca TELLEZ	FR	#3 Hagerstown (Md	5:42.82	1/14
6	Morgan JARRELL	FR	#3 Hagerstown (Md{2}	5:56.00	1/14
7	Megan CALDER	FR	#6 Finger Lakes (N.)	6:16.72	1/20
8	Alheli RAMOS-GARCIA	SO	#10 Patrick & Henry I	6:22.44	1/12
9	Averi VANCE	FR	#9 Spartanburg Mel	6:24.20	1/21
10	Clare WOODRING	FR	#3 Hagerstown (Md{3}	6:36.61	1/20

Women's 3000 Meters

1	Rebecca TELLEZ	FR	#3 Hagerstown (Md	11:32.31	1/20
2	Serena DOUGLAS	FR	#4 Essex County (N.	12:05.72	1/5
3	Lea REIMER	FR	#13 BMCC (N.Y.)	12:58.06	1/19
4	Clare WOODRING	FR	#3 Hagerstown (Md{2}	13:09.04	1/14
5	Manar ELNOOR	FR	#7 Queensborough	14:16.07	1/12

Women's 4x400 Relay

1	Kimberly Baker Kiana Casimir Serena Douglas Ashia Martin	#4 Essex County (N.	4:14.94	1/20
2	Rebecca Tellez Maggie Thompson Morgan Jarrell Arial Crawford	#3 Hagerstown (Md	4:46.02	1/14

Women's 4x800 Relay

1	Rebecca Tellez Morgan Jarrell Maggie Thompson Arial Crawford	#3 Hagerstown (Md	11:00.59	1/14
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Women's Distance Medley Relay

1	Julianne Cossin Ange Compere Kayla Hernandez Manar Elnoor	#7 Queensborough	17:42.00	1/12
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Atlantic

Women's High Jump

1	Gabrielle COOK	FR	#3 Hagerstown (Md)	1.77m	5-9¾	1/20
2	Aidan FAITH	FR	#3 Hagerstown (Md){2}	1.59m	5-2½	1/14
3	Kimmley JOHNSON	FR	#14 Denmark Tech (S)	1.50m	4-11	1/13
4	Laura MATHEWS	SR	#8 Thaddeus Stevei	1.36m	4-5½	12/9
5	Juliette VENTURA	FR	#6 Finger Lakes (N.)	1.34m	4-4¾	1/20

Women's Pole Vault

1	Mikaila EK	SO	#3 Hagerstown (Md)	3.20m	10-6	1/14
2	Michaela CARNEY	FR	#3 Hagerstown (Md){2}	3.05m	10-0	1/14

Women's Long Jump

1	Haniyyah JOHNSON	SO	#2 Richard Bland (V)	5.96m	19-6¾	12/1
2	Akira HAMILTON	FR	#2 Richard Bland (V){2}	5.60m	18-4½	1/19
3	Djior DELISSER	SO	#1 Monroe-New Ro	5.54m	18-2¼	1/19
4	Laura MATHEWS	SR	#8 Thaddeus Stevei	5.20m	17-¾	12/9
5	Ciarra MOORE	FR	#2 Richard Bland (V){3}	5.18m	17-0	12/1
6	Katelyn GRIFFIN	FR	#2 Richard Bland (V){4}	4.95m	16-3	1/20
7	Akayla PICKERSGILL	SO	#1 Monroe-New Ro{2}	4.73m	15-6¼	1/19
8	Jennifer ASUEN	FR	#11 Roxbury CC	4.47m	14-8	12/10
9	Juliette VENTURA	FR	#6 Finger Lakes (N.)	4.22m	13-10¼	1/20
10	Ange COMPERE	SO	#7 Queensborough	3.41m	11-2¼	1/19

Women's Triple Jump

1	Ciarra MOORE	FR	#2 Richard Bland (V)	11.05m	36-3	1/19
2	Erin SMITH	FR	#2 Richard Bland (V){2}	10.65m	34-11¼	1/19
3	Aidan FAITH	FR	#3 Hagerstown (Md)	10.32m	33-10¼	1/20

Women's Shot Put

1	Haniyyah JOHNSON	SO	#2 Richard Bland (V)	11.97m	39-3¼	1/20
2	Rahmat SHOWA	SO	#1 Monroe-New Ro	10.75m	35-3¼	1/19
3	Raina MASSEY	FR	#5 Marion Military I	10.40m	34-1½	1/14
4	Aliyah WILLIAMS	SO	#5 Marion Military I{2}	10.20m	33-5¾	1/21
5	Mariella SEBASTIAN	SO	#5 Marion Military I{3}	9.15m	30-¼	1/14
6	Laura MATHEWS	SR	#8 Thaddeus Stevei	9.06m	29-8¾	12/9
7	Phallon RIVERA	FR	#6 Finger Lakes (N.)	8.88m	29-1¾	1/20
8	Erin SMITH	FR	#2 Richard Bland (V){2}	7.52m	24-8¼	1/19
9	Juliette VENTURA	FR	#6 Finger Lakes (N.){2}	7.49m	24-7	1/20
10	Ange COMPERE	SO	#7 Queensborough	7.10m	23-3½	1/12

Women's Weight Throw

1	Agnessa LYSENKO	FR	#11 Roxbury CC	11.29m	37-½	12/10
2	Rahmat SHOWA	SO	#1 Monroe-New Ro	10.99m	36-¾	1/5

Women's Pentathlon

1	Laura MATHEWS	SR	#8 Thaddeus Stevei	2,996		12/9
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Regional TFRI Event Summary

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Central

Women's 60 Meters

1	Kayveonna JACKSON	FR	#6 Butler (Kan.) CC	7.53	1/13
2	Maria UMOIBANG	SO	#2 Barton (Kan.) CC	7.56	1/13
3	Keliza SMITH	FR	#2 Barton (Kan.) CC{2}	7.57	1/13
4	Chloe PERRYMAN	FR	#2 Barton (Kan.) CC{3}	7.63	1/20
5	Chaniqua TONGE	SO	#3 Fort Scott (Kan.)	7.68	1/12
6	Jalia BUNN	SO	#8 Coffeyville (Kan.)	7.75	1/20
7	Mikayla HENRY	SO	#13 Pratt (Kan.) CC	7.80	1/13
7	Briana GREEN	SO	#3 Fort Scott (Kan.){2}	7.80	1/20
9	Brandi DRAKE	SO	#3 Fort Scott (Kan.){3}	7.81	1/12
10	Royanah FARMER	FR	#8 Coffeyville (Kan.){2}	7.87	1/20

Women's 60 Meter Hurdles

1	Kay-Lagay CLARKE	SO	#2 Barton (Kan.) CC	8.85	1/20
2	Chenessa DAVIS	FR	#1 Cloud County (K)	8.99	1/20
3	Ana COUTO	SO	#2 Barton (Kan.) CC{2}	9.04	1/13
4	Kaylee JAMES	SO	#5 Hutchinson (Kan.)	9.37	1/20
5	Linya GEDEON	FR	#8 Coffeyville (Kan.)	9.38	1/20
6	Widlife VERMILUS	FR	#2 Barton (Kan.) CC{3}	9.76	1/13
7	Madelyn HERNANDEZ	SO	#5 Hutchinson (Kan.){2}	9.84	1/20
8	Jasmine SAKAGUCHI	SO	#1 Cloud County (K){2}	10.14	1/20
9	Maeva CURE	FR	#1 Cloud County (K){3}	10.20	1/20
10	Sequoya MCADOO	SO	#9 Dodge City (Kan.)	10.34	1/20

Women's 200 Meters

1	Chaniqua TONGE	SO	#3 Fort Scott (Kan.)	24.61	1/20
2	Rafiatu NUHU	FR	#1 Cloud County (K)	24.75	1/20
3	Kayveonna JACKSON	FR	#6 Butler (Kan.) CC	24.83	1/13
4	Maria UMOIBANG	SO	#2 Barton (Kan.) CC	25.12	1/13
5	Ivana ODONKOR	FR	#3 Fort Scott (Kan.){2}	25.17	1/20
6	Carly STERMER		#2 Barton (Kan.) CC{2}	25.30	1/13
7	Jalia BUNN	SO	#8 Coffeyville (Kan.)	25.56	1/20
8	Brandi DRAKE	SO	#3 Fort Scott (Kan.){3}	25.58	1/20
9	Isabella KUPKA	SO	#4 Cowley (Kan.)	25.70	1/20
10	Jazz DILWORTH	FR	#3 Fort Scott (Kan.){4}	25.87	1/20

Women's 400 Meters

1	Keliza SMITH	FR	#2 Barton (Kan.) CC	55.98	1/20
2	Rafiatu NUHU	FR	#1 Cloud County (K)	56.20	1/20
3	Ivana ODONKOR	FR	#3 Fort Scott (Kan.)	56.85	1/20
4	Trishanie WARNER	SO	#6 Butler (Kan.) CC	57.89	1/13
5	Isabella KUPKA	SO	#4 Cowley (Kan.)	58.11	1/20
6	Chidinma NWACHUKWU	FR	#1 Cloud County (K){2}	58.62	1/20
7	Bianca GLEIM	FR	#9 Dodge City (Kan.)	59.20	1/20
8	Dhakiya BLAKE	FR	#8 Coffeyville (Kan.)	1:00.01	1/12
9	Jazz DILWORTH	FR	#3 Fort Scott (Kan.){2}	1:00.38	1/20
10	Emmanuella SQUIRE	FR	#3 Fort Scott (Kan.){3}	1:00.40	1/12

Women's 600 Meters

1	Mercy ANGAAMCHAAB	FR	#1 Cloud County (K)	1:27.20	(1:27.20) {60} 1/20
2	Nontokozi NCUBE	FR	#1 Cloud County (K){2}	1:27.31	(1:27.31) {60} 1/20
3	Isabella KUPKA	SO	#4 Cowley (Kan.)	1:40.07	1/13
4	Emmanuella SQUIRE	FR	#3 Fort Scott (Kan.)	1:40.73	1/20
5	Keniya DEXTER	FR	#6 Butler (Kan.) CC	1:41.10	1/11
6	Kialia CLAIBORNE	FR	#2 Barton (Kan.) CC	1:31.48	(1:31.48) {60} 1/13
7	Aliyaha HERON	SO	#3 Fort Scott (Kan.){2}	1:43.11	1/20
8	Raynisha NARCISSE	FR	#2 Barton (Kan.) CC{2}	1:33.18	(1:33.18) {60} 1/13
9	Caylee MAY	FR	#9 Dodge City (Kan.)	1:34.16	(1:34.16) {60} 1/20
10	Icey GREEN	SO	#3 Fort Scott (Kan.){3}	1:35.90	(1:35.90) {60} 1/12

Women's 800 Meters

1	N Vanee ANCHIKE	FR	#1 Cloud County (K)	2:16.25	1/20
2	Sanae HASSNAOUI	FR	#2 Barton (Kan.) CC	2:18.01	1/13
3	Tara BERT	SO	#7 Colby (Kan.) CC	2:19.20	1/20
4	Ann BADAWI	SO	#7 Colby (Kan.) CC {2}	2:24.00	1/20
5	Ozia TRUJILLO	FR	#1 Cloud County (K){2}	2:24.25	1/20
6	Khloi BIRD	SO	#6 Butler (Kan.) CC	2:24.89	1/20
7	Jaelyn RUMBACK	FR	#1 Cloud County (K){3}	2:29.93	1/20
8	Sarai CHAVEZ	FR	#9 Dodge City (Kan.)	2:32.06	1/20
9	Maissane JOUEN	SO	#7 Colby (Kan.) CC {3}	2:34.74	1/20
10	Joella MATHILDA	FR	#1 Cloud County (K){4}	2:36.18	1/20

Women's 1000 Meters

1	Sanae HASSNAOUI	FR	#2 Barton (Kan.) CC	2:56.76	1/13
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Women's Mile

1	Sanae HASSNAOUI	FR	#2 Barton (Kan.) CC	4:51.25	1/20
2	N Vanee ANCHIKE	FR	#1 Cloud County (K)	5:09.49	1/20
3	Tara BERT	SO	#7 Colby (Kan.) CC	5:13.23	1/20
4	Khloi BIRD	SO	#6 Butler (Kan.) CC	5:14.99	1/20
5	Taylor HOSKINSON	SO	#5 Hutchinson (Kan.)	5:23.83	1/20
6	Tavarie CAMPBELL	FR	#4 Cowley (Kan.)	5:30.02	1/20
7	Ann BADAWI	SO	#7 Colby (Kan.) CC {2}	5:32.17	1/20
8	Ellie VAN ZELFDEN	SO	#5 Hutchinson (Kan.){2}	5:35.08	1/20
9	Alison UNRUH	FR	#6 Butler (Kan.) CC {2}	5:35.52	1/20
10	Heidi GRIMMETT	SO	#6 Butler (Kan.) CC {3}	5:36.50	1/20

Women's 3000 Meters

1	Khloi BIRD	SO	#6 Butler (Kan.) CC	10:17.13	1/13
2	Elizabeth TUXPAN HERNANDEZ	FR	#7 Colby (Kan.) CC	10:22.35	1/20
3	Dheniffer VAZ	SO	#4 Cowley (Kan.)	10:34.84	1/13
4	Rosemary ARTHUR	FR	#7 Colby (Kan.) CC {2}	10:36.81	1/20
5	Ozia TRUJILLO	FR	#1 Cloud County (K)	10:46.39	1/20
6	Nonhlanhla MABUZA	SO	#7 Colby (Kan.) CC {3}	10:53.36	1/20
7	Kayli MYERS	FR	#4 Cowley (Kan.) {2}	11:10.23	1/13
8	Leticia BELO	FR	#4 Cowley (Kan.) {3}	11:11.28	1/13
9	Norma RODRIGUEZ	SO	#9 Dodge City (Kan.)	11:20.82	1/20
10	Alison UNRUH	FR	#6 Butler (Kan.) CC {2}	11:32.32	1/20

Women's 5000 Meters

1	Norma RODRIGUEZ	SO	#9 Dodge City (Kan.)	19:22.81	1/20
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Regional TFRI Event Summary

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Central

Women's 4x400 Relay

1	Franca Nwachukwu Mer cy Angaamchaab N ontokoza Ncube Rafiatu Nuhu	#1 Cloud County (Ki	3:54.89	1/20
2	Emmanuella Squire Ivana Odonkor Jazz Dilworth Dayjoni qe Cato	#3 Fort Scott (Kan.)	4:00.00	1/12
3	Ala' Jah Brooks Keniya Dexter Deslyne Cooper Trishanie Warner	#6 Butler (Kan.) CC	4:01.23	1/13
4	Amalinaly Pemberton Jalia Bunn Linya Gedeon Royanah Farmer	#8 Coffeyville (Kan.	4:09.42	1/20
5	Kialia Claiborne Keliza Smith Kay-Lagay Clarke Sanae Hasnaoui	#2 Barton (Kan.) CC	4:10.56	1/13
6	Kya Edwards Bianca Gleim Gabriela Elizalde Caylee May	#9 Dodge City (Kan.	4:15.29	1/20
7	Joana Vakasobuduru La ndrea Sears Amy Styles Vilorina Tuilawaki	#11 Neosho County (	4:22.52	1/20
8	Dayanna Brito- Hernandez Genes is Bautista Esther Vazquez Mahalee Bilhimer	#4 Cowley (Kan.)	4:27.53	1/20

Women's 4x800 Relay

1	Nevaeh Carrizal Ava Washington Ivy Washington Sara i Chavez	#9 Dodge City (Kan.	10:19.38	1/20
2	Vilorina Tuilawaki Landre a Sears Mia Cruz Natalia Guardado	#11 Neosho County (	11:44.28	1/20

Women's High Jump

1	Shackala HENRY	SO	#1 Cloud County (Ki	1.65m	5-5	1/20
2	Brooke HAWKINS	FR	#5 Hutchinson (Kan	1.60m	5-3	1/20
3	Jazz DILWORTH	FR	#3 Fort Scott (Kan.)	1.56m	5-1¼	1/20
4	Chenessa DAVIS	FR	#1 Cloud County (K{2}	1.55m	5-1	1/20
5	Cordaelia WILLIAMS	FR	#1 Cloud County (K{3}	1.50m	4-11	1/20
5	Alexis HORSCH	FR	#5 Hutchinson (Kan{2}	1.50m	4-11	1/20
5	Mariam SOLTANI	SO	#1 Cloud County (K{3}	1.50m	4-11	1/20
5	Liberty LIMON	SO	#5 Hutchinson (Kan{2}	1.50m	4-11	1/20
5	Kerrishma WILLIAMS	SO	#10 Garden City (Kar	1.50m	4-11	1/20
5	Riannon ST. CLAIR	FR	#4 Cowley (Kan.)	1.50m	4-11	1/13

Women's Pole Vault

1	Kennedy KIZARR	FR	#4 Cowley (Kan.)	3.40m	11-1¾	1/20
2	Jasmine SAKAGUCHI	SO	#1 Cloud County (Ki	3.30m	10-9¾	1/20
3	Elizabeth DUNHAM	FR	#1 Cloud County (K{2}	3.20m	10-6	1/20
4	Bradie MEDINA	FR	#1 Cloud County (K{3}	3.15m	10-4	1/20
5	Dakota DAPPER	FR	#4 Cowley (Kan.) {2}	3.05m	10-0	1/20
6	Alivia NOLL	SO	#5 Hutchinson (Kan	2.90m	9-6¼	1/20
6	Nakaela O'HAIR	FR	#5 Hutchinson (Kan	2.90m	9-6¼	1/20
8	Kaylen MILLS	SO	#4 Cowley (Kan.) {3}	2.75m	9-¼	1/20

Women's Long Jump

1	Chloe PERRYMAN	FR	#2 Barton (Kan.) CC	5.91m	19-4¾	1/13
2	Icey GREEN	SO	#3 Fort Scott (Kan.)	5.68m	18-7¾	1/20
3	Kerrishma WILLIAMS	SO	#10 Garden City (Kar	5.55m	18-2½	1/20
4	Kay-Lagay CLARKE	SO	#2 Barton (Kan.) CC{2}	5.36m	17-7	1/13
5	Alexia LEWIS	FR	#12 Highland (Kan.)	5.33m	17-6	1/20
6	Brooke HAWKINS	FR	#5 Hutchinson (Kan	5.32m	17-5½	1/20
7	Ana COUTO	SO	#2 Barton (Kan.) CC{3}	5.31m	17-5¼	1/13
8	Chenessa DAVIS	FR	#1 Cloud County (Ki	5.15m	16-10¾	1/20
9	Jazmine WILLIAMSON	SO	#2 Barton (Kan.) CC{4}	5.11m	16-9¼	1/20
9	Keiyah COLE	SO	#14 State Fair (Mo.)	5.11m	16-9¼	1/13

Women's Triple Jump

1	Brooke HAWKINS	FR	#5 Hutchinson (Kan	11.80m	38-8¾	1/20
2	Kay-Lagay CLARKE	SO	#2 Barton (Kan.) CC	11.56m	37-11¼	1/20
2	Icey GREEN	SO	#3 Fort Scott (Kan.)	11.56m	37-11¼	1/12
4	Jazmine WILLIAMSON	SO	#2 Barton (Kan.) CC{2}	10.90m	35-9¼	1/20
5	Braela SARGENT	FR	#3 Fort Scott (Kan.){2}	10.34m	33-11¼	1/12
6	Liberty LIMON	SO	#5 Hutchinson (Kan{2}	10.19m	33-5¼	1/20
7	Yaya MORENO	FR	#5 Hutchinson (Kan{3}	9.66m	31-8½	1/20



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Central

Women's Shot Put

1	Treneese HAMILTON	SO	#2 Barton (Kan.) CC	14.41m	47-3½	1/13
2	Beatriz FERREIRA	SO	#10 Garden City (Kar	13.55m	44-5½	1/20
3	Cierra GRAY	FR	#4 Cowley (Kan.)	13.38m	43-10¾	1/13
4	Ivanilda SEMEDO	FR	#2 Barton (Kan.) CC{2}	13.25m	43-5¾	1/20
5	Adrienne LOCKE-GARCIA	FR	#1 Cloud County (Ki	13.13m	43-1	1/20
6	Tamara THOMPSON	SO	#1 Cloud County (K{2}	12.64m	41-5¾	1/20
7	Cedricka WILLIAMS	FR	#2 Barton (Kan.) CC{3}	12.31m	40-4¾	1/20
8	Emery MAY	FR	#1 Cloud County (K{3}	12.16m	39-10¾	1/11
9	Molly PRICHARD	FR	#14 State Fair (Mo.)	11.70m	38-4¾	1/13
10	Cloe KALANICK	SO	#10 Garden City (Kar{2}	11.55m	37-10¾	1/20

Women's Weight Throw

1	Cedricka WILLIAMS	FR	#2 Barton (Kan.) CC	16.83m	55-2¾	1/20
2	Treneese HAMILTON	SO	#2 Barton (Kan.) CC{2}	16.36m	53-8¼	1/13
3	Adrienne LOCKE-GARCIA	FR	#1 Cloud County (Ki	15.56m	51-¾	1/20
4	Beatriz FERREIRA	SO	#10 Garden City (Kar	15.52m	50-11	1/20
5	Mayce MCDONALD	FR	#4 Cowley (Kan.)	15.10m	49-6½	1/13
6	Tamara THOMPSON	SO	#1 Cloud County (K{2}	15.02m	49-3½	1/20
7	Ivanilda SEMEDO	FR	#2 Barton (Kan.) CC{3}	14.36m	47-1½	1/13
8	Cloe KALANICK	SO	#10 Garden City (Kar{2}	13.67m	44-10¼	1/20
9	Bree ROWE	FR	#4 Cowley (Kan.) {2}	13.56m	44-6	1/20
10	Ana MANOUSARIDIS	FR	#8 Coffeyville (Kan.	13.40m	43-11¾	1/12



Regional TFRI Event Summary

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Midwest

Women's 60 Meters

1	Oarabile TSHOSA	SO	#2 Indian Hills (low: 7.41	12/2
2	Judith KOU MEDZINA	FR	#1 Iowa Western CC 7.56	1/20
3	Zekira SNOW	FR	#2 Indian Hills (low: {2} 7.71	1/19
3	Kenyatta GRATE	FR	#2 Indian Hills (low: {2} 7.71	12/9
5	Shanice COX	SO	#2 Indian Hills (low: {4} 7.74	12/2
5	Kourtlyn CANNON	SO	#2 Indian Hills (low: {4} 7.74	1/19
5	Destiny MITCHELL	FR	#2 Indian Hills (low: {4} 7.74	1/19
8	Jade ARRINGTON		#15 Bryant & Stratton 7.83	12/1
9	Glacian LOUTIN	FR	#1 Iowa Western CC {2} 7.89	1/20
10	Zakiya PORTER	SO	#2 Indian Hills (low: {7} 7.90	12/9

Women's 60 Meter Hurdles

1	Dymonde NAVE	FR	#2 Indian Hills (low: 8.79	1/20
2	Tanique TAYLOR	FR	#1 Iowa Western CC 8.88	1/20
2	Calleisha CHANCE	SO	#1 Iowa Western CC 8.88	1/20
4	Dayvione BRIGGS	SO	#4 Iowa Central CC 9.09	1/20
5	Hailey MARTIN	FR	#1 Iowa Western CC {3} 9.14	1/6
6	Veronica ANDRUSYSHYN	FR	#1 Iowa Western CC {4} 9.15	1/20
7	Arriana JOHNSON	FR	#2 Indian Hills (low: {2} 9.35	1/20
8	Abigail FREY	SO	#4 Iowa Central CC {2} 9.38	1/20
9	Myasia MATTHEWS	SO	#9 Cuyahoga (Ohio) 9.74	1/13
10	Mady WELBES	FR	#8 North Iowa Area 10.19	1/19

Women's 200 Meters

1	Oarabile TSHOSA	SO	#2 Indian Hills (low: 24.00	12/9
2	Shanice COX	SO	#2 Indian Hills (low: {2} 24.66	1/19
3	Kaylia KELLY	FR	#1 Iowa Western CC 24.69	1/20
4	Ethel AMISSAH	SO	#1 Iowa Western CC {2} 24.86	1/20
5	Kenyatta GRATE	FR	#2 Indian Hills (low: {3} 24.98	12/9
6	Judith KOU MEDZINA	FR	#1 Iowa Western CC {3} 25.03	1/20
7	Nyla NORMAN	FR	#2 Indian Hills (low: {4} 25.20	12/9
8	Moya MITCHELL	FR	#1 Iowa Western CC {4} 25.21	1/20
8	Laurie LOUIS	FR	#2 Indian Hills (low: {5} 25.21	1/19
10	Zaniya KING	SO	#2 Indian Hills (low: {6} 25.86	1/19

Women's 400 Meters

1	Laurie LOUIS	FR	#2 Indian Hills (low: 58.71	1/19
2	Nyla NORMAN	FR	#2 Indian Hills (low: {2} 59.12	12/9
3	Kenyatta GRATE	FR	#2 Indian Hills (low: {3} 1:00.39	1/19
4	Jacarla BLACK	FR	#9 Cuyahoga (Ohio) 1:04.63	1/13
5	Arianna PEDRIN	FR	#3 Southeastern (Ic 1:05.09	1/19
6	Kaydence WEEKS	FR	#14 Sauk Valley (Ill.) 1:06.20	12/9
7	Carissa MACKEY	SO	#3 Southeastern (Ic {2} 1:07.20	1/19
8	Lainey CANAN	SO	#11 Muskegon (Mich. 1:07.41	1/20
9	Meg SUKLEY	SO	#13 Joliet (Ill.) JC 1:07.87	1/20
10	Christella BOYER	FR	#3 Southeastern (Ic {3} 1:08.06	12/8

Women's 600 Meters

1	Amber HOMAN	FR	#7 Hawkeye (Iowa) 1:45.57	1/19
2	Arianna PEDRIN	FR	#3 Southeastern (Ic 1:45.96	12/8
3	Carissa MACKEY	SO	#3 Southeastern (Ic {2} 1:46.72	12/8
4	Taja CONLEY	FR	#8 North Iowa Area 1:50.82	1/19
5	Skyila SHURYAN	FR	#8 North Iowa Area {2} 1:53.48	1/19
6	Cassidy YALEY	SO	#3 Southeastern (Ic {3} 1:54.13	12/8
7	Gabi MOEHLMAN	FR	#3 Southeastern (Ic {4} 1:58.12	12/8
8	Madelyn BUCK	FR	#3 Southeastern (Ic {5} 1:58.38	1/19
9	Mady WELBES	FR	#8 North Iowa Area {3} 2:00.31	1/19
10	Emilee SALEK	FR	#3 Southeastern (Ic {6} 2:17.44	12/8

Women's 800 Meters

1	Lilly ALBERTS	SO	#6 Harper (Ill.) 2:16.20	1/20
2	Selket REID-EL	SO	#2 Indian Hills (low: 2:20.57	1/19
3	Amaree HAMILTON	SO	#2 Indian Hills (low: {2} 2:21.41	1/19
4	Sien VAN VUUREN	FR	#1 Iowa Western CC 2:27.43	1/20
5	Ayianna OLIVAS	FR	#1 Iowa Western CC {2} 2:30.05	1/20
6	Aisha RAMONE	SO	#3 Southeastern (Ic 2:30.13	1/19
7	Cassidy YALEY	SO	#3 Southeastern (Ic {2} 2:30.27	1/19
8	Lauren PIERSON	SO	#1 Iowa Western CC {3} 2:32.50	1/20
9	Adi FULLER	FR	#5 Vincennes (Ind.) 2:33.71	1/20
10	Arianna PEDRIN	FR	#3 Southeastern (Ic {3} 2:34.95	1/19

Women's 1000 Meters

1	Angeline ESTRADA	FR	#1 Iowa Western CC 3:07.68	1/20
2	Sien VAN VUUREN	FR	#1 Iowa Western CC {2} 3:09.89	1/20
3	Lauren PIERSON	SO	#1 Iowa Western CC {3} 3:12.80	1/20
4	Ayianna OLIVAS	FR	#1 Iowa Western CC {4} 3:12.93	1/20
5	Selket REID-EL	SO	#2 Indian Hills (low: 3:25.36	12/9
6	Amaree HAMILTON	SO	#2 Indian Hills (low: {2} 3:36.79	12/9

Women's Mile

1	Emilly SILVA	FR	#5 Vincennes (Ind.) 5:29.14	1/13
2	Natalie BOGDANOVA KIRILOVA	FR	#4 Iowa Central CC 5:39.11	1/20
3	Adi FULLER	FR	#5 Vincennes (Ind.) {2} 5:40.20	1/13
4	Isabela WOJCIEKOWSKI	FR	#6 Harper (Ill.) 5:45.29	1/20
5	Claudia WOJCIEKOWSKI	FR	#6 Harper (Ill.) {2} 5:45.51	1/20
6	Jasmyn SELF	FR	#5 Vincennes (Ind.) {3} 6:06.23	1/13
7	Riley SINKLER	FR	#10 Southwestern M 6:14.95	1/19
8	Emma CECICH	SO	#13 Joliet (Ill.) JC 6:16.64	1/20
9	Maddie TIESKOTTER	SO	#7 Hawkeye (Iowa) 6:18.18	1/19
10	Cloey USHER	FR	#8 North Iowa Area 6:18.80	1/19

Women's 3000 Meters

1	Maurine LIMO	FR	#4 Iowa Central CC 12:25.66	1/20
2	Morgan PIECZYNSKI		#10 Southwestern M 12:28.03	1/19
3	Madison SIERGIEJ	SO	#10 Southwestern M {2} 13:57.17	12/2
4	Ella SCHROEDER	FR	#3 Southeastern (Ic 13:59.03	12/8



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Midwest

Women's 4x400 Relay

1	Ethel Amisshah Moya Mitchell Kaylia Kelly Glory Okon	#1 Iowa Western CC	3:51.77	1/20
2	Laurie Louis Nyla Norman Shanice Cox Kenyatta Grate	#2 Indian Hills (Iowa)	3:54.05	1/20
3	Abigail Frey Natalie Bogdanova Kirilova Tina Samson Dayvion e Briggs	#4 Iowa Central CC	4:02.62	1/20
4	Araxi Boghossian Kasey Ledinsky Delaney Gale Lilly Alberts	#6 Harper (Ill.)	4:21.59	1/20
5	Cassidy Yaley Aisha Ramone Carissa Mackey Arianna Pedrin	#3 Southeastern (Iowa)	4:30.71	1/19
6	Taja Conley Tenisha Herbert Cloey Usher Emily Usher	#8 North Iowa Area	4:32.73	1/19
7	https://www.tfrrs.org/teams/	#13 Joliet (Ill.) JC	4:51.21	1/20
8	Emilly Silva Adi Fuller Jasmyn Self Grayson Haynes	#5 Vincennes (Ind.)	4:55.30	1/20

Women's Distance Medley Relay

1	Adi Fuller Grayson Haynes Jasmyn Self Emilly Silva	#5 Vincennes (Ind.)	13:57.17	1/13
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Women's High Jump

1	Calleisha CHANCE	SO	#1 Iowa Western CC	1.70m	5-7	1/20
2	Kamdyn STANLEY	SO	#1 Iowa Western CC{2}	1.60m	5-3	1/6
3	Arriana JOHNSON	FR	#2 Indian Hills (Iowa)	1.57m	5-1¾	1/20
4	Jillian HULSING	FR	#14 Sauk Valley (Ill.)	1.48m	4-10¼	1/20
5	Melanie REID	FR	#3 Southeastern (Iowa)	1.46m	4-9½	12/8
6	Steffanie MCGUFFEY	FR	#11 Muskegon (Mich.)	1.45m	4-9	1/20
7	Brooklyn STUCKEY		#13 Joliet (Ill.) JC	1.35m	4-5	1/20

Women's Pole Vault

1	Sophia DO AMARAL SALVI	FR	#5 Vincennes (Ind.)	3.82m	12-6¼	1/20
2	Reis JOHNSON	FR	#9 Cuyahoga (Ohio)	3.38m	11-1	1/13
3	Julia DO AMARAL SALVI	SO	#5 Vincennes (Ind.) {2}	3.22m	10-6¾	1/20
4	Lily WINTERGERST	SO	#6 Harper (Ill.)	2.75m	9-¼	1/20
5	Lucia SANCHEZ SCRIVEN	FR	#6 Harper (Ill.) {2}	2.45m	8-½	1/20

Women's Long Jump

1	Tina SAMSON	FR	#4 Iowa Central CC	5.99m	19-8	1/20
2	Calleisha CHANCE	SO	#1 Iowa Western CC	5.64m	18-6	1/13
2	Zekira SNOW	FR	#2 Indian Hills (Iowa)	5.64m	18-6	12/9
4	Sakina UMAR	FR	#1 Iowa Western CC{2}	5.54m	18-2¼	1/20
5	Zakiya PORTER	SO	#2 Indian Hills (Iowa){2}	5.20m	17-¾	12/9
6	Kourtlyn CANNON	SO	#2 Indian Hills (Iowa){3}	4.90m	16-1	1/19
7	Arriana JOHNSON	FR	#2 Indian Hills (Iowa){4}	4.86m	15-11½	1/20
7	Kamdyn STANLEY	SO	#1 Iowa Western CC{3}	4.86m	15-11½	1/13
9	Julia HEAD	FR	#9 Cuyahoga (Ohio)	4.82m	15-9¾	1/13
10	Camille SCHROEDER	JR	#3 Southeastern (Iowa)	4.50m	14-9¼	1/19

Women's Triple Jump

1	Mercy HONESTY	FR	#1 Iowa Western CC	11.81m	38-9	1/20
2	Jayla BROWN	SO	#1 Iowa Western CC{2}	11.79m	38-8¼	1/20
3	Sakina UMAR	FR	#1 Iowa Western CC{3}	11.47m	37-7¾	1/20
4	Natalia POCICA	FR	#6 Harper (Ill.)	10.01m	32-10¼	1/20
5	Lily WINTERGERST	SO	#6 Harper (Ill.) {2}	9.57m	31-4¾	1/20

Women's Shot Put

1	Sarai SIMPSON	FR	#1 Iowa Western CC	13.92m	45-8	1/20
2	Chin-Loy RAYMOND	FR	#1 Iowa Western CC{2}	13.74m	45-1	1/20
3	Natalie ALBERT	SO	#1 Iowa Western CC{3}	12.54m	41-1¾	1/20
4	Abby BARTZ	SO	#7 Hawkeye (Iowa)	12.28m	40-3½	1/19
5	Madison DAVIS	SO	#5 Vincennes (Ind.)	11.65m	38-2¾	1/13
6	Rowland KIRTON-BROWNE	FR	#4 Iowa Central CC	10.35m	33-11½	1/20
7	Elyse TRUNCK	SO	#7 Hawkeye (Iowa) {2}	10.21m	33-6	1/19
8	Delaney KOPRIVA	SO	#7 Hawkeye (Iowa) {3}	10.03m	32-11	1/19
9	Kasey SPRINGER	FR	#12 Southwestern (Ill.)	9.92m	32-6½	1/20
10	Sara DIEW	SO	#4 Iowa Central CC {2}	9.68m	31-9¼	1/20

Women's Weight Throw

1	Natalie ALBERT	SO	#1 Iowa Western CC	14.68m	48-2	1/6
2	Abby BARTZ	SO	#7 Hawkeye (Iowa)	14.64m	48-½	1/19
3	Zuriya ROBINSON	FR	#4 Iowa Central CC	13.47m	44-2½	1/20
4	Kierra SCHMIEDING	SO	#1 Iowa Western CC{2}	12.74m	41-9¾	1/6
5	Chloe LARSEN	SO	#1 Iowa Western CC{3}	12.24m	40-2	1/20
5	Aliyah HENRY	FR	#4 Iowa Central CC {2}	12.24m	40-2	1/20
7	Kasey SPRINGER	FR	#12 Southwestern (Ill.)	11.14m	36-6¾	1/20
8	Malori LEONARD	SO	#12 Southwestern (Ill.){2}	10.83m	35-6½	1/20
9	Kit BYARS	FR	#8 North Iowa Area	10.80m	35-5¼	1/19
10	Maya REEVE	FR	#11 Muskegon (Mich.)	10.60m	34-9½	1/20

Women's Pentathlon

1	Arriana JOHNSON	FR	#2 Indian Hills (Iowa)	2,823	1/20
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West

Women's 60 Meters

1	Kamaria KNIGHT	FR	#1 New Mexico JC	7.50	1/13
2	La'Nica LOCKER	FR	#9 Hinds (Miss.) CC	7.59	1/12
3	Deshay TURNER	FR	#2 Mesa (Ariz.) CC	7.66	1/12
4	Breanna CLARKE	SO	#5 South Plains (Te:)	7.72	1/13
5	Amari PRATT	FR	#1 New Mexico JC {2}	7.75	1/13
6	Ruth AGADAMA	FR	#5 South Plains (Te:){2}	7.77	1/13
7	Taliyah LINDSAY	SO	#11 Meridian (Miss.)	7.83	1/20
8	Sydney ROQUEBRUN	FR	#5 South Plains (Te:){3}	7.84	1/13
9	Brandy HALL	SO	#5 South Plains (Te:){4}	7.87	1/13
10	Ritorion VIGNE	FR	#9 Hinds (Miss.) CC {2}	7.93	1/12

Women's 60 Meter Hurdles

1	Leila BARMORE	SO	#6 Glendale (Ariz.) C	9.03	(0.1)	1/20
2	Larissa BLANCHARD	FR	#3 Pima (Ariz.) CC	9.06	(0.1)	1/20
3	Kalli HUSBAND	SO	#9 Hinds (Miss.) CC	9.14		1/12
4	Lenasia DRUMMOND	FR	#9 Hinds (Miss.) CC {2}	9.17		1/12
5	Mikelia STRONG	SO	#7 Central Arizona	9.23	(0.1)	1/20
6	Elizabeth WEAD	FR	#2 Mesa (Ariz.) CC	9.30		1/12
7	Amber SIMPSON	SO	#5 South Plains (Te:)	9.31		1/13
7	Patience BOAHEMAA	SO	#7 Central Arizona {2}	9.31	(-0.9)	1/20
9	Kaelyn GIARRUSSO	FR	#6 Glendale (Ariz.) C{2}	9.42	(0.1)	1/20
10	Maliyah ROSS	SO	#2 Mesa (Ariz.) CC {2}	9.52		1/12

Women's 200 Meters

1	Lacarthea COOPER	SO	#1 New Mexico JC	23.97		1/20
2	Grace OBOUR	SO	#10 Western Texas	24.43		1/20
3	Kamaria KNIGHT	FR	#1 New Mexico JC {2}	24.94		1/13
4	Shackelia GREEN	SO	#10 Western Texas {2}	25.23		1/20
5	Taliyah LINDSAY	SO	#11 Meridian (Miss.)	25.28		1/13
6	Brieanna BOYCE	FR	#10 Western Texas {3}	25.31		1/20
7	Suraia AMER	SO	#6 Glendale (Ariz.) C	25.49	(-0.1)	1/20
8	Amari PRATT	FR	#1 New Mexico JC {3}	25.56		1/20
9	Diane ONDOBO	SO	#2 Mesa (Ariz.) CC	26.02	(-0.1)	1/20
10	T'Anna LIBURD	FR	#7 Central Arizona	26.18	(0.6)	1/20

Women's 400 Meters

1	Lacarthea COOPER	SO	#1 New Mexico JC	54.15		1/13
2	Dejona SIMPSON	SO	#1 New Mexico JC {2}	55.58		1/13
3	Grace OBOUR	SO	#10 Western Texas	55.96		1/13
4	Nandy KIHUYU	FR	#1 New Mexico JC {3}	56.78		1/20
5	Deshay TURNER	FR	#2 Mesa (Ariz.) CC	57.30		1/20
6	Leticia QUINGOSTAS	SO	#5 South Plains (Te:)	57.45		1/13
7	Brieanna BOYCE	FR	#10 Western Texas {2}	57.55		1/13
8	T'Anna LIBURD	FR	#7 Central Arizona	58.05		1/20
9	Safhia HINDS	SO	#5 South Plains (Te:){2}	58.24		1/13
10	Caydence BREWER	FR	#9 Hinds (Miss.) CC	59.85		1/12

Women's 600 Meters

1	Rushana DWYER	SO	#5 South Plains (Te:)	1:24.19	(1:24.19 (60	1/13
2	Jody ANN MITCHELL	FR	#1 New Mexico JC	1:35.57		1/20
3	Asia FOSTER	SO	#10 Western Texas	1:25.94	(1:25.94 (60	1/13
4	Taylor JACOBS	SO	#2 Mesa (Ariz.) CC	1:37.58		1/20
5	Diane ONDOBO	SO	#2 Mesa (Ariz.) CC {2}	1:37.77		1/20
6	Ysanne PEART	FR	#1 New Mexico JC {2}	1:40.02		1/20
7	Adriel AUSTIN	FR	#9 Hinds (Miss.) CC	1:40.95		1/12
8	Daphne KAUSZ	FR	#1 New Mexico JC {3}	1:42.13		1/20
9	Morgan WALTIRE	SO	#1 New Mexico JC {4}	1:47.48		1/20
10	Cruzita AVILA	FR	#13 Jacksonville (Te:)	1:54.50		1/20

Women's 800 Meters

1	Jennaveve BINGHAM	FR	#8 Southern Idaho	2:15.25		1/20
2	Privilege CHIKARA	SO	#11 Meridian (Miss.)	2:15.26		1/20
3	Rushana DWYER	SO	#5 South Plains (Te:)	2:17.95		1/13
4	Lisanne SCHAPENDONK	FR	#1 New Mexico JC	2:18.01		1/20
5	Elizabeth PHILLIPS	SO	#8 Southern Idaho {2}	2:20.58		1/20
6	Lilliana GUERRERO	SO	#5 South Plains (Te:){2}	2:21.79		1/13
7	Maliyah ROSS	SO	#2 Mesa (Ariz.) CC	2:23.61		1/20
8	Grace KOMBETTO	FR	#7 Central Arizona	2:23.97		1/20
9	Madelyn CHRISTENSEN	FR	#8 Southern Idaho {3}	2:24.03		1/20
10	Jody ANN MITCHELL	FR	#1 New Mexico JC {2}	2:24.25		1/13

Women's 1000 Meters

1	Lilliana GUERRERO	SO	#5 South Plains (Te:)	2:59.86		1/13
2	Jody ANN MITCHELL	FR	#1 New Mexico JC	3:05.04		1/13
3	Taylor JACOBS	SO	#2 Mesa (Ariz.) CC	3:05.67		1/20
4	Jazmin ESTRADA	SO	#12 Paradise Valley (	3:06.50		1/20
5	Lisanne SCHAPENDONK	FR	#1 New Mexico JC {2}	3:06.84		1/13
6	Jaresa JACKSON	SO	#8 Southern Idaho	3:07.77		1/20
7	Jayne ELVIN	FR	#1 New Mexico JC {3}	3:09.11		1/13
8	Mackenzie BETHANCOURT	FR	#12 Paradise Valley ({2}	3:10.32		1/20
9	Keira DAMRON	FR	#12 Paradise Valley ({3}	3:10.48		1/20
10	Daphne KAUSZ	FR	#1 New Mexico JC {4}	3:13.93		1/13

Women's Mile

1	Emerald KEHR	FR	#4 Salt Lake (Utah)	4:58.55		1/13
2	Megan GARRETT	FR	#14 Trinidad State (C	5:01.72		1/13
3	Jennaveve BINGHAM	FR	#8 Southern Idaho	5:07.75		1/20
4	Grace TIPTON	SO	#4 Salt Lake (Utah) {2}	5:09.67		1/13
5	Elizabeth PHILLIPS	SO	#8 Southern Idaho {2}	5:11.01		1/20
6	Elayna LOVERIDGE	FR	#4 Salt Lake (Utah) {3}	5:14.25		1/20
7	Kennedy SWAIN	SO	#4 Salt Lake (Utah) {4}	5:16.36		1/20
8	Molly JENSEN	SO	#4 Salt Lake (Utah) {5}	5:16.91		1/20
9	Sophia RIDING	FR	#4 Salt Lake (Utah) {6}	5:17.83		1/20
10	Madelyn CHRISTENSEN	FR	#8 Southern Idaho {3}	5:18.96		1/20



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West

Women's 3000 Meters

1	Elizabeth PHILLIPS	SO	#8 Southern Idaho	10:18.75	1/20
2	Kennedy SWAIN	SO	#4 Salt Lake (Utah)	10:32.57	1/13
3	Molly JENSEN	SO	#4 Salt Lake (Utah) {2}	10:34.93	1/13
4	Elayna LOVERIDGE	FR	#4 Salt Lake (Utah) {3}	10:35.27	1/13
5	Brielle LEE	FR	#4 Salt Lake (Utah) {4}	10:35.57	1/13
6	Carmella BALDWIN	FR	#2 Mesa (Ariz.) CC	10:39.74	1/12
7	Lindsie FAUSETT	FR	#4 Salt Lake (Utah) {5}	10:41.86	1/13
8	Joelle WHITWORTH	FR	#4 Salt Lake (Utah) {6}	10:49.81	1/13
9	Zaylie PARAS	SO	#4 Salt Lake (Utah) {7}	10:50.95	1/20
10	Abigail CASE	SO	#8 Southern Idaho {2}	10:57.30	1/20

Women's 5000 Meters

1	Karen KIRATU	FR	#15 Southeast (Neb.)	19:05.19	1/20
2	Reatta DANOFF	FR	#3 Pima (Ariz.) CC	19:31.87	1/20
3	Mariah CRUZ	FR	#3 Pima (Ariz.) CC {2}	19:52.35	1/20
4	Linda RIVERO	FR	#3 Pima (Ariz.) CC {3}	20:53.84	1/20
5	Sara BREDENKAMP	FR	#3 Pima (Ariz.) CC {4}	22:01.97	1/20

Women's 4x400 Relay

1	Shackelia Green Lovina Ewusi Brianna Boyce Grace Obour	#10 Western Texas	3:45.48	1/20
2	T'kyla Bennett Twyshanna Huie Adriel Austin Shaneil Johnson	#9 Hinds (Miss.) CC	3:57.13	1/12
3	Diane Ondobo Deshay Turner Reanna Campbell Taylor Jacobs	#2 Mesa (Ariz.) CC	3:58.54	1/20
4	Rachael Bethancourt McKinley L. Blanton Mackenzie Bethancourt Jazmin Estrada	#12 Paradise Valley (	4:20.41	1/20
5	Tristin Duron Naomi Hereim Trinity Bethea Mckailyn Morris	#3 Pima (Ariz.) CC	4:44.57	1/20

Women's 4x800 Relay

1	https://www.tfrrs.org/teams/	#4 Salt Lake (Utah)	9:45.25	1/13
2	Cruzita Avila Logan Pevehouse Ingrid Santamaria Taylor Gutierrez	#13 Jacksonville (Te)	10:51.72	1/20

Women's Distance Medley Relay

1	Kennedy Swain Avery Jensen Molly Jensen Grace Tipton	#4 Salt Lake (Utah)	12:50.02	1/20
2	Stephania Hernandez Jaresa Jackson Elizabeth Stanley Madelyn Christensen	#8 Southern Idaho	13:13.35	1/20

Women's High Jump

1	Achol MAYWIN	SO	#1 New Mexico JC	1.72m	5-7¾	1/20
2	Leila BARMORE	SO	#6 Glendale (Ariz.) (	1.67m	5-5¾	1/20
2	Isabel GREEN	FR	#3 Pima (Ariz.) CC	1.67m	5-5¾	1/20
4	Daniel HINDS	SO	#1 New Mexico JC {2}	1.65m	5-5	1/13
5	April NECAISE	FR	#3 Pima (Ariz.) CC {2}	1.62m	5-3¾	1/20
5	Kaelyn GIARRUSSO	FR	#6 Glendale (Ariz.) {2}	1.62m	5-3¾	1/20
7	Amber SIMPSON	SO	#5 South Plains (Te)	1.55m	5-1	1/13
7	Maliyah ROSS	SO	#2 Mesa (Ariz.) CC	1.55m	5-1	1/20
9	Natalia BRZEZNIAK	SO	#2 Mesa (Ariz.) CC {2}	1.52m	4-11¾	1/12
9	Aliyah GIDHARY	FR	#7 Central Arizona	1.52m	4-11¾	1/20

Women's Pole Vault

1	Raely PALMER	FR	#2 Mesa (Ariz.) CC	3.10m	10-2	1/20
2	Lauren ALLARD	FR	#6 Glendale (Ariz.) (	2.96m	9-8½	1/20
2	Brianne ROBERTS	FR	#3 Pima (Ariz.) CC	2.96m	9-8½	1/20
2	Celisa SCARBROUGH	FR	#6 Glendale (Ariz.) (	2.96m	9-8½	1/20
2	Alexandra CAREY	FR	#6 Glendale (Ariz.) (	2.96m	9-8½	1/20
6	Promise BENTLEY-BROWN	FR	#6 Glendale (Ariz.) {4}	2.65m	8-8¼	1/20
7	Maylee THOMPSON	FR	#3 Pima (Ariz.) CC {2}	2.50m	8-2½	1/20

Women's Long Jump

1	Marisa HENNIX	FR	#2 Mesa (Ariz.) CC	5.60m	18-4½ (0.0)	1/20
2	Leila BARMORE	SO	#6 Glendale (Ariz.) (	5.55m		1/20
2	Maliyah ROSS	SO	#2 Mesa (Ariz.) CC {2}	5.55m	18-2½	1/12
4	Maylee THOMPSON	FR	#3 Pima (Ariz.) CC	5.54m		1/20
4	Tianna MOSLEY	SO	#3 Pima (Ariz.) CC	5.54m		1/20
6	Kavel RITCHIE	FR	#1 New Mexico JC	5.51m	18-1	1/13
7	Charm RONE	FR	#11 Meridian (Miss.)	5.28m	17-4	1/20
7	Sydney ROQUEBRUN	FR	#5 South Plains (Te)	5.28m	17-4	1/13
9	Roxy CHRISTENSEN	FR	#3 Pima (Ariz.) CC {3}	5.22m	17-1½ (0.0)	1/20
10	Larissa BLANCHARD	FR	#3 Pima (Ariz.) CC {4}	5.18m	17-0 (0.0)	1/20

Women's Triple Jump

1	Tianna MOSLEY	SO	#3 Pima (Ariz.) CC	11.74m	38-6¼ (0.0)	1/20
2	Marisa HENNIX	FR	#2 Mesa (Ariz.) CC	11.45m	37-6¾	1/12
3	Oyindamola ADETUTU	FR	#6 Glendale (Ariz.) (	10.95m	35-11¼ (0.0)	1/20
4	Roxy CHRISTENSEN	FR	#3 Pima (Ariz.) CC {2}	10.89m	35-8¾ (0.0)	1/20
5	Bella HOFFMAN	FR	#3 Pima (Ariz.) CC {3}	10.47m	34-4¼ (0.0)	1/20
6	Zamirah PARKER	SO	#2 Mesa (Ariz.) CC {2}	10.43m	34-2¾ (0.0)	1/20



Regional TFRI Event Summary

as of 1/24/2024 2:47:00 PM

West

Women's Shot Put

1	Esteisy SALAS		#1 New Mexico JC	14.11m	46-3½	1/13
2	Kasie UGEH	SO	#7 Central Arizona	14.02m	46-0	1/20
3	Yosiris CORDOBA	FR	#1 New Mexico JC {2}	12.42m	40-9	1/20
4	Catherine GREEN	SO	#5 South Plains (Te)	12.26m	40-2¾	1/13
5	Patience BOAHEMAA	SO	#7 Central Arizona {2}	12.03m	39-5¾	1/20
6	Rejoice AGBEWODIE	FR	#7 Central Arizona {3}	11.70m	38-4¾	1/20
7	Maleah TUCKER	FR	#2 Mesa (Ariz.) CC	11.58m	38-0	1/20
8	Jamelia NICHOLAS	FR	#7 Central Arizona {4}	11.28m	37-¼	1/20
9	Seioriana GLASS	FR	#2 Mesa (Ariz.) CC {2}	10.92m	35-10	1/20
10	Kapualani MAGNANI	SO	#3 Pima (Ariz.) CC	10.84m	35-6¾	1/20

Women's Weight Throw

1	Tania DA SILVA	FR	#1 New Mexico JC	19.23m	63-1¼	1/20
2	Rejoice AGBEWODIE	FR	#7 Central Arizona	15.26m	50-¾	1/20
3	Maleah TUCKER	FR	#2 Mesa (Ariz.) CC	14.92m	48-11½	1/20
4	Seioriana GLASS	FR	#2 Mesa (Ariz.) CC {2}	13.95m	45-9¼	1/20
5	Annika ARVAYO	SO	#3 Pima (Ariz.) CC	13.39m	43-11¼	1/20
6	Kapualani MAGNANI	SO	#3 Pima (Ariz.) CC {2}	13.17m	43-2½	1/20
7	Kasie UGEH	SO	#7 Central Arizona {2}	12.99m	42-7½	1/20
8	Jenyce LOPEZ	SO	#3 Pima (Ariz.) CC {3}	12.20m	40-½	1/20
9	Yosiris CORDOBA	FR	#1 New Mexico JC {2}	10.89m	35-8¾	1/20
10	Angelina THIEL	SO	#6 Glendale (Ariz.) C	9.80m	32-2	1/20

Women's Pentathlon

1	Maliyah ROSS	SO	#2 Mesa (Ariz.) CC	3,414		1/20
2	Maylee THOMPSON	FR	#3 Pima (Ariz.) CC	2,869		1/20
3	Natalia BRZEZNIAK	SO	#2 Mesa (Ariz.) CC {2}	2,824		1/20
4	Aliyah GIDHARY	FR	#7 Central Arizona	2,812		1/20
5	Lucille LOVELACE	SO	#2 Mesa (Ariz.) CC {3}	2,277		1/20
6	Jacey PERKINS	FR	#7 Central Arizona {2}	2,023		1/20
7	Morgan PEPE	FR	#3 Pima (Ariz.) CC {2}	1,086		1/20