



WOMEN — 2024 Week #5, April 23

100 METERS

Current	Team	Score	Last Week
1	William Carey (Miss.)	-46.68	1
2	Dillard (La.)	-47.72	2
3	Indiana Tech	-48.05	3
4	Columbia Internation	-48.11	5 ▲ 1
5	Vanguard (Calif.)	-48.65	4 ▼ 1
6	Xavier (La.)	-48.83	6
7	Southeastern (Fla.)	-48.97	7
8	Madonna (Mich.)	-49.08	8
9	Cumberland (Tenn.)	-49.20	9
10	Warner (Fla.)	-49.25	10

100 METER HURDLES

Current	Team	Score	Last Week
1	William Carey (Miss.)	-55.98	NR
2	Columbia Internation	-59.38	4 ▲ 2
3	Xavier (La.)	-59.83	1 ▼ 2
4	Concordia (Neb.)	-59.87	2 ▼ 2
5	British Columbia	-60.24	6 ▲ 1
6	Friends (Kan.)	-60.27	3 ▼ 3
7	Eastern Oregon	-60.75	10 ▲ 3
8	Southeastern (Fla.)	-60.89	5 ▼ 3
9	Olivet Nazarene (Ill.)	-61.06	8 ▼ 1
10	Indiana Tech	-61.13	7 ▼ 3

200 METERS

Current	Team	Score	Last Week
1	Vanguard (Calif.)	-98.60	1
2	Cumberland (Tenn.)	-98.71	2
3	Dillard (La.)	-98.82	3
4	Indiana Tech	-99.15	4
4	William Carey (Miss.)	-99.15	5 ▲ 1
6	Xavier (La.)	-99.54	6
7	Southeastern (Fla.)	-100.23	7
8	Life (Ga.)	-100.36	8
9	Columbia Internation	-100.63	9
10	Olivet Nazarene (Ill.)	-100.81	10

400 METERS

Current	Team	Score	Last Week
1	Cumberland (Tenn.)	-227.80	1
2	Vanguard (Calif.)	-228.24	2
3	Indiana Tech	-228.84	4 ▲ 1
4	Southeastern (Fla.)	-230.16	3 ▼ 1
5	Xavier (La.)	-231.24	5
6	Olivet Nazarene (Ill.)	-231.43	7 ▲ 1
7	Dillard (La.)	-232.09	6 ▼ 1
8	MidAmerica Nazarene	-232.68	23 ▲ 15
9	Concordia (Neb.)	-235.23	9
10	Northwestern (Iowa)	-236.46	11 ▲ 1

400 METER HURDLES

Current	Team	Score	Last Week
1	William Carey (Miss.)	-249.96	1
2	Concordia (Neb.)	-261.35	2
3	Our Lady of the Lake (	-266.18	3
4	Olivet Nazarene (Ill.)	-272.22	4
5	Point Park (Pa.)	-275.55	5
6	Carroll (Mont.)	-278.79	11 ▲ 5
7	Vanguard (Calif.)	-279.39	6 ▼ 1
8	Mount Marty (S.D.)	-279.64	7 ▼ 1
9	Xavier (La.)	-279.67	8 ▼ 1
10	Cornerstone (Mich.)	-281.38	9 ▼ 1

800 METERS

Current	Team	Score	Last Week
1	British Columbia	-528.95	1
2	The Master's (Calif.)	-536.51	2
3	Marian (Ind.)	-549.89	3
4	Grace (Ind.)	-553.47	4
5	William Carey (Miss.)	-554.12	5
6	Southeastern (Fla.)	-554.76	6
7	Saint Mary (Kan.)	-557.08	NR
8	Concordia (Neb.)	-557.81	16 ▲ 8
9	Tabor (Kan.)	-559.21	7 ▼ 2
10	Cumberlands (Ky.)	-559.31	8 ▼ 2

1500 METERS

Current	Team	Score	Last Week
1	British Columbia	-1061.56	1
2	The Master's (Calif.)	-1100.38	2
3	Saint Mary (Kan.)	-1126.18	3
4	Taylor (Ind.)	-1129.17	4
5	College of Idaho	-1134.75	5
6	Lewis-Clark State (Ida	1137.88	6
7	Milligan (Tenn.)	-1142.51	7
8	Goshen (Ind.)	-1149.02	8
9	Tabor (Kan.)	-1149.18	9
10	Cumberlands (Ky.)	-1154.41	10

STEEPLECHASE

Current	Team	Score	Last Week
1	Saint Mary (Kan.)	-2730.21	NR
2	Dordt (Iowa)	-2838.69	1 ▼ 1
3	The Master's (Calif.)	-2876.64	2 ▼ 1
4	Oregon Tech	-2942.94	3 ▼ 1
5	St. Ambrose (Iowa)	-2953.07	4 ▼ 1
6	Benedictine (Kan.)	-2977.87	5 ▼ 1
7	Carroll (Mont.)	-3055.16	6 ▼ 1

5000 METERS

Current	Team	Score	Last Week
1	Saint Mary (Kan.)	-4128.96	1
2	Cumberlands (Ky.)	-4235.71	18 ▲ 16
3	Milligan (Tenn.)	-4297.78	2 ▼ 1
4	Southern Oregon	-4306.20	3 ▼ 1
5	Indiana Wesleyan	-4320.44	4 ▼ 1
6	Grace (Ind.)	-4322.70	5 ▼ 1
7	The Master's (Calif.)	-4387.10	6 ▼ 1
8	Huntington (Ind.)	-4411.58	7 ▼ 1
9	College of Idaho	-4416.12	8 ▼ 1
10	Tabor (Kan.)	-4416.62	9 ▼ 1

10,000 METERS

Current	Team	Score	Last Week
1	Cumberlands (Ky.)	-8950.87	1
2	Saint Mary (Kan.)	-8979.25	3 ▲ 1
3	Dordt (Iowa)	-9164.44	2 ▼ 1
4	Milligan (Tenn.)	-9363.47	NR
5	Cornerstone (Mich.)	-9488.95	4 ▼ 1
6	Saint Francis (Ind.)	-9631.83	5 ▼ 1
7	Midway (Ky.)	-10394.96	6 ▼ 1
8	Hastings (Neb.)	-10531.61	NR
9	Benedictine (Kan.)	-10711.51	7 ▼ 2

5000M RACE WALK

Current	Team	Score	Last Week
1	Cumberlands (Ky.)	-6328.33	1
2	Columbia (S.C.)	-7007.85	2

HIGH JUMP

Current	Team	Score	Last Week
1	Doane (Neb.)	6.50	5 ▲ 4
2	Central Methodist (Mo	6.46	1 ▼ 1
3	Dickinson State (N.D.)	6.44	2 ▼ 1
4	Midland (Neb.)	6.42	4
5	Concordia (Neb.)	6.41	3 ▼ 2
6	Northwestern (Iowa)	6.40	NR
7	Eastern Oregon	6.34	7
8	MidAmerica Nazarene	6.26	8
9	Evangel (Mo.)	6.24	6 ▼ 3
10	British Columbia	6.21	11 ▲ 1

POLE VAULT

Current	Team	Score	Last Week
1	Siena Heights (Mich.)	14.05	1
2	Doane (Neb.)	14.03	2
3	Viterbo (Wis.)	13.82	3
4	Cornerstone (Mich.)	13.66	4
5	Concordia (Neb.)	13.25	5
6	Clarke (Iowa)	12.65	6
7	Mount Marty (S.D.)	12.20	7
8	Cumberlands (Ky.)	10.80	8
9	Brenau (Ga.)	9.96	9



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LONG JUMP

Current	Team	Score	Last Week
1	MidAmerica Nazarene	22.37	1
2	William Carey (Miss.)	22.21	2
3	Ottawa (Kan.)	22.05	3
4	Concordia (Neb.)	21.79	4
5	Doane (Neb.)	21.44	5
6	Campbellsville (Ky.)	21.08	6
7	Central Methodist (Mo	21.00	7
8	Montreat (N.C.)	20.98	8
9	British Columbia	20.98	NR
10	Dordt (Iowa)	20.84	12 ▲ 2

HAMMER

Current	Team	Score	Last Week
1	Dickinson State (N.D.)	200.91	1
2	Doane (Neb.)	195.24	2
3	Dordt (Iowa)	191.73	3
4	Concordia (Neb.)	190.63	4
5	College of Idaho	188.39	7 ▲ 2
6	Central Methodist (Mo	187.27	6
7	Marian (Ind.)	186.94	5 ▼ 2
8	Life (Ga.)	182.09	8
9	Columbia Internation	180.66	12 ▲ 3
10	Grand View (Iowa)	178.19	11 ▲ 1

TRIPLE JUMP

Current	Team	Score	Last Week
1	William Carey (Miss.)	48.25	1
2	Doane (Neb.)	45.01	2
3	Friends (Kan.)	44.78	3
4	Central Methodist (Mo	44.56	4
5	Concordia (Neb.)	43.85	5
6	Xavier (La.)	42.38	6
7	College of Idaho	42.07	7
8	Olivet Nazarene (Ill.)	41.33	8
9	Mount Marty (S.D.)	41.18	9
10	MidAmerica Nazarene	40.97	10

JAVELIN

Current	Team	Score	Last Week
1	British Columbia	161.23	1
2	Eastern Oregon	160.40	2
3	Doane (Neb.)	150.05	3
4	Carroll (Mont.)	146.98	8 ▲ 4
5	MidAmerica Nazarene	146.18	5
6	Dickinson State (N.D.)	146.02	4 ▼ 2
7	Concordia (Neb.)	143.07	18 ▲ 11
8	Valley City State (N.D.	141.18	6 ▼ 2
9	Montana Tech	140.24	7 ▼ 2
10	Benedictine (Kan.)	135.58	9 ▼ 1

SHOT PUT

Current	Team	Score	Last Week
1	Dickinson State (N.D.)	53.45	1
2	Concordia (Neb.)	51.47	2
3	Doane (Neb.)	51.36	4 ▲ 1
4	Mount Mercy (Iowa)	50.48	3 ▼ 1
5	Indiana Wesleyan	49.78	5
6	College of Idaho	48.83	12 ▲ 6
7	St. Ambrose (Iowa)	48.70	8 ▲ 1
8	Aquinas (Mich.)	48.48	7 ▼ 1
9	Bethel (Ind.)	48.47	6 ▼ 3
10	Central Methodist (Mo	47.78	9 ▼ 1

HEPTATHLON

Current	Team	Score	Last Week
1	Eastern Oregon	17924.00	2 ▲ 1
2	Concordia (Neb.)	17316.00	NR
3	British Columbia	17180.00	1 ▼ 2
4	Southeastern (Fla.)	14060.00	3 ▼ 1
5	Clarke (Iowa)	13386.00	NR
6	St. Thomas (Fla.)	10252.00	4 ▼ 2

DISCUS

Current	Team	Score	Last Week
1	Indiana Wesleyan	182.41	1
2	Dickinson State (N.D.)	177.30	2
3	Mount Mercy (Iowa)	169.47	3
4	Doane (Neb.)	167.69	5 ▲ 1
5	Marian (Ind.)	165.87	4 ▼ 1
6	St. Ambrose (Iowa)	157.42	6
7	Concordia (Neb.)	154.09	7
8	Columbia (Mo.)	152.92	9 ▲ 1
9	Grand View (Iowa)	151.50	8 ▼ 1
10	Life (Ga.)	150.14	11 ▲ 1