

National TFRI Team Summary



as of 3/25/24 4:33 PM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2024 Week #1, March 27

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RCSJ Gloucester (N.J.)

Region 19



8

LW: 9

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	7	Emily MURROW	FR	14.86 (1.3)	3/16/24	18	0.43	18.43
▶ 100m	9	Emma HARVERSON	FR	15.68 (0.7)	3/16/24	D 2	0.00	2.00
▶ 100m	10	Francesca MACCARONE	FR	17.08 (-2.1)	3/2/24	12	0.00	12.00
▶ 100m	11	Sophie STEFFENS	FR	18.30 (-2.1)	3/2/24	10	0.00	TM-4
▶ 200m	8	Emily MURROW	FR	31.68 (0.9)	3/16/24	D 2	0.15	2.15
▶ 400m	2	Emily MURROW	FR	1:21.93	3/2/24	28	0.00	28.00
▶ 800m	1	Courtney O'HARA		2:49.43	3/16/24	30	5.98	35.98
▶ 800m	2	Susana SERRANO	SO	2:51.83	3/16/24	28	3.62	31.62
▶ 800m	3	Alexandra CAMPO		2:53.90	3/16/24	26	1.64	27.64
▶ 1500m	3	Courtney O'HARA		5:46.39	3/2/24	26	0.74	26.74
▶ 1500m	4	Mackenzie COCHRAN	SO	5:59.24	3/16/24	24	0.00	24.00
▶ 1500m	5	Alexandra CAMPO		6:00.75	3/2/24	22	0.00	22.00
▶ 4x100	1	Emma Harverson, Emily Murrow, Susana Serrano, Francesca Maccarone		59.66	3/16/24	30	0.00	30.00
▶ HJ	3	Emma HARVERSON	FR	1.35m 4-5	3/16/24	26	0.29	26.29
▶ TJ	1	Emma HARVERSON	FR	8.62m 28-3½ (-2.4)	3/2/24	30	0.00	30.00
▶ SP	4	Kara KNORR	JR	10.28m 33-8¾	3/16/24	D 2	2.00	4.00
▶ DISC	2	Kara KNORR	JR	30.30m 99-5	3/2/24	28	2.98	30.98
▶ JAV	1	Kara KNORR	JR	29.65m 97-3½	3/16/24	30	5.53	35.53
▶ JAV	5	Grace WAHL	FR	21.22m 69-7½	3/16/24	22	0.00	22.00
RCSJ GLOUCESTER (N.J.) TFRI Team Total								419.36

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Howard (Md.) CC

Region 20



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LW: 10

Event	NQR	Athlete	Yr	Season Qual.	Best	Date	Pl.	Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season										
▶ 100m	1	Iyona DAVIS	FR	12.69	(0.4)	3/16/24	30	4.42		34.42
▶ 100m	3	Rashelle BUYNUM	SO	13.15	(0.5)	3/23/24	26	3.00		29.00
▶ 100m	6	Blessing OMONIYI	JR	13.34	(0.5)	3/23/24	D	2	2.53	4.53
▶ 200m	1	Iyona DAVIS	FR	26.91	(0.2)	3/16/24	30	3.29		33.29
▶ 200m	4	Blessing OMONIYI	JR	28.29	(0.2)	3/16/24	24	1.96		25.96
▶ 200m	5	Rashelle BUYNUM	SO	28.33	(0.2)	3/16/24	D	2	1.94	3.94
▶ 400m	1	Iyona DAVIS	FR	1:02.61		3/23/24	D	2	0.00	2.00
▶ 4x400	1	Temiloluwa Akinsanya, Rashelle Buynum, Blessing Omoniyi, Iyona Davis		4:38.41		3/16/24	30	0.00		30.00
▶ LJ	1	Rashelle BUYNUM	SO	4.87m	15-11¾ (0.4)	3/16/24	30	4.04		34.04
▶ LJ	3	Blessing OMONIYI	JR	4.76m	15-7½ (0.1)	3/16/24	26	1.22		27.22
▶ SP	5	Lynniya WHITAKER	FR	10.25m	33-7½	3/23/24		22	1.97	23.97
▶ SP	7	Temiloluwa AKINSANYA	FR	9.13m	29-11½	3/23/24	D	2	1.02	3.02
▶ SP	8	Briana JACKSON	SO	8.02m	26-3¾	3/16/24	D	2	0.07	2.07
▶ DISC	3	Temiloluwa AKINSANYA	FR	26.60m	87-3¼	3/16/24	26	0.20		26.20
▶ DISC	4	Briana JACKSON	SO	24.90m	81-8½	3/16/24	24	0.00		24.00
▶ DISC	5	Lynniya WHITAKER	FR	19.10m	62-8	3/16/24	D	2	0.00	2.00
▶ HT	1	Lynniya WHITAKER	FR	32.24m	105-9	3/16/24	30	3.02		33.02
▶ HT	2	Temiloluwa AKINSANYA	FR	30.75m	100-11	3/16/24	28	2.52		30.52
▶ HT	3	Briana JACKSON	SO	23.47m	77-0	3/16/24	26	0.08		26.08
▶ JAV	4	Rashelle BUYNUM	SO	25.83m	84-9	3/16/24	D	2	0.00	2.00
HOWARD (MD.) CC TFRI Team Total										397.28

