



USTFCCA NJCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2024 Week #1, March 25



Central

as of 3/25/2024 4:34:35 PM ET

Women's 100 Meters

1	1	Ilyona DAVIS	FR	#1 Howard (Md.) CC	12.69	(0.4)	3/16
2	3	Rashelle BUYNUM	SO	#1 Howard (Md.) CC{2}	13.15	(0.5)	3/23
3	4	Amaya RIQUE	FR	#2 Mineral Area (Mo	13.19	(0.2)	3/23
4	6	Blessing OMONIYI	JR	#1 Howard (Md.) CC{3}	13.34	(0.5)	3/23
5	8	Dyamond JEWELL	FR	#3 St. Charles (Mo.)	15.06	(0.5)	3/23

Women's 100 Meter Hurdles

1	1	Kenleigh LANGE	FR	#2 Mineral Area (Mo	18.06	(0.1)	3/23
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Women's 200 Meters

1	1	Ilyona DAVIS	FR	#1 Howard (Md.) CC	26.91	(0.2)	3/16
2	2	Amaya RIQUE	FR	#2 Mineral Area (Mo	27.25	(0.7)	3/23
3	4	Blessing OMONIYI	JR	#1 Howard (Md.) CC{2}	28.29	(0.2)	3/16
4	5	Rashelle BUYNUM	SO	#1 Howard (Md.) CC{3}	28.33	(0.2)	3/16
5	6	Felicity KESTER	FR	#2 Mineral Area (Mo{2}	28.60	(1.4)	3/23
6	7	Dyamond JEWELL	FR	#3 St. Charles (Mo.)	31.23	(1.7)	3/23

Women's 400 Meters

1	1	Ilyona DAVIS	FR	#1 Howard (Md.) CC	1:02.61		3/23
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Women's 800 Meters

1	4	Aubree JONES	FR	#2 Mineral Area (Mo	2:56.29		3/23
2	5	Melayna BROWN	SO	#2 Mineral Area (Mo{2}	3:03.19		3/23
3	6	Beatriz RUIZ	FR	#5 Triton (Ill.)	3:43.15		3/23

Women's 1500 Meters

1	1	Celeste SANSEGRAW	FR	#2 Mineral Area (Mo	5:17.77		3/23
2	2	Alheli RAMOS-GARCIA	SO	#4 Patrick & Henry I	5:44.17		3/16

Women's 5000 Meters

1	1	Riley PETSCH	SO	#2 Mineral Area (Mo	20:47.26		3/23
2	2	Abigail DEAN	SO	#2 Mineral Area (Mo{2}	20:47.27		3/23

Women's 4x400 Relay

1	1	Temiloluwa Akinsanya, Rashelle Buynum, Blessing Omoniyi, Ilyona Davis		#1 Howard (Md.) CC	4:38.41		3/16
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Women's High Jump

1	1	Katie MAJORS	SO	#3 St. Charles (Mo.)	1.50m	4-11	3/23
1	1	Cassidy HERGET	FR	#2 Mineral Area (Mo	1.50m	4-11	3/23
3	3	Kenleigh LANGE	FR	#2 Mineral Area (Mo{2}	1.35m	4-5	3/23

Women's Pole Vault

1	1	Kaydence GIBSON	FR	#2 Mineral Area (Mo	2.60m	8-6¼	3/23
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Women's Long Jump

1	1	Rashelle BUYNUM	SO	#1 Howard (Md.) CC	4.87m	15-11¾ (0.4)	3/16
2	2	Katie MAJORS	SO	#3 St. Charles (Mo.)	4.80mw	15-9 (2.1)	3/16
3	3	Blessing OMONIYI	JR	#1 Howard (Md.) CC{2}	4.76m	15-7½ (0.1)	3/16

Women's Shot Put

1	5	Lynniya WHITAKER	FR	#1 Howard (Md.) CC	10.25m	33-7½	3/23
2	7	Temiloluwa AKINSANYA	FR	#1 Howard (Md.) CC{2}	9.13m	29-11½	3/23
3	8	Briana JACKSON	SO	#1 Howard (Md.) CC{3}	8.02m	26-3¾	3/16

Women's Discus

1	3	Temiloluwa AKINSANYA	FR	#1 Howard (Md.) CC	26.60m	87-3¼	3/16
2	4	Briana JACKSON	SO	#1 Howard (Md.) CC{2}	24.90m	81-8½	3/16
3	5	Lynniya WHITAKER	FR	#1 Howard (Md.) CC{3}	19.10m	62-8	3/16

Women's Hammer

1	1	Lynniya WHITAKER	FR	#1 Howard (Md.) CC	32.24m	105-9	3/16
2	2	Temiloluwa AKINSANYA	FR	#1 Howard (Md.) CC{2}	30.75m	100-11	3/16
3	3	Briana JACKSON	SO	#1 Howard (Md.) CC{3}	23.47m	77-0	3/16

Women's Javelin

1	3	Cassidy HERGET	FR	#2 Mineral Area (Mo	28.85m	94-8	3/23
2	4	Rashelle BUYNUM	SO	#1 Howard (Md.) CC	25.83m	84-9	3/16



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East

as of 3/25/2024 4:34:35 PM ET

Women's 100 Meters

1	2	Amia TODMAN		#2	Springfield Tech	12.70	(-1.0)	3/16
2	5	Macayla LOGAN		#2	Springfield Tech{2}	13.22	(-1.3)	3/16
3	7	Emily MURROW	FR	#1	RCSJ Gloucester	14.86	(1.3)	3/16
4	9	Emma HARVERSON	FR	#1	RCSJ Gloucester{2}	15.68	(0.7)	3/16
5	10	Francesca MACCARONE	FR	#1	RCSJ Gloucester{3}	17.08	(-2.1)	3/2
6	11	Sophie STEFFENS	FR	#1	RCSJ Gloucester{4}	18.30	(-2.1)	3/2

Women's 200 Meters

1	3	Macayla LOGAN	#2	Springfield Tech	27.46	(0.2)	3/16	
2	8	Emily MURROW	FR	#1	RCSJ Gloucester	31.68	(0.9)	3/16

Women's 400 Meters

1	2	Emily MURROW	FR	#1	RCSJ Gloucester	1:21.93	3/2
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Women's 800 Meters

1	1	Courtney O'HARA		#1	RCSJ Gloucester	2:49.43	3/16
2	2	Susana SERRANO	SO	#1	RCSJ Gloucester{2}	2:51.83	3/16
3	3	Alexandra CAMPO		#1	RCSJ Gloucester{3}	2:53.90	3/16

Women's 1500 Meters

1	3	Courtney O'HARA		#1	RCSJ Gloucester	5:46.39	3/2
2	4	Mackenzie COCHRAN	SO	#1	RCSJ Gloucester{2}	5:59.24	3/16
3	5	Alexandra CAMPO		#1	RCSJ Gloucester{3}	6:00.75	3/2

Women's 4x100 Relay

1	1	Emma Harverson, Emily Murrow, Susana Serrano, Francesca Maccarone	#1	RCSJ Gloucester	59.66	3/16
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Women's High Jump

1	3	Emma HARVERSON	FR	#1	RCSJ Gloucester	1.35m	4-5	3/16
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Women's Long Jump

1	4	Dejoue SEBASTINE	#2	Springfield Tech	4.68m	15-4¼ (-0.9)	3/16
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Women's Triple Jump

1	1	Emma HARVERSON	FR	#1	RCSJ Gloucester	8.62m	28-3½ (-2.4)	3/2
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Women's Shot Put

1	1	Savianna JOSEPH		#2	Springfield Tech	12.39m	40-7¾	3/16
2	2	Kayla FRANKLIN	SO	#3	Camden County	11.03m	36-2¼	3/16
3	3	Romeena DAVIS		#2	Springfield Tech{2}	10.64m	34-11	3/16
4	4	Kara KNORR	JR	#1	RCSJ Gloucester	10.28m	33-8¾	3/16
5	6	Makeda CHRISTOPHER		#2	Springfield Tech{3}	9.71m	31-10¼	3/16
6	9	Abigail SORIANO	FR	#3	Camden County {2}	6.20m	20-4¼	3/16

Women's Discus

1	1	Kayla FRANKLIN	SO	#3	Camden County	34.59m	113-6	3/16
2	2	Kara KNORR	JR	#1	RCSJ Gloucester	30.30m	99-5	3/2

Women's Javelin

1	1	Kara KNORR	JR	#1	RCSJ Gloucester	29.65m	97-3½	3/16
2	2	Kayla FRANKLIN	SO	#3	Camden County	29.03m	95-3	3/16
3	5	Grace WAHL	FR	#1	RCSJ Gloucester{2}	21.22m	69-7½	3/16