

3 Blessing OMONIYI

1 5 Lynniya WHITAKER Temiloluwa

AKINSANYA 3 8 Briana JACKSON

USTFCCCA NJCAA Division III Outdoor Track & Field

WOMEN - 2024 Week #1, March 25



Regional TFRI Event Summary

		W	om	en's 100 Meters						
1	1	Iyona 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					
		W	om	en's 200 Meters						
1	1	lyona 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					
		W	om	en's 400 Meters						
1	1	lyona DAVIS	FR	#1 Howard (Md.) CC 1:02.61	3/23					
		W	om	en'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					
		Wo	ome	en'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 (5:44.17	3/16					
		Wo	ome	en'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					
		Wo	ome	en's 4x400 Relay						
1	1	Temiloluwa		#1 Howard (Md.) CC 4:38.41	3/16					
		Akinsanya, Rashelle		_						
		Buynum, Blessing Omoniyi, Iyona Davis								
			/o ree	anla High Lugan						
1	1		om so	#3 St. Charles (Mo.) 1.50m 4-11	3/23					
	1	Katie MAJORS Cassidy HERGET	FR	#3 St. Charles (Mo.) 1.50m 4-11 #2 Mineral Area (Mo 1.50m 4-11	3/23					
3	3	Kenleigh LANGE	FR	#2 Mineral Area (Mo 1.35m 4-5	3/23					
					3/23					
1	1	Kaydence GIBSON	FR	#2 Mineral Area (Mo 2.60m 8-61/4	2/22					
1	•				3/23					
1				en's Long Jump	12/10					
1	1	Rashelle BUYNUM	SO SO	#1 Howard (Md.) CC 4.87m 15-11% (0						
2	2	Katie MAJORS	SO	#3 St. Charles (Mo.) 4.80mw 15-9 (2.1)	3/16					

JR #1 Howard (Md.) CC(2)4.76m

FR #1 Howard (Md.) CC(2)9.13m

SO #1 Howard (Md.) CC(3)8.02m

FR #1 Howard (Md.) CC 10.25m 33-71/2

Women's Shot Put

15-7½ (0.1) 3/16

3/23

3/16

Central as of 3/2						25/2024	4:34:35 F	PM ET
				Wo	men's Discus			
3/16	1	3	Temiloluwa	FR	#1 Howard (Md.) CC	26.60m	87-31/4	3/16
3/23			AKINSANYA					
3/23	2	4	Briana JACKSON	SO	#1 Howard (Md.) CC{2	24.90m	81-81/2	3/16
3/23	3	5	Lynniya WHITAKER	FR	#1 Howard (Md.) CC{3	19.10m	62-8	3/16
3/23				Wor	nen's Hammer			
	1	1	Lynniya WHITAKER	FR	#1 Howard (Md.) CC	32.24m	105-9	3/16
3/23	2	2	Temiloluwa	FR	#1 Howard (Md.) CC{2	30.75m	100-11	3/16
			AKINSANYA					
0/10	3	3	Briana JACKSON	SO	#1 Howard (Md.) CC{3	23.47m	77-0	3/16
3/16				W _O	men's Javelin			
3/23			c : L HEDGET				04.0	2/22
3/16	1	3	Cassidy HERGET	FR	#2 Mineral Area (Mc	28.85m	94-8	3/23
3/16	2	4	Rashelle BUYNUM	SO	#1 Howard (Md.) CC	25.83m	84-9	3/16

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

WOMEN — 2024 Week #1, March 25



East

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

		W	om	en'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
		W	om	en'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
		W	om	en's 400 Meters			
1	2	Emily MURROW	FR	#1 RCSJ Gloucester	1:21.93		3/2
		W	om	en'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)			3/16
			om <i>e</i>	en'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]			3/16
3	5	Alexandra CAMPO		#1 RCSJ Gloucester(3)			3/2
			m	en's 4x100 Relay			0,2
1	1	Emma Harverson, Emily Murrow,	,,,,,	#1 RCSJ Gloucester	59.66		3/16
		Susana Serrano,					
		Susana Serrano, Francesca Maccarone	om	on's High Jumn			
1	3	Susana Serrano, Francesca Maccarone		en's High Jump	1.35m	4-5	3/16
1	3	Susana Serrano, Francesca Maccarone W Emma HARVERSON	FR	#1 RCSJ Gloucester	1.35m	4-5	3/16
		Susana Serrano, Francesca Maccarone W Emma HARVERSON	FR	#1 RCSJ Gloucester en's Long Jump			
1	3	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE	FR OM	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech	1.35m 4.68m	4-5 15-4¼ (-0.9)	
1	4	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE	FR om	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump	4.68m	15-4¼ (-0.9)	3/16
		Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE W Emma HARVERSON	FR om ome	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester			3/16
1	4	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE W Emma HARVERSON	FR om ome	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put	4.68m 8.62m	15-4¼ (-0.9) 28-3½ (-2.4)	3/16
1	1	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE W Emma HARVERSON	om om om FR Vor	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech	4.68m 8.62m 12.39m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾	3/16 3/2 3/16
1 1 2	1 2	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE W Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN	FR om ome	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County	4.68m 8.62m 12.39m 11.03m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼	3/16 3/2 3/16 3/16
1 1 1 2 3	1 2 3	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS	ome ome FR Von	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech [2]	4.68m 8.62m 12.39m 11.03m 10.64m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11	3/16 3/2 3/16 3/16 3/16
1 1 2 3 4	1 1 2 3	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS Kara KNORR	om om om FR Vor	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech{2} #1 RCSJ Gloucester	4.68m 8.62m 12.39m 11.03m 10.64m 10.28m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11 33-8¾	3/16 3/16 3/16 3/16 3/16
1 1 1 2 3	1 2 3	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS	ome ome FR Von	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech [2]	4.68m 8.62m 12.39m 11.03m 10.64m 10.28m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11	3/16 3/2 3/16 3/16 3/16
1 1 2 3 4	1 1 2 3	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS Kara KNORR Makeda	ome ome FR Von	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech{2} #1 RCSJ Gloucester	4.68m 8.62m 12.39m 11.03m 10.64m 10.28m 9.71m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11 33-8¾	3/16 3/16 3/16 3/16 3/16
1 1 2 3 4 5	1 1 2 3 4 6	Susana Serrano, Francesca Maccarone W Emma HARVERSON Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS Kara KNORR Makeda CHRISTOPHER	FR OM FR Vor SO JR	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech{2} #1 RCSJ Gloucester #2 Springfield Tech{3}	4.68m 8.62m 12.39m 11.03m 10.64m 10.28m 9.71m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11 33-8¾ 31-10¼	3/16 3/16 3/16 3/16 3/16 3/16
1 1 2 3 4 5	1 1 2 3 4 6	Susana Serrano, Francesca Maccarone W Emma HARVERSON Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS Kara KNORR Makeda CHRISTOPHER	FR OM FR Vor SO JR	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech #3 RCSJ Gloucester #2 Springfield Tech #3 Camden County #2 Springfield Tech #3 Camden County #3 Camden County {2}	4.68m 8.62m 12.39m 11.03m 10.64m 10.28m 9.71m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11 33-8¾ 31-10¼	3/16 3/16 3/16 3/16 3/16 3/16
1 1 2 3 4 5	1 1 2 3 4 6	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS Kara KNORR Makeda CHRISTOPHER Abigail SORIANO	FR OM FR Wor SO JR FR Wo	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester nen's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech{2} #1 RCSJ Gloucester #2 Springfield Tech{3} #3 Camden County {2} omen's Discus	4.68m 8.62m 12.39m 11.03m 10.64m 10.28m 9.71m 6.20m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11 33-8¾ 31-10¼ 20-4¼	3/16 3/16 3/16 3/16 3/16 3/16 3/16
1 1 2 3 4 5	1 1 2 3 4 6	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS Kara KNORR Makeda CHRISTOPHER Abigail SORIANO Kayla FRANKLIN Kara KNORR	FR OM FR SO JR FR Word SO JR	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech {2} #1 RCSJ Gloucester #2 Springfield Tech {3} #3 Camden County {2} men's Discus #3 Camden County	4.68m 8.62m 12.39m 11.03m 10.64m 10.28m 9.71m 66.20m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11 33-8¾ 31-10¼ 20-4¼	3/16 3/16 3/16 3/16 3/16 3/16 3/16
1 1 2 3 4 5	1 1 2 3 4 6	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS Kara KNORR Makeda CHRISTOPHER Abigail SORIANO Kayla FRANKLIN Kara KNORR	FR OM FR SO JR FR Word SO JR	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech {2} #1 RCSJ Gloucester #2 Springfield Tech {3} #3 Camden County {2} men's Discus #3 Camden County #3 Camden County	4.68m 8.62m 12.39m 11.03m 10.64m 10.28m 9.71m 66.20m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11 33-8¾ 31-10¼ 20-4¼	3/16 3/16 3/16 3/16 3/16 3/16 3/16
1 1 2 3 4 5	1 2 3 4 6	Susana Serrano, Francesca Maccarone W Emma HARVERSON W Dejoue SEBASTINE Emma HARVERSON Savianna JOSEPH Kayla FRANKLIN Romeena DAVIS Kara KNORR Makeda CHRISTOPHER Abigail SORIANO Kayla FRANKLIN Kara KNORR	FR Words SO JR WOOD	#1 RCSJ Gloucester en's Long Jump #2 Springfield Tech en's Triple Jump #1 RCSJ Gloucester men's Shot Put #2 Springfield Tech #3 Camden County #2 Springfield Tech {2} #1 RCSJ Gloucester #2 Springfield Tech {3} #3 Camden County {2} omen's Discus #3 Camden County #1 RCSJ Gloucester #2 RCSJ Gloucester	4.68m 8.62m 12.39m 11.03m 10.64m 10.28m 9.71m 6.20m 34.59m 30.30m	15-4¼ (-0.9) 28-3½ (-2.4) 40-7¾ 36-2¼ 34-11 33-8¾ 31-10¼ 20-4¼ 113-6 99-5	3/16 3/2 3/16 3/16 3/16 3/16 3/16 3/16 3/16