

National TFRI Team Summary



as of 4/9/24 6:54 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2024 Week #3, April 10

1

Harper (Ill.)

Region 4

unch

LW: 1

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	4	Svetlozara UVAKOVA	SO	12.87 (0.7)	3/29/24	24	2.44	26.44
► 100m	10	Perla VARGAS	FR	13.55 (0.4)	3/29/24	12	0.97	12.97
► 100m	11	Zoe PAVLU	FR	13.63w (3.0)	4/6/24	10	0.88	10.88
► 100H	1	Chloe WINTERGERST	SO	16.73 (1.7)	4/6/24	30	7.55	37.55
► 100H	2	Lucia SANCHEZ SCRIVEN	FR	17.64 (1.9)	3/29/24	28	4.61	32.61
► 200m	8	Svetlozara UVAKOVA	SO	28.20 (-2.9)	4/6/24	16	1.30	17.30
► 200m	16	Perla VARGAS	FR	28.96 (-2.9)	4/6/24	5	0.70	5.70
► 200m	18	Zoe PAVLU	FR	29.06 (0.3)	3/29/24	4	0.65	4.65
► 200m	22	Kasey LEDINSKY	FR	29.70 (1.0)	3/29/24	2	0.30	TM-4
► 200m	35	Lucia SANCHEZ SCRIVEN	FR	31.09 (1.2)	3/29/24	0.45	0.00	TM-5
► 400m	2	Araxi BOGHOSSIAN	SO	1:01.90	4/6/24	28	3.12	31.12
► 400H	1	Chloe WINTERGERST	SO	1:14.04	4/6/24	30	3.53	33.53
► 400H	2	Kasey LEDINSKY	FR	1:14.73	4/6/24	28	3.06	31.06
► 400H	7	Lucia SANCHEZ SCRIVEN	FR	1:22.21	4/6/24	D 2	0.32	2.32
► 800m	1	Lilly ALBERTS	SO	2:10.81	3/29/24	30	7.26	37.26
► 800m	2	Melanie KEHR	SO	2:35.08	4/6/24	28	2.12	30.12
► 800m	3	Brianna RUIZ	SO	2:35.85	4/6/24	26	1.98	27.98
► 800m	4	Kaili DECKER	SO	2:36.17	3/29/24	24	1.92	TM-4
► 1500m	1	Lilly ALBERTS	SO	4:40.25	4/6/24	30	3.85	33.85
► 1500m	5	Isabela WOJCIEKOWSKI	FR	5:16.56	3/29/24	D 2	1.75	3.75
► 1500m	7	Claudia WOJCIEKOWSKI	FR	5:23.17	3/29/24	D 2	1.51	3.51
► 1500m	8	Kaili DECKER	SO	5:26.35	4/6/24	16	1.40	TM-4
► 1500m	19	Danielle GIOVENCO	SO	5:56.50	3/29/24	3.5	0.82	TM-5
► 1500m	28	Teresa PUCHALSKI	FR	8:21.35	4/6/24	0.8	0.00	TM-6
► 5000m	1	Isabela WOJCIEKOWSKI	FR	19:29.32	3/29/24	30	4.96	34.96
► 5000m	3	Claudia WOJCIEKOWSKI	FR	19:43.24	3/29/24	26	3.93	29.93
► 10,000m	2	Isabela WOJCIEKOWSKI	FR	42:33.58	4/6/24	28	3.68	31.68
► 10,000m	3	Claudia WOJCIEKOWSKI	FR	43:30.43	4/6/24	26	2.51	28.51
► 10,000m	8	Danielle GIOVENCO	SO	46:56.99	4/6/24	16	0.25	16.25
► 4x100	2	Araxi Boghossian, Perla Vargas, Svetlozara Uvakova, Lily Wintergerst		51.71	3/29/24	28	2.76	30.76
► 4x400	1	Araxi Boghossian, Svetlozara Uvakova, Kasey Ledinsky, Lilly Alberts		4:14.18	4/6/24	30	7.57	37.57
► HJ	7	Kasey LEDINSKY	FR	1.41m 4-7½	4/6/24	D 2	1.43	3.43
► HJ	12	Chloe WINTERGERST	SO	1.33m 4-4¼	3/29/24	D 2	0.00	2.00
► HJ	13	Rose WAGNER	FR	1.28m 4-2¼	3/29/24	D 2	0.00	2.00
► PV	1	Lily WINTERGERST	SO	3.05m 10-0	3/29/24	30	6.34	36.34

1

Harper (Ill.)

Region 4

unch

LW: 1

[illegible]

National TFRI Team Summary



as of 4/9/24 6:54 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2024 Week #3, April 10

2

Mineral Area (Mo.)

Region 16

unch

LW: 2

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	2	Amaya RIQUE	FR	12.60 (2.0)	4/6/24	28	3.36	31.36
► 100m	19	Felicity KESTER	FR	13.96 (-1.7)	4/6/24	3.5	0.52	4.02
► 100H	3	Kenleigh LANGE	FR	17.99 (0.2)	4/6/24	26	3.56	29.56
► 200m	2	Amaya RIQUE	FR	26.56w (3.6)	3/30/24	28	4.00	32.00
► 200m	11	Felicity KESTER	FR	28.60 (1.4)	3/23/24	10	0.91	10.91
► 400H	3	Kiera FINN	SO	1:15.16	4/6/24	26	2.78	28.78
► 800m	7	Celeste SANSEGRAW	FR	2:41.24	4/6/24	D 2	1.26	3.26
► 800m	8	Kiera FINN	SO	2:41.26	3/30/24	16	1.26	17.26
► 800m	10	Janson KING	FR	2:42.95	4/6/24	12	1.07	13.07
► 800m	12	Riley PETSCH	SO	2:46.16	4/6/24	D 2	0.88	TM-4
► 800m	14	Aubree JONES	FR	2:49.00	4/6/24	7	0.73	TM-5
► 800m	24	Melayna BROWN	SO	3:01.55	3/30/24	1	0.09	TM-6
► 1500m	4	Celeste SANSEGRAW	FR	5:16.42	4/6/24	24	1.76	25.76
► 1500m	9	Riley PETSCH	SO	5:29.71	4/6/24	D 2	1.29	3.29
► 1500m	22	Melayna BROWN	SO	6:09.30	4/6/24	2	0.62	2.62
► 5000m	6	Riley PETSCH	SO	20:47.26	3/23/24	20	1.22	21.22
► 5000m	7	Abigail DEAN	SO	20:47.27	3/23/24	18	1.22	19.22
► 10,000m	5	Celeste SANSEGRAW	FR	45:16.53	3/29/24	22	1.19	23.19
► 10,000m	6	Abigail DEAN	SO	45:54.52	3/29/24	20	0.83	20.83
► 10,000m	7	Riley PETSCH	SO	46:11.55	3/29/24	18	0.67	18.67
► 4x100	5	Amaya Rique, Kayden Gibson, Kenleigh Lange, Felicity Kester		54.42	4/6/24	22	1.97	23.97
► HJ	1	Cassidy HERGET	FR	1.55m 5-1	4/6/24	30	6.73	36.73
► HJ	11	Kenleigh LANGE	FR	1.35m 4-5	3/23/24	10	0.00	10.00
► PV	3	Kaydence GIBSON	FR	2.60m 8-6¼	3/23/24	26	0.35	26.35
► JAV	4	Cassidy HERGET	FR	28.85m 94-8	3/23/24	24	3.36	27.36
MINERAL AREA (MO.) TFRI Team Total								441.11

3

Suffolk County (N.Y.) CC

Region 15

LW: 4

Event	NQR	Athlete	Yr	Season Qual. Best		Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season										
▶ 100m	15	Amanda MANNINO	JR	13.76	(1.3)	3/30/24	6	0.74	6.74	
▶ 100m	20	Catherine SHAW	SO	14.01	(0.1)	3/30/24	D 2	0.47	2.47	
▶ 100m	28	Tasheyana RICHARDS	FR	14.61	(-3.6)	4/7/24	0.8	0.00	0.80	
▶ 200m	10	Amanda MANNINO	JR	28.51	(1.4)	3/30/24	12	0.96	12.96	
▶ 200m	14	Catherine SHAW	SO	28.62	(0.3)	3/30/24	7	0.90	7.90	
▶ 200m	15	Kayla COQ	FR	28.90	(-2.6)	4/7/24	6	0.74	6.74	
▶ 200m	19	Ruth GONZALEZ	FR	29.12	(1.8)	3/30/24	3.5	0.61	TM-4	
▶ 400m	7	Catherine SHAW	SO	1:07.78		4/7/24	18	1.42	19.42	
▶ 800m	5	Ruth GONZALEZ	FR	2:36.21		3/30/24	22	1.91	23.91	
▶ 1500m	3	Brenin MAHON	SO	5:11.15		4/7/24	26	2.00	28.00	
▶ 1500m	23	Brooke RONCA	FR	6:48.53		3/1/24	1.5	0.09	1.59	
▶ 5000m	8	Brenin MAHON	SO	21:11.44		3/30/24	16	0.42	16.42	
▶ 5000m	11	Brooke RONCA	FR	24:30.89		4/7/24	10	0.00	10.00	
▶ 5000m	12	Aine MCELHINNEY	FR	24:56.63		4/7/24	9	0.00	9.00	
▶ 4x400	3	Ruth Gonzalez, Brenin Mahon, Catherine Shaw, Amanda Mannino		4:25.90		4/7/24	26	1.35	27.35	
▶ 4x800	2	Brenin Mahon, Brooke Ronca, Ruth Gonzalez, Malia Fowler		12:07.61		3/1/24	28	1.48	29.48	
▶ HJ	5	Malia FOWLER	SO	1.42m	4-7¾	3/30/24	22	1.75	23.75	
▶ LJ	3	Kayla COQ	FR	4.92m	16-1¾ (0.8)	4/7/24	26	3.73	29.73	
▶ LJ	11	Malia FOWLER	SO	4.45m	14-7¼ (-1.7)	3/30/24	10	0.00	10.00	
▶ LJ	13	Tasheyana RICHARDS	FR	4.30m	14-1¼ (0.1)	4/7/24	8	0.00	8.00	
▶ LJ	16	Aaliyah SHORTER	FR	4.09m	13-5 (-0.4)	3/30/24	D 2	0.00	TM-4	
▶ SP	7	Madison GRANT	FR	9.73m	31-11¼	4/7/24	D 2	2	1.48	3.48
▶ SP	11	Aaliyah SHORTER	SO	9.11m	29-10¾	3/1/24	10	1.17	11.17	
▶ SP	14	Malia FOWLER	SO	8.39m	27-6½	3/30/24	D 2	0.86	2.86	
▶ DISC	3	Madison GRANT	FR	32.14m	105-6	3/30/24	26	3.45	29.45	
▶ DISC	8	Aaliyah SHORTER	SO	26.85m	88-1¼	4/7/24	16	0.16	16.16	
▶ DISC	11	Juliah TRIANA	SO	23.25m	76-3½	3/30/24	10	0.00	10.00	
▶ JAV	5	Madison GRANT	FR	28.67m	94-¾	3/30/24	22	3.21	25.21	
▶ JAV	11	Aaliyah SHORTER	SO	24.12m	79-1¾	4/7/24	D 2	0.00	2.00	
▶ JAV	15	Malia FOWLER	SO	20.03m	65-8¾	4/7/24	D 2	0.00	2.00	
▶ JAV	16	Juliah TRIANA	SO	19.17m	62-10¾	4/7/24	5	0.00	TM-4	
SUFFOLK COUNTY (N.Y.) CC TFRI Team Total									387.70	

National TFRI Team Summary



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WOMEN — 2024 Week #3, April 10

4

DuPage (Ill.)

Region 4

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	1	Patrycja KARPIESIUK	SO	12.49w (3.0)	4/6/24	30	3.76	33.76
▶ 100m	14	Fonida KHAMISSI	FR	13.71 (1.9)	4/6/24	7	0.79	7.79
▶ 100m	18	Chakhia JENKINS HICK	FR	13.95 (1.8)	4/6/24	4	0.53	4.53
▶ 100m	21	Caliah THOMAS	FR	14.11 (1.1)	4/6/24	2.5	0.37	TM-4
▶ 100m	24	Delmareah WILLIS	FR	14.33 (1.6)	4/6/24	1	0.14	TM-5
▶ 200m	1	Patrycja KARPIESIUK	SO	26.06 (-1.7)	4/6/24	30	4.97	34.97
▶ 200m	9	Molly MORRIS	FR	28.21 (-0.8)	4/6/24	D 2	1.29	3.29
▶ 200m	12	Fonida KHAMISSI	FR	28.61 (-1.3)	4/6/24	9	0.90	9.90
▶ 400m	1	Ellie LOGSDON	FR	57.98	4/6/24	30	4.66	34.66
▶ 400m	3	Molly MORRIS	FR	1:04.41	4/6/24	26	2.24	28.24
▶ 800m	6	Carmen SOLIS	FR	2:36.33	4/6/24	20	1.89	21.89
▶ 800m	28	Bianca NUNEZ	FR	3:02.95	4/6/24	0.8	0.02	0.82
▶ 800m	29	Christina ROCHEL	FR	3:03.56	4/6/24	0.75	0.00	0.75
▶ Steeple	3	Bianca NUNEZ	FR	15:21.83	4/6/24	26	0.44	26.44
▶ 5000m	2	Carmen SOLIS	FR	19:38.73	4/6/24	28	4.26	32.26
▶ 4x100	1	Molly Morris, Ellie Logsdon, Fonida Khamissi, Patrycja Karpiesiuk		50.01	4/6/24	30	3.42	33.42
▶ 4x400	2	Ellie Logsdon, Carmen Solis, Chakhia Jenkins Hick, Patrycja Karpiesiuk		4:20.39	4/6/24	28	4.20	32.20
▶ HJ	4	Patrycja KARPIESIUK	SO	1.46m 4-9½	4/6/24	D 2	3.06	5.06
▶ LJ	4	Molly MORRIS	FR	4.84m 15-10½ (1.9)	4/6/24	24	1.41	25.41
▶ SP	15	Teegan ROACH	FR	8.25m 27-¾	4/6/24	D 2	0.79	2.79
▶ DISC	13	Teegan ROACH	FR	19.46m 63-10¼	4/6/24	8	0.00	8.00
▶ HT	7	Teegan ROACH	FR	23.74m 77-10¾	4/6/24	18	1.57	19.57
DUPAGE (ILL.) TFRI Team Total								369.78

DUPAGE (ILL.) TFRI Team Total 369.78

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RCSJ Gloucester (N.J.)

Region 19

LW: 3

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	31	Emily MURROW	FR	14.86 (1.3)	3/16/24	0.65	0.00	0.65
▶ 100m	42	Emma HARVERSON	FR	15.60 (-1.2)	3/30/24	0.2	0.00	0.20
▶ 200m	28	Emily MURROW	FR	30.78 (-2.4)	3/30/24	0.8	0.00	0.80
▶ 400m	11	Susana SERRANO	SO	1:09.84	3/30/24	10	1.11	11.11
▶ 400m	22	Emma HARVERSON	FR	1:17.65	4/6/24	2	0.35	2.35
▶ 400m	23	Francesca MACCARONE	FR	1:19.93	4/6/24	1.5	0.15	1.65
▶ 400m	25	Emily MURROW	FR	1:21.93	3/2/24	0.95	0.00	TM-4
▶ 800m	11	Courtney O'HARA		2:45.48	3/30/24	10	0.92	10.92
▶ 800m	13	Mackenzie COCHRAN	SO	2:48.97	3/30/24	8	0.73	8.73
▶ 800m	17	Susana SERRANO	SO	2:51.83	3/16/24	4.5	0.57	5.07
▶ 800m	21	Alexandra CAMPO		2:53.90	3/16/24	2.5	0.47	TM-4
▶ 1500m	14	Courtney O'HARA		5:46.39	3/2/24	7	0.99	7.99
▶ 1500m	16	Alexandra CAMPO		5:49.91	3/30/24	5	0.93	5.93
▶ 1500m	20	Mackenzie COCHRAN	SO	5:59.24	3/16/24	3	0.78	3.78
▶ 4x100	6	Emma Harverson, Francesca Maccarone, Emily Murrow, Susana Serrano		58.49	3/30/24	20	1.26	21.26
▶ 4x400	5	Mackenzie Cochran, Emma Harverson, Emily Murrow, Susana Serrano		4:46.70	3/30/24	22	0.00	22.00
▶ 4x800	1	Alexandra Campo, Mackenzie Cochran, Courtney O'Hara, Susana Serrano		11:21.67	3/30/24	30	3.81	33.81
▶ HJ	5	Emma HARVERSON	FR	1.42m 4-7¾	3/30/24	22	1.75	23.75
▶ TJ	6	Emma HARVERSON	FR	8.62m 28-3½ (-2.4)	3/2/24	20	0.00	20.00
▶ SP	5	Kara KNORR	JR	10.28m 33-8¾	3/16/24	D 2	1.89	3.89
▶ DISC	5	Kara KNORR	JR	30.66m 100-7	4/6/24	D 2	2.42	4.42
▶ DISC	7	Sophia DUNNING	FR	28.49m 93-5¾	3/30/24	D 2	1.13	3.13
▶ DISC	19	Grace WAHL	FR	14.42m 47-3¾	4/6/24	3.5	0.00	3.50
▶ HT	1	Kara KNORR	JR	37.31m 122-5	4/6/24	30	4.55	34.55
▶ HT	6	Sophia DUNNING	FR	24.47m 80-3½	4/6/24	20	1.69	21.69
▶ JAV	1	Kara KNORR	JR	33.06m 108-6	3/30/24	30	9.14	39.14
▶ JAV	6	Sophia DUNNING	FR	25.98m 85-3	3/30/24	20	0.97	20.97
▶ JAV	12	Grace WAHL	FR	22.41m 73-6¼	3/30/24	9	0.00	9.00

RCSJ GLOUCESTER (N.J.) TFR1 Team Total 324.22



National TFRI Team Summary



WOMEN — 2024 Week #3, April 10

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Joliet (Ill.) JC

Region 4



1

LW: 7

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	8	Regan FURMANKIEWICZ	FR	13.34 (0.7)	3/29/24	16	1.35	17.35
▶ 100H	5	Kayla WILLIAMS	SO	19.33 (2.0)	4/6/24	22	1.36	23.36
▶ 100H	9	Brooklyn STUCKEY	FR	20.59 (1.6)	4/6/24	14	0.00	14.00
▶ 200m	6	Regan FURMANKIEWICZ	FR	28.13 (0.6)	3/29/24	20	1.38	21.38
▶ 200m	23	Adrienne KARPEN	SO	29.75 (1.0)	3/29/24	1.5	0.27	1.77
▶ 200m	24	Meg SUKLEY	SO	29.96 (1.0)	3/29/24	1	0.16	1.16
▶ 400m	8	Adrienne KARPEN	SO	1:07.86	4/6/24	16	1.40	17.40
▶ 400m	10	Regan FURMANKIEWICZ	FR	1:08.75	4/6/24	D 2	1.24	3.24
▶ 400m	14	Meg SUKLEY	SO	1:10.07	4/6/24	7	1.09	8.09
▶ 400H	5	Kayla WILLIAMS	SO	1:16.56	4/6/24	22	2.07	24.07
▶ 800m	15	Emma CECICH	SO	2:49.21	4/6/24	D 2	0.71	2.71
▶ 1500m	13	Emma CECICH	SO	5:46.13	4/6/24	8	0.99	8.99
▶ Steeple	1	Emma CECICH	SO	14:04.07	3/29/24	30	4.51	34.51
▶ 4x100	3	Meg Sukley, Regan Furmankiewicz, Adrienne Karpen, Kayla Williams		52.74	4/6/24	26	2.39	28.39
▶ 4x400	6	Meg Sukley, Kayla Williams, Adrienne Karpen, Regan Furmankiewicz		4:52.73	4/6/24	20	0.00	20.00
▶ HJ	8	Brooklyn STUCKEY	FR	1.38m 4-6¼	3/29/24	16	0.45	16.45
▶ SP	3	Nikiya ROBERTSON	FR	10.91m 35-9½	3/29/24	26	2.39	28.39
▶ SP	17	Fallon HAMILTON	SO	8.04m 26-4½	3/29/24	4.5	0.70	5.20
▶ DISC	16	Fallon HAMILTON	SO	17.66m 57-11¼	3/29/24	5	0.00	5.00

JOLIET (ILL.) JC TFRI Team Total

281.46

7

Queensborough (N.Y.) CC

Region 15



3

LW: 10

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	27	Julianne COSSIN	FR	14.52 (0.0)	3/1/24	0.85	0.00	0.85
▶ 100m	35	Medina SCRIBNER	FR	15.27 (-2.0)	4/7/24	0.45	0.00	0.45
▶ 100m	36	Kayla HERNANDEZ	FR	15.38 (-1.4)	4/7/24	0.4	0.00	0.40
▶ 100m	46	Sheila DA SLVA	FR	16.24 (-2.1)	4/7/24	0.1	0.00	TM-4
▶ 100H	10	Emely PALACIOS	FR	23.26 (-1.5)	4/7/24	12	0.00	12.00
▶ 200m	30	Julianne COSSIN	FR	30.82 (-1.9)	4/7/24	0.7	0.00	0.70
▶ 400m	9	Medina SCRIBNER	FR	1:08.33	3/30/24	14	1.30	15.30
▶ 400m	15	Julianne COSSIN	FR	1:10.94	4/7/24	6	1.00	7.00
▶ 400m	18	Kayla HERNANDEZ	FR	1:14.14	4/7/24	4	0.67	4.67
▶ 400m	26	Vicki YE	FR	1:29.68	4/7/24	0.9	0.00	TM-4
▶ 400H	8	Medina SCRIBNER	FR	1:22.50	3/24/24	16	0.24	16.24
▶ 800m	25	Medina SCRIBNER	FR	3:01.96	4/7/24	0.95	0.07	1.02
▶ 800m	32	Manar ELNOOR	FR	3:07.27	4/7/24	0.6	0.00	0.60
▶ 1500m	27	Shu Qi YANG	FR	7:49.90	3/24/24	0.85	0.00	0.85
▶ Steeple	4	Manar ELNOOR	FR	15:34.07	4/7/24	24	0.00	24.00
▶ Steeple	5	Shu Qi YANG	FR	19:25.76	4/7/24	22	0.00	22.00
▶ 4x100	7	Sheila Da Slva, Kayla Hernandez, Medina Scribner, Julianne Cossin		1:00.68	4/7/24	18	0.91	18.91
▶ 4x400	7	Julianne Cossin, Kayla Hernandez, Sheila Da Slva, Medina Scribner		4:57.11	3/1/24	18	0.00	18.00
▶ 4x800	3	Manar Elnoor, Julianne Cossin, Sheila Da Slva, Shu Qi Yang		12:32.69	3/1/24	26	0.33	26.33
▶ HJ	14	Emely PALACIOS	FR	1.25m 4-1¼	4/7/24	7	0.00	7.00
▶ HJ	14	Sheila DA SLVA	FR	1.25m 4-1¼	4/7/24	7	0.00	7.00
▶ LJ	14	Julianne COSSIN	FR	4.26m 13-11¾ (0.1)	4/7/24	7	0.00	7.00
▶ LJ	18	Sheila DA SLVA	FR	4.03m 13-2¾ (0.6)	4/7/24	4	0.00	4.00
▶ LJ	19	Ange COMPERE	SO	4.00mw 13-1½ (2.5)	4/7/24	D 2	0.00	2.00
▶ SP	19	Ange COMPERE	SO	7.84m 25-8¾	3/1/24	3.5	0.61	4.11
▶ SP	22	Isabel TORRES	FR	7.32m 24-¼	3/24/24	2	0.38	2.38
▶ SP	23	Emely PALACIOS	FR	6.80m 22-3¾	4/7/24	1.5	0.15	1.65
▶ HT	9	Ange COMPERE	SO	14.58m 47-10	4/7/24	14	0.00	14.00
▶ JAV	17	Emely PALACIOS	FR	17.16m 56-3¾	4/7/24	D 2	0.00	2.00
▶ JAV	18	Ange COMPERE	SO	16.70m 54-9½	4/7/24	D 2	0.00	2.00
▶ JAV	20	Isabel TORRES	FR	15.11m 49-7	3/24/24	3	0.00	3.00

QUEENSBOROUGH (N.Y.) CC TFRI Team Total

226.47



USTFCCA NJCAA Division III Outdoor Track & Field

National TFRI Team Summary



as of 4/9/24 6:54 AM ET

Only those who score >0.01 pts are shown
D denotes multiple-event rule in affect

WOMEN — 2024 Week #3, April 10

8

Finger Lakes (N.Y.) CC

Region 3



1

LW: 9

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	5	Trinity ORTIZ	SO	12.95w (2.2)	4/7/24	D 2	2.25	4.25
▶ 100H	8	Juliette VENTURA	SO	20.19w (3.6)	4/7/24	16	0.25	16.25
▶ 200m	5	Trinity ORTIZ	SO	27.97 (-1.4)	3/30/24	D 2	1.57	3.57
▶ 200m	37	Juliette VENTURA	SO	31.49 (-1.1)	3/30/24	0.35	0.00	0.35
▶ 400m	17	Grace HOLMES	FR	1:13.17	3/30/24	4.5	0.77	5.27
▶ 800m	20	Megan CALDER	FR	2:53.54	4/7/24	3	0.48	3.48
▶ 800m	27	Morgan CHENEY	SO	3:02.68	4/7/24	0.85	0.03	0.88
▶ 800m	31	Juliette VENTURA	SO	3:06.53	4/7/24	0.65	0.00	0.65
▶ 1500m	17	Megan CALDER	FR	5:52.34	4/7/24	4.5	0.89	5.39
▶ 1500m	18	Morgan CHENEY	SO	5:56.42	4/7/24	4	0.82	4.82
▶ Steeple	2	Morgan CHENEY	SO	14:05.46	3/30/24	28	4.43	32.43
▶ HJ	3	Trinity ORTIZ	SO	1.54m 5-½	4/7/24	26	6.11	32.11
▶ HJ	10	Juliette VENTURA	SO	1.36m 4-5½	4/7/24	12	0.00	12.00
▶ PV	5	Grace HOLMES	FR	2.20m 7-2½	4/7/24	22	0.00	22.00
▶ LJ	1	Trinity ORTIZ	SO	5.21m 17-1¼ (0.0)	3/30/24	30	14.09	44.09
▶ LJ	20	Grace HOLMES	FR	3.96m 13-0 (0.3)	3/30/24	D 2	0.00	2.00
▶ SP	12	Phallon RIVERA	FR	8.81m 28-11	4/7/24	9	1.04	10.04
▶ SP	18	Juliette VENTURA	SO	7.89m 25-10¾	3/30/24	D 2	0.64	2.64
▶ DISC	10	Phallon RIVERA	FR	24.57m 80-7½	3/30/24	12	0.00	12.00
▶ JAV	13	Juliette VENTURA	SO	22.04m 72-3¾	3/30/24	D 2	0.00	2.00
▶ JAV	21	Morgan CHENEY	SO	14.92m 48-11½	3/30/24	D 2	0.00	2.00

FINGER LAKES (N.Y.) CC TFRI Team Total

218.21

9

Mohawk Valley (N.Y.) CC

Region 3



1

LW: 8

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	9	Jacey HINDS	FR	13.44 (1.0)	3/30/24	14	1.13	15.13
▶ 100m	16	Olga AKHRENMENKO	SO	13.77w (3.4)	4/6/24	5	0.73	5.73
▶ 100m	23	Sydney HIGHT	FR	14.13w (3.4)	4/6/24	1.5	0.35	1.85
▶ 200m	7	Jacey HINDS	FR	28.17 (0.6)	3/30/24	18	1.33	19.33
▶ 200m	26	Olga AKHRENMENKO	SO	30.21 (0.6)	3/30/24	0.9	0.03	0.93
▶ 400m	12	Marlee SHAFER	FR	1:09.89	4/6/24	9	1.11	10.11
▶ 400H	4	Breanne MILLSON	SO	1:15.89	3/30/24	24	2.30	26.30
▶ 800m	9	Lauren SUPPE	FR	2:41.94	4/6/24	14	1.18	15.18
▶ 800m	22	Tessie SHAFER	FR	2:54.10	4/6/24	2	0.45	2.45
▶ 800m	23	Marlee SHAFER	FR	2:57.79	3/30/24	1.5	0.27	1.77
▶ 1500m	10	Lauren SUPPE	FR	5:31.88	4/6/24	12	1.25	13.25
▶ 1500m	15	Tessie SHAFER	FR	5:48.54	4/6/24	6	0.95	6.95
▶ 4x100	4	Sydney Hight, Olga Akhremenko, Breanne Millson, Jacey Hinds		53.27	4/6/24	24	2.20	26.20
▶ 4x400	4	Marlee Shafer, Tessie Shafer, Lauren Suppe, Breanne Millson		4:44.42	4/6/24	24	0.00	24.00
▶ LJ	10	Breanne MILLSON	SO	4.46m 14-7¾ (0.8)	4/6/24	12	0.00	12.00
▶ SP	20	Prayz'ah BRUMFIELD	FR	7.79m 25-6¾	4/6/24	3	0.59	3.59
▶ SP	29	Cheryl BIELBY	SO	4.95m 16-3	4/6/24	0.75	0.00	0.75
▶ DISC	15	Prayz'ah BRUMFIELD	FR	19.36m 63-6¼	4/6/24	6	0.00	6.00
▶ DISC	17	Cheryl BIELBY	SO	17.17m 56-4	4/6/24	4.5	0.00	4.50
▶ JAV	22	Cheryl BIELBY	SO	14.57m 47-9¾	3/30/24	2	0.00	2.00

MOHAWK VALLEY (N.Y.) CC TFRI Team Total

198.02

National TFRI Team Summary



as of 4/9/24 6:54 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2024 Week #3, April 10

10

Hudson Valley (N.Y.) CC

Region 3



4

LW: 6

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	7	Dava MARCIL	FR	19.91 (-1.3)	3/23/24	18	0.60	18.60
▶ 400m	13	Taiwo OMOYA		1:10.02	3/23/24	8	1.10	9.10
▶ 400H	6	Olivia SKYLSTAD	JR	1:20.90	3/23/24	20	0.70	20.70
▶ 800m	19	Olivia SKYLSTAD	JR	2:52.79	3/23/24	3.5	0.52	4.02
▶ 800m	36	Rebecca SEITER	FR	3:30.91	3/23/24	0.4	0.00	0.40
▶ 5000m	9	Laurel TICER	SO	22:15.66	3/23/24	14	0.00	14.00
▶ 5000m	10	Rebecca MARTIN	FR	22:15.80	3/23/24	12	0.00	12.00
▶ SP	6	Siri SORENSON	FR	9.90m 32-5¾	3/23/24	20	1.61	21.61
▶ SP	9	Iamies HASSAN	FR	9.65m 31-8	3/23/24	14	1.42	15.42
▶ HT	8	Jessica SLINGERLAND	FR	14.73m 48-4	3/23/24	16	0.03	16.03
▶ HT	10	Angelica SLINGERLAND	FR	13.89m 45-7	3/23/24	12	0.00	12.00
▶ JAV	3	Jessica SLINGERLAND	FR	30.07m 98-8	3/23/24	26	4.58	30.58
▶ JAV	14	Angelica SLINGERLAND	FR	21.09m 69-2½	3/23/24	7	0.00	7.00

HUDSON VALLEY (N.Y.) CC TFR/ Team Total	181.46
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11

Springfield Tech (Mass.) CC

Region 21

unch

LW: 11

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	3	Amia TODMAN		12.70 (-1.0)	3/16/24	26	3.00	29.00
► 100m	7	Macayla LOGAN		13.22 (-1.3)	3/16/24	18	1.62	19.62
► 200m	3	Macayla LOGAN		27.46 (0.2)	3/16/24	26	2.33	28.33
► LJ	9	Dejoue SEBASTINE		4.68m 15-4¼ (-0.9)	3/16/24	14	0.00	14.00
► SP	1	Savianna JOSEPH		12.39m 40-7¾	3/16/24	30	3.87	33.87
► SP	4	Romeena DAVIS		10.64m 34-11	3/16/24	24	2.16	26.16
► SP	8	Makeda CHRISTOPHER		9.71m 31-10¼	3/16/24	16	1.47	17.47

SPRINGFIELD TECH (MASS.) CC TFR1 Team Total	168.45
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12

SUNY Broome CC

Region 3



1

LW: 13

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	43	Riley PRECOURT	FR	15.81 (0.1)	3/30/24	0.175	0.00	0.18
▶ 100H	4	Ava SCHIFF	FR	19.06w (2.7)	4/6/24	24	1.73	25.73
▶ 200m	38	Ava SCHIFF	FR	32.06 (-1.4)	3/30/24	0.3	0.00	0.30
▶ 200m	40	Riley PRECOURT	FR	32.60w (2.8)	4/6/24	0.25	0.00	0.25
▶ 400m	24	Riley PRECOURT	FR	1:20.98	4/6/24	1	0.07	1.07
▶ 5000m	4	Aja JACKSON	SO	19:47.27	4/6/24	24	3.64	27.64
▶ 10,000m	1	Aja JACKSON	SO	42:18.21	3/30/24	30	4.00	34.00
▶ LJ	15	Ava SCHIFF	FR	4.19m 13-9 (0.1)	3/30/24	D 2	0.00	2.00
▶ TJ	5	Ava SCHIFF	FR	9.75m 32-0 (1.2)	3/30/24	22	0.00	22.00
▶ SP	16	Ava SCHIFF	FR	8.23m 27-0	3/30/24	D 2	0.79	2.79
▶ SP	28	Riley PRECOURT	FR	4.99m 16-4½	4/6/24	0.8	0.00	0.80
▶ SP	30	Leivis ERAZO	FR	3.94m 12-11¼	3/30/24	0.7	0.00	0.70

SUNY BROOME CC TFRI Team Total	117.45
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13

Onondaga (N.Y.) CC

Region 3

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	12	Kaprice SIGLER	FR	13.66 (1.0)	4/7/24	9	0.85	9.85
► 100m	29	Deja-Monet COLEMAN	SO	14.68 (1.8)	4/7/24	0.75	0.00	0.75
► 100m	49	Eva MURPHY	SO	16.77 (1.8)	4/7/24	0.025	0.00	0.03
► 100H	6	Abib MUSE	FR	19.63w (3.6)	4/7/24	20	0.96	20.96
► 200m	12	Kaprice SIGLER	FR	28.61 (-1.1)	4/7/24	9	0.90	9.90
► 200m	25	Abib MUSE	FR	30.19 (-0.1)	4/7/24	0.95	0.04	0.99
► 200m	33	Deja-Monet COLEMAN	SO	30.95 (-0.1)	4/7/24	0.55	0.00	0.55
► 200m	36	Justine BELL	FR	31.13 (-4.1)	4/7/24	0.4	0.00	TM-4
► 200m	43	Kaitlyn FICO	FR	33.76 (-0.1)	4/7/24	0.175	0.00	TM-5
► 200m	48	Eva MURPHY	SO	35.81 (-0.1)	4/7/24	0.05	0.00	TM-6
► 800m	26	Kaitlyn FICO	FR	3:02.66	4/7/24	0.9	0.03	0.93
► 800m	33	Elizabeth KRAYNAK	SO	3:22.06	4/7/24	0.55	0.00	0.55
► 1500m	24	Elizabeth KRAYNAK	SO	6:51.91	4/7/24	1	0.05	1.05
► DISC	1	Bryn WHITMAN	SO	40.28m 132-2	4/7/24	30	12.31	42.31
► JAV	8	Bryn WHITMAN	SO	25.06m 82-2¾	4/7/24	16	0.21	16.21

ONONDAGA (N.Y.) CC TFRI Team Total	104.70
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USTFCCA NJCAA Division III Outdoor Track & Field

National TFRI Team Summary



as of 4/9/24 6:54 AM ET

Only those who score >0.01 pts are shown
D denotes multiple-event rule in affect

WOMEN — 2024 Week #3, April 10

14

Herkimer County (N.Y.) CC

Region 3



2

LW: 16

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	26	Asaria WRIGHT	SO	14.48 (1.0)	3/30/24	0.9	0.00	0.90
▶ 100m	34	Eleyna RIVAS	FR	15.11 (0.8)	3/30/24	0.5	0.00	0.50
▶ 100m	38	Vanessa ADDO	FR	15.41w (3.4)	4/6/24	0.3	0.00	0.30
▶ 200m	27	Alisea SCOTT	SO	30.43w (2.8)	4/6/24	0.85	0.00	0.85
▶ 200m	30	Eleyna RIVAS	FR	30.82 (0.0)	3/30/24	0.7	0.00	0.70
▶ 1500m	6	Alexis HEATH	FR	5:16.94	4/6/24	20	1.74	21.74
▶ 5000m	5	Amelia BOWMAN-MCCOY	SO	20:01.55	3/30/24	22	2.84	24.84
▶ 10,000m	4	Amelia BOWMAN-MCCOY	SO	44:07.36	4/6/24	24	1.87	25.87
▶ HJ	9	Eleyna RIVAS	FR	1.37m 4-6	4/6/24	14	0.12	14.12
▶ LJ	17	Eleyna RIVAS	FR	4.05m 13-3½ (0.4)	3/30/24	4.5	0.00	4.50
▶ LJ	21	Vanessa ADDO	FR	3.74m 12-3¼ (0.8)	4/6/24	2.5	0.00	2.50
▶ SP	26	Kathleen MISENO-BOWLES	FR	5.49m 18-¼	3/30/24	0.9	0.00	0.90
▶ DISC	20	Kathleen MISENO-BOWLES	FR	12.24m 40-2	3/30/24	3	0.00	3.00
▶ JAV	19	Kathleen MISENO-BOWLES	FR	16.39m 53-9¼	3/30/24	3.5	0.00	3.50

HERKIMER COUNTY (N.Y.) CC TFRI Team Total 104.22

15

Camden County (N.J.)

Region 19



3

LW: 12

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ SP	2	Kayla FRANKLIN	SO	11.60m 38-¾	3/30/24	D 2	3.08	5.08
▶ SP	24	Abigail SORIANO	FR	6.52m 21-4¾	3/30/24	1	0.03	1.03
▶ DISC	2	Kayla FRANKLIN	SO	34.59m 113-6	3/16/24	28	6.12	34.12
▶ DISC	18	Abigail SORIANO	FR	16.18m 53-1	3/30/24	4	0.00	4.00
▶ JAV	2	Kayla FRANKLIN	SO	32.20m 105-8	3/30/24	28	7.83	35.83
▶ JAV	9	Kayla FRANKLIN		24.90m 81-8½	3/23/24	14	0.08	14.08

CAMDEN COUNTY (N.J.) TFRI Team Total 94.13

16

CC of Philadelphia (Pa.)

Region 19



2

LW: 14

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	6	Arieana HORTON	FR	13.11w (3.7)	3/29/24	D 2	1.87	3.87
▶ 100m	33	Ashley STEELE	SO	15.01 (0.3)	3/30/24	0.55	0.00	0.55
▶ 200m	4	Arieana HORTON	FR	27.58 (-0.6)	3/30/24	24	2.12	26.12
▶ 400m	4	Arieana HORTON	FR	1:06.84	4/6/24	24	1.62	25.62
▶ LJ	5	Ashley STEELE	SO	4.82m 15-9¾ (0.8)	3/30/24	22	1.05	23.05

CC OF PHILADELPHIA (PA.) TFRI Team Total 79.22

17

St. Charles (Mo.) CC

Region 16



2

LW: 15

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	13	Katie MAJORS	SO	13.69 (0.6)	4/5/24	D 2	0.81	2.81
▶ 100m	30	Dyamond JEWELL	FR	14.78 (1.5)	4/5/24	0.7	0.00	0.70
▶ 100m	39	Anita DZEREMO	FR	15.50 (1.5)	4/5/24	0.275	0.00	0.28
▶ 200m	34	Dyamond JEWELL	FR	31.00 (0.8)	3/30/24	0.5	0.00	0.50
▶ 200m	39	Anita DZEREMO	FR	32.13 (0.4)	4/5/24	0.275	0.00	0.28
▶ HJ	1	Katie MAJORS	SO	1.55m 5-1	3/30/24	30	6.73	36.73
▶ LJ	7	Katie MAJORS	SO	4.81m 15-9½ (-1.1)	4/5/24	18	0.87	18.87

ST. CHARLES (MO.) CC TFRI Team Total 60.16

18

Bergen (N.J.) CC

Region 19



1

LW: 17

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	45	Kylie MACRAE	SO	16.17 (0.6)	3/30/24	0.125	0.00	0.13
▶ 200m	41	Kylie MACRAE	SO	33.42w (2.4)	3/30/24	0.225	0.00	0.23
▶ SP	10	Hannah OTTERSTEDT	FR	9.50m 31-2	3/30/24	12	1.35	13.35
▶ SP	24	Hilary VALDEZ	FR	6.52m 21-4¾	3/30/24	1	0.03	1.03
▶ DISC	4	Hannah OTTERSTEDT	FR	31.10m 102-1	3/30/24	24	2.68	26.68
▶ DISC	14	Hilary VALDEZ	FR	19.39m 63-7½	3/30/24	7	0.00	7.00

BERGEN (N.J.) CC TFRI Team Total 48.41

National TFRI Team Summary



as of 4/9/24 6:54 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2024 Week #3, April 10

19 FIT (N.Y.) Region 15

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	32	Esther BABAFEMI	FR	14.87 (-2.4)	4/7/24	0.6	0.00	0.60
▶ 100m	44	Jennifer RUBIANO	SO	15.85 (-3.2)	4/7/24	0.15	0.00	0.15
▶ 200m	32	Esther BABAFEMI	FR	30.91 (-0.7)	4/7/24	0.6	0.00	0.60
▶ 200m	44	Jennifer RUBIANO	SO	33.97 (-0.7)	4/7/24	0.15	0.00	0.15
▶ 1500m	2	Kimiko QUAYLE	SO	4:58.91	4/7/24	28	2.69	30.69
▶ 1500m	11	Kaylee LUPOWITZ	FR	5:42.20	4/7/24	10	1.06	11.06
FIT (N.Y.) TFRI Team Total								43.25

20 Roxbury CC Region 21

2
LW: 18

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► DISC	12	Agnessa LYSENKO	FR	20.29m	66-7	4/7/24	9	0.00	9.00
► HT	2	Agnessa LYSENKO	FR	33.18m	108-10	3/30/24	28	3.49	31.49
ROXBURY CC TFRI Team Total									40.49

21 Kingsborough (N.Y.) CC Region 15

2
LW: 19

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	25	Genesis LONG	FR	14.37 (-2.0)	4/7/24	0.95	0.10	1.05
▶ 200m	21	Genesis LONG	FR	29.54 (-1.4)	4/7/24	2.5	0.38	2.88
▶ 400m	5	Amanda KELLY	FR	1:06.94	3/1/24	22	1.60	23.60
▶ 400m	16	Genesis LONG	FR	1:12.11	3/1/24	5	0.87	5.87
▶ 800m	18	Amanda KELLY	FR	2:52.05	4/7/24	4	0.56	4.56
KINGSBOROUGH (N.Y.) CC TFRI Team Total								37.97

22 Nassau (N.Y.) CC
Region 15

unch
LW: 22

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	17	Russo-Sanchez GIANNA	FR	13.89 (-2.0)	4/7/24	4.5	0.60	5.10
▶ 100m	40	White D'AVE	FR	15.55 (0.0)	3/1/24	0.25	0.00	0.25
▶ 200m	20	Russo-Sanchez GIANNA	FR	29.13 (-1.5)	3/30/24	D 2	0.61	2.61
▶ 400m	6	Russo-Sanchez GIANNA	FR	1:07.46	4/7/24	20	1.49	21.49
NASSAU (N.Y.) CC TFRI Team Total								29.44

23 Manor (Pa.) Region 19

1
LW: 24

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	47	Lauren BROWN	SO	16.43 (1.8)	3/23/24	0.075	0.00	0.08
▶ 100m	48	Jessie DUPRE	SO	16.60w (2.1)	3/23/24	0.05	0.00	0.05
▶ 200m	45	Lauren BROWN	SO	34.68 (0.0)	3/30/24	0.125	0.00	0.13
▶ 200m	46	Neysha MEDINA	SO	35.59 (1.9)	3/23/24	0.1	0.00	0.10
▶ 200m	47	Olivia MORTON	SO	35.75 (1.5)	4/6/24	0.075	0.00	0.08
▶ 200m	50	Aidan GEIGER	SO	39.79 (0.0)	3/30/24	0.01	0.00	TM-4
▶ 400m	28	Olivia MORTON	SO	1:32.07	4/6/24	0.8	0.00	0.80
▶ 400m	29	Neysha MEDINA	SO	1:32.26	3/23/24	0.75	0.00	0.75
▶ 800m	35	Lauren BROWN	SO	3:25.97	4/6/24	0.45	0.00	0.45
▶ 800m	39	Neysha MEDINA	SO	3:54.08	4/6/24	0.275	0.00	0.28
▶ 4x100	8	#Type!		1:06.68	4/6/24	16	0.08	16.08
MANOR (PA.) TFRI Team Total								18.79

24 Patrick & Henry (Va.) CC Region 10

4
LW: 20

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl.	Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season									
▶ 800m	16	Alheli RAMOS-GARCIA	SO	2:51.18	3/30/24	5	0.61		5.61
▶ 1500m	12	Alheli RAMOS-GARCIA	SO	5:43.17	3/30/24	9	1.05		10.05
▶ SP	21	Jaeda MANNS	SO	7.49m 24-7	3/30/24	2.5	0.46		2.96
PATRICK & HENRY (VA.) CC TFRI Team Total									18.61

WOMEN — 2024 Week #3, April 10

25

Valley Forge Military (Pa.)

Region 19



4

LW: 21

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	37	Telia ROBINSON	SO	15.39 (0.4)	4/6/24	0.35	0.00	0.35
▶ 100m	41	Bethsaida MYRTHIL	FR	15.58 (0.0)	4/6/24	0.225	0.00	0.23
▶ 100m	50	Madelyn OAKLEY	FR	17.05 (0.7)	4/6/24	0.01	0.00	0.01
▶ 200m	29	Telia ROBINSON	SO	30.81 (1.5)	4/6/24	0.75	0.00	0.75
▶ 200m	42	Bethsaida MYRTHIL	FR	33.68 (1.5)	4/6/24	0.2	0.00	0.20
▶ 200m	49	Madelyn OAKLEY	FR	35.94 (1.5)	4/6/24	0.025	0.00	0.03
▶ 400m	19	Bethsaida MYRTHIL	FR	1:14.29	4/6/24	3.5	0.66	4.16
▶ 400m	20	Sofia TROLAND	SO	1:16.02	4/6/24	3	0.49	3.49
▶ 400m	27	Danielle HORNE	SO	1:30.51	3/23/24	0.85	0.00	0.85
▶ 800m	30	Sofia TROLAND	SO	3:03.58	4/6/24	0.7	0.00	0.70
▶ 800m	34	Bayley STOKES	FR	3:23.37	3/23/24	0.5	0.00	0.50
▶ 800m	38	Danielle HORNE	SO	3:35.49	3/23/24	0.3	0.00	0.30
▶ 800m	40	Mariah LYON	FR	3:55.55	4/6/24	0.25	0.00	TM-4
▶ 800m	41	Danals ALVARADO	FR	4:21.56	4/6/24	0.225	0.00	TM-5
▶ 1500m	21	Sofia TROLAND	SO	6:04.09	4/6/24	2.5	0.70	3.20
▶ 1500m	25	Danielle HORNE	SO	7:01.74	4/6/24	0.95	0.00	0.95
▶ 1500m	26	Mariah LYON	FR	7:45.11	4/6/24	0.9	0.00	0.90
▶ SP	27	Danals ALVARADO	FR	5.41m 17-9	4/6/24	0.85	0.00	0.85
VALLEY FORGE MILITARY (PA.) TFR1 Team Total								17.94

26

SUNY Sullivan

Region 15



3

LW: 23

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100H	11	Stephanie GRANADOS	FR	27.56 (0.0)	3/30/24	10	0.00	10.00
SUNY SULLIVAN TFRI Team Total								10.00

27

Delaware County (Pa.) CC

Region 19



1

LW: 26

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	22	Bintu SHERIFF	FR	14.12 (2.0)	3/23/24	2	0.36	2.36
▶ 200m	17	Bintu SHERIFF	FR	28.99 (0.1)	4/6/24	4.5	0.68	5.18
DELAWARE COUNTY (PA.) CC TFRI Team Total								7.54

28

Northern Essex (Mass.) CC

Region 21



3

LW: 25

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 400m	21	Laylani CRESPO	SO	1:16.40	4/6/24	2.5	0.46	2.96
NORTHERN ESSEX (MASS.) CC TFRI Team Total								2.96

29

Triton (Ill.)

Region 4



2

LW: 27

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 800m	37	Beatriz RUIZ	FR	3:35.37	4/6/24	0.35	0.00	0.35
TRITON (ILL.) TFR! Team Total								0.35