



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

WOMEN — 2024 Week #4, April 16



Central

as of 4/16/2024 8:58:23 AM ET

Women's 100 Meters

1	1	Ellie LOGSDON	FR	#2	DuPage (Ill.)	12.22	(1.7)	4/13
2	2	Patrycja KARPIESIUKE	SO	#2	DuPage (Ill.)	{2} 12.32w	(2.2)	4/13
3	3	Amaya RIQUE	FR	#3	Mineral Area (Mc	12.60	(2.0)	4/6
4	4	Svetlozara UVAKOVA	SO	#1	Harper (Ill.)	12.67w	(2.1)	4/13
5	7	Arieana HORTON	FR	#5	CC of Philadelph	13.11w	(3.7)	3/29
6	9	Regan FURMANKIEWICZ	FR	#4	Joliet (Ill.) JC	13.34	(0.7)	3/29
7	11	Molly MORRIS	FR	#2	DuPage (Ill.)	{3} 13.42	(1.7)	4/13
8	13	Fonida KHAMISSI	FR	#2	DuPage (Ill.)	{4} 13.47w	(2.4)	4/13
9	14	Perla VARGAS	FR	#1	Harper (Ill.)	{2} 13.55	(0.4)	3/29
10	15	Zoe PAVLU	FR	#1	Harper (Ill.)	{3} 13.63w	(3.0)	4/6

Women's 100 Meter Hurdles

1	1	Chloe WINTERGERST	SO	#1	Harper (Ill.)	16.15	(1.6)	4/13
2	3	Lucia SANCHEZ SCRIVEN	FR	#1	Harper (Ill.)	{2} 17.64	(1.9)	3/29
3	4	Kenleigh LANGE	FR	#3	Mineral Area (Mc	17.72	(-0.5)	4/13
4	9	Kayla WILLIAMS	SO	#4	Joliet (Ill.) JC	19.33	(2.0)	4/6
5	14	Brooklyn STUCKEY	FR	#4	Joliet (Ill.) JC	{2} 20.59	(1.6)	4/6

Women's 200 Meters

1	1	Patrycja KARPIESIUKE	SO	#2	DuPage (Ill.)	25.95	(1.0)	4/13
2	2	Amaya RIQUE	FR	#3	Mineral Area (Mc	26.17	(-0.4)	4/13
3	3	Svetlozara UVAKOVA	SO	#1	Harper (Ill.)	26.68w	(2.7)	4/13
4	4	Regan FURMANKIEWICZ	FR	#4	Joliet (Ill.) JC	26.96w	(2.7)	4/13
5	7	Perla VARGAS	FR	#1	Harper (Ill.)	{2} 27.48	(-4.2)	4/13
6	8	Arieana HORTON	FR	#5	CC of Philadelph	27.58	(-0.6)	3/30
7	10	Fonida KHAMISSI	FR	#2	DuPage (Ill.)	{2} 28.04	(1.3)	4/13
8	11	Molly MORRIS	FR	#2	DuPage (Ill.)	{3} 28.06	(1.3)	4/13
9	13	Zoe PAVLU	FR	#1	Harper (Ill.)	{3} 28.31	(1.9)	4/13
10	14	Felicity KESTER	FR	#3	Mineral Area (Mc	{2} 28.60	(1.4)	3/23

Women's 400 Meters

1	1	Ellie LOGSDON	FR	#2	DuPage (Ill.)	57.98		4/6
2	2	Araxi BOGHOSSIAN	SO	#1	Harper (Ill.)	1:01.76		4/13
3	3	Molly MORRIS	FR	#2	DuPage (Ill.)	{2} 1:04.41		4/6
4	8	Arieana HORTON	FR	#5	CC of Philadelph	1:06.84		4/6
5	10	Adrienne KARPEN	SO	#4	Joliet (Ill.) JC	1:07.70		4/13
6	15	Regan FURMANKIEWICZ	FR	#4	Joliet (Ill.) JC	{2} 1:08.75		4/6
7	16	Chakhia JENKINS HICK	FR	#2	DuPage (Ill.)	{3} 1:09.13		4/13
8	17	Kayla WILLIAMS	SO	#4	Joliet (Ill.) JC	{3} 1:09.28		4/13
9	20	Meg SUKLEY	SO	#4	Joliet (Ill.) JC	{4} 1:10.07		4/6
10	26	Bethsaida MYRTHIL	FR	#6	Valley Forge Mili	1:14.29		4/6

Women's 400 Meter Hurdles

1	1	Ellie LOGSDON	FR	#2	DuPage (Ill.)	1:06.11		4/13
2	2	Chloe WINTERGERST	SO	#1	Harper (Ill.)	1:11.61		4/13
3	3	Kasey LEDINSKY	FR	#1	Harper (Ill.)	{2} 1:14.45		4/13
4	4	Kiera FINN	SO	#3	Mineral Area (Mc	1:15.16		4/6
5	7	Kayla WILLIAMS	SO	#4	Joliet (Ill.) JC	1:16.56		4/6
6	8	Delmarea WILLIS	FR	#2	DuPage (Ill.)	{2} 1:17.37		4/13
7	9	Meg SUKLEY	SO	#4	Joliet (Ill.) JC	{2} 1:18.92		4/13
8	11	Lucia SANCHEZ SCRIVEN	FR	#1	Harper (Ill.)	{3} 1:22.21		4/6

Women's 800 Meters

1	1	Lilly ALBERTS	SO	#1	Harper (Ill.)	2:10.81		3/29
2	2	Carmen SOLIS	FR	#2	DuPage (Ill.)	2:30.60		4/13
3	4	Kaili DECKER	SO	#1	Harper (Ill.)	{2} 2:34.34		4/13
4	5	Melanie KEHR	SO	#1	Harper (Ill.)	{3} 2:35.08		4/6
5	7	Brianna RUIZ	SO	#1	Harper (Ill.)	{4} 2:35.85		4/6
6	8	Celeste SANSEGRAW	FR	#3	Mineral Area (Mc	2:41.24		4/6
7	9	Kiera FINN	SO	#3	Mineral Area (Mc	{2} 2:41.26		3/30
8	11	Janson KING	FR	#3	Mineral Area (Mc	{3} 2:42.95		4/6
9	14	Riley PETSCH	SO	#3	Mineral Area (Mc	{4} 2:46.16		4/6
10	16	Aubree JONES	FR	#3	Mineral Area (Mc	{5} 2:49.00		4/6

Women's 1500 Meters

1	1	Lilly ALBERTS	SO	#1	Harper (Ill.)	4:40.25		4/6
2	3	Carmen SOLIS	FR	#2	DuPage (Ill.)	5:09.43		4/13
3	6	Celeste SANSEGRAW	FR	#3	Mineral Area (Mc	5:16.42		4/6
4	7	Isabela WOJCIEKOWSKI	FR	#1	Harper (Ill.)	{2} 5:16.56		3/29
5	9	Claudia WOJCIEKOWSKI	FR	#1	Harper (Ill.)	{3} 5:23.17		3/29
6	10	Kaili DECKER	SO	#1	Harper (Ill.)	{4} 5:26.35		4/6
7	11	Riley PETSCH	SO	#3	Mineral Area (Mc	{2} 5:29.71		4/6
8	14	Alheli RAMOS-GARCIA	SO	#9	Patrick & Henry	5:43.17		3/30
9	15	Emma CECICH	SO	#4	Joliet (Ill.) JC	5:46.13		4/6
10	20	Danielle GIOVENCO	SO	#1	Harper (Ill.)	{5} 5:55.66		4/13

Women's Steeplechase

1	1	Emma CECICH	SO	#4	Joliet (Ill.) JC	13:08.41		4/13
2	3	Kiera FINN	SO	#3	Mineral Area (Mc	14:22.82		4/13
3	4	Bianca NUNEZ	FR	#2	DuPage (Ill.)	15:21.83		4/6

Women's 5000 Meters

1	1	Isabela WOJCIEKOWSKI	FR	#1	Harper (Ill.)	19:29.32		3/29
2	2	Carmen SOLIS	FR	#2	DuPage (Ill.)	19:38.73		4/6
3	3	Claudia WOJCIEKOWSKI	FR	#1	Harper (Ill.)	{2} 19:43.24		3/29
4	6	Celeste SANSEGRAW	FR	#3	Mineral Area (Mc	20:24.73		4/13
5	7	Riley PETSCH	SO	#3	Mineral Area (Mc	{2} 20:25.90		4/13
6	8	Abigail DEAN	SO	#3	Mineral Area (Mc	{3} 20:47.27		3/23



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Central

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Women's 10,000 Meters

1	2	Isabela WOJCIEKOWSKI	FR	#1 Harper (Ill.)	42:33.58	4/6
2	3	Claudia WOJCIEKOWSKI	FR	#1 Harper (Ill.)	{2} 43:30.43	4/6
3	6	Celeste SANSEGRAW	FR	#3 Mineral Area (Mc	45:16.53	3/29
4	7	Abigail DEAN	SO	#3 Mineral Area (Mc{2}	45:54.52	3/29
5	8	Riley PETSCH	SO	#3 Mineral Area (Mc{3}	46:11.55	3/29
6	9	Danielle GIOVENCO	SO	#1 Harper (Ill.)	{3} 46:56.99	4/6

Women's 4x100 Relay

1	1	Ellie Logsdon, Molly Morris, Fonida Khamissi, Patrycja Karpiesiuk	#2 DuPage (Ill.)	49.65	4/13
2	2	Araxi Boghossian, Svetlozara Uvakova, Perla Vargas, Lily Wintergerst	#1 Harper (Ill.)	51.01	4/13
3	3	Meg Sukley, Regan Furmankiewicz, Adrienne Karpen, Kayla Williams	#4 Joliet (Ill.) JC	52.74	4/6
4	5	Amaya Rique, Kaydence Gibson, Kenleigh Lange, Felicity Kester	#3 Mineral Area (Mc	54.42	4/6
5	8	#Type!	#8 Manor (Pa.)	1:06.68	4/6

Women's 4x400 Relay

1	1	Araxi Boghossian, Svetlozara Uvakova, Kasey Ledinsky, Lilly Alberts	#1 Harper (Ill.)	4:14.18	4/6
2	2	Ellie Logsdon, Carmen Solis, Chakhia Jenkins Hick, Patrycja Karpiesiuk	#2 DuPage (Ill.)	4:20.39	4/6
3	4	Amaya Rique, Kaydence Gibson, Janson King, Kiera Finn	#3 Mineral Area (Mc	4:33.49	4/13
4	7	Meg Sukley, Kayla Williams, Adrienne Karpen, Regan Furmankiewicz	#4 Joliet (Ill.) JC	4:52.73	4/6

Women's High Jump

1	1	Cassidy HERGET	FR	#3 Mineral Area (Mc	1.55m	5-1	4/6
1	1	Katie MAJORS	SO	#7 St. Charles (Mo.)	1.55m	5-1	3/30
3	4	Patrycja KARPESIUKE	SO	#2 DuPage (Ill.)	1.53m	5-1/4	4/13
4	5	Kenleigh LANGE	FR	#3 Mineral Area (Mc{2}	1.43m	4-8 1/4	4/13
5	8	Kasey LEDINSKY	FR	#1 Harper (Ill.)	1.41m	4-7 1/2	4/6
6	10	Brooklyn STUCKEY	FR	#4 Joliet (Ill.) JC	1.38m	4-6 1/4	3/29
7	12	Chloe WINTERGERST	SO	#1 Harper (Ill.)	{2} 1.33m	4-4 1/4	3/29
8	13	Ashley STEELE	SO	#5 CC of Philadelph	1.30m	4-3 1/4	4/12
9	14	Rose WAGNER	FR	#1 Harper (Ill.)	{3} 1.28m	4-2 1/4	3/29

Women's Pole Vault

1	1	Patrycja KARPESIUKE	SO	#2 DuPage (Ill.)	3.15m	10-4	4/13
2	2	Lily WINTERGERST	SO	#1 Harper (Ill.)	3.10m	10-2	4/13
3	3	Chloe WINTERGERST	SO	#1 Harper (Ill.)	{2} 2.75m	9-1/4	3/29
4	4	Lucia SANCHEZ SCRIVEN	FR	#1 Harper (Ill.)	{3} 2.60m	8-6 1/4	3/29
4	4	Kaydence GIBSON	FR	#3 Mineral Area (Mc	2.60m	8-6 1/4	3/23

Women's Long Jump

1	2	Lucia SANCHEZ SCRIVEN	FR	#1 Harper (Ill.)	5.01m	16-5 1/4 (0.0)	4/6
2	4	Molly MORRIS	FR	#2 DuPage (Ill.)	4.84m	15-10 1/2 (1.9	4/6
3	5	Ashley STEELE	SO	#5 CC of Philadelph	4.82m	15-9 3/4 (0.8)	3/30
3	5	Lily WINTERGERST	SO	#1 Harper (Ill.)	{2} 4.82m	15-9 3/4 (0.6)	3/29
5	7	Katie MAJORS	SO	#7 St. Charles (Mo.)	4.81m	15-9 1/2 (-1.1	4/5
5	7	Natalia POCICA	FR	#1 Harper (Ill.)	{3} 4.81m	15-9 1/2 (1.1)	3/29
7	13	Emilie MIHOV	FR	#1 Harper (Ill.)	{4} 4.44m	14-6 3/4 (0.0)	4/6
8	18	Brooklyn STUCKEY	FR	#4 Joliet (Ill.) JC	4.15m	13-7 1/2 (1.0)	4/13

Women's Triple Jump

1	2	Lily WINTERGERST	SO	#1 Harper (Ill.)	10.26m	33-8 (0.2)	3/29
2	3	Natalia POCICA	FR	#1 Harper (Ill.)	{2} 10.16m	33-4 (0.3)	3/29
3	4	Lucia SANCHEZ SCRIVEN	FR	#1 Harper (Ill.)	{3} 10.07m	33-1/2 (1.2)	4/6
4	5	Cassidy HERGET	FR	#3 Mineral Area (Mc	9.97m	32-8 1/2 (1.6)	4/13
5	6	Emilie MIHOV	FR	#1 Harper (Ill.)	{4} 9.95m	32-7 3/4 (-1.6	4/6

Women's Shot Put

1	3	Nikiya ROBERTSON	FR	#4 Joliet (Ill.) JC	10.91m	35-9 1/2	3/29
2	12	Kasey LEDINSKY	FR	#1 Harper (Ill.)	8.91m	29-2 3/4	4/13
3	14	Teegan ROACH	FR	#2 DuPage (Ill.)	8.43m	27-8	4/13
4	18	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	{2} 8.04m	26-4 1/2	3/29
5	23	Jaeda MANNS	SO	#9 Patrick & Henry	7.49m	24-7	3/30
6	26	Brooklyn STUCKEY	FR	#4 Joliet (Ill.) JC	{3} 6.95m	22-9 3/4	4/13
7	32	Danals ALVARADO	FR	#6 Valley Forge Mili	5.41m	17-9	4/6

Women's Discus

1	6	Kasey LEDINSKY	FR	#1 Harper (Ill.)	29.49m	96-9	3/29
2	9	Rose WAGNER	FR	#1 Harper (Ill.)	{2} 26.56m	87-1 3/4	4/6
3	16	Teegan ROACH	FR	#2 DuPage (Ill.)	19.46m	63-10 1/4	4/6
4	19	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	18.41m	60-4 3/4	4/13

Women's Hammer

1	3	Rose WAGNER	FR	#1 Harper (Ill.)	29.82m	97-10	4/13
2	4	Samantha WALTON	FR	#1 Harper (Ill.)	{2} 29.75m	97-7 1/4	4/6
3	5	Kasey LEDINSKY	FR	#1 Harper (Ill.)	{3} 29.52m	96-10 1/4	3/29
4	7	Teegan ROACH	FR	#2 DuPage (Ill.)	24.22m	79-5 1/2	4/13

Women's Javelin

1	4	Cassidy HERGET	FR	#3 Mineral Area (Mc	28.85m	94-8	3/23
2	6	Chloe WINTERGERST	SO	#1 Harper (Ill.)	26.54m	87-1	4/13
3	9	Lily WINTERGERST	SO	#1 Harper (Ill.)	{2} 24.22m	79-5 1/2	3/29



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East

as of 4/16/2024 8:58:23 AM ET

Women's 100 Meters

1	5	Amia TODMAN	#6 Springfield Tech	12.70	(-1.0)	3/16
2	6	Trinity ORTIZ	SO #4 Finger Lakes (N.)	12.95w	(2.2)	4/7
3	8	Macayla LOGAN	#6 Springfield Tech{2}	13.22	(-1.3)	3/16
4	12	Jacey HINDS	FR #3 Mohawk Valley (	13.44	(1.0)	3/30
5	19	Olga AKHRENMENKO	SO #3 Mohawk Valley ({2}	13.77w	(3.4)	4/6
6	27	Sydney HIGHT	FR #3 Mohawk Valley ({3}	14.13w	(3.4)	4/6
7	30	Emily MURROW	FR #1 RCSJ Gloucester	14.38	(-0.6)	4/13
8	32	Asaria WRIGHT	SO #5 Herkimer County	14.48	(1.0)	3/30
9	39	Eleyna RIVAS	FR #5 Herkimer County{2}	15.11	(0.8)	3/30
10	43	Vanessa ADDO	FR #5 Herkimer County{3}	15.41w	(3.4)	4/6

Women's 100 Meter Hurdles

1	6	Olivia SKYLSTAD	JR #2 Hudson Valley (N	17.90w	(2.9)	4/12
2	8	Ava SCHIFF	FR #7 SUNY Broome C	19.06w	(2.7)	4/6
3	12	Juliette VENTURA	SO #4 Finger Lakes (N.)	19.69w	(3.3)	4/13
4	13	Dava MARCIL	FR #2 Hudson Valley (N{2}	19.85w	(2.9)	4/12

Women's 200 Meters

1	5	Trinity ORTIZ	SO #4 Finger Lakes (N.)	27.34w	(2.1)	4/13
2	6	Macayla LOGAN	#6 Springfield Tech	27.46	(0.2)	3/16
3	12	Jacey HINDS	FR #3 Mohawk Valley (	28.17	(0.6)	3/30
4	22	Taiwo OMOYA	FR #2 Hudson Valley (N	29.53w	(2.1)	4/12
5	25	Emily MURROW	FR #1 RCSJ Gloucester	29.72w	(2.1)	4/13
6	27	Madison WASHBURN	FR #2 Hudson Valley (N{2}	29.96w	(2.2)	4/12
7	31	Olga AKHRENMENKO	SO #3 Mohawk Valley ({2}	30.21	(0.6)	3/30
8	32	Eleyna RIVAS	FR #5 Herkimer County	30.34	(-1.6)	4/13
9	33	Alisea SCOTT	SO #5 Herkimer County{2}	30.43w	(2.8)	4/6
10	34	Juliette VENTURA	SO #4 Finger Lakes (N.){2}	30.51	(-0.5)	4/13

Women's 400 Meters

1	5	Taiwo OMOYA	FR #2 Hudson Valley (N	1:04.84		4/12
2	6	Jacey HINDS	FR #3 Mohawk Valley (	1:05.37		4/13
3	12	Amelia BOWMAN-MCCOY	SO #5 Herkimer County	1:07.99		4/13
4	18	Susana SERRANO	SO #1 RCSJ Gloucester	1:09.84		3/30
5	19	Marlee SHAFER	FR #3 Mohawk Valley ({2}	1:09.89		4/6
6	23	Grace HOLMES	FR #4 Finger Lakes (N.)	1:12.74		4/13
7	24	Emily MURROW	FR #1 RCSJ Gloucester{2}	1:13.32		4/13
8	27	Laylani CRESPO	SO #10 Northern Essex (	1:14.67		4/13
9	31	Emma HARVERSON	FR #1 RCSJ Gloucester{3}	1:16.56		4/13
10	32	Fulya BILGIN	FR #8 Bergen (N.J.) CC	1:16.79		4/12

Women's 400 Meter Hurdles

1	6	Breanne MILLSON	SO #3 Mohawk Valley (	1:15.89		3/30
2	10	Olivia SKYLSTAD	JR #2 Hudson Valley (N	1:20.90		3/23

Women's 800 Meters

1	3	Alexis HEATH	FR #5 Herkimer County	2:32.81		4/13
2	10	Lauren SUPPE	FR #3 Mohawk Valley (	2:41.94		4/6
3	13	Courtney O'HARA	#1 RCSJ Gloucester	2:45.48		3/30
4	15	Mackenzie COCHRAN	SO #1 RCSJ Gloucester{2}	2:48.97		3/30
5	20	Tessie SHAFER	FR #3 Mohawk Valley ({2}	2:51.70		4/13
6	21	Susana SERRANO	SO #1 RCSJ Gloucester{3}	2:51.83		3/16
7	23	Olivia SKYLSTAD	JR #2 Hudson Valley (N	2:52.79		3/23
8	24	Megan CALDER	FR #4 Finger Lakes (N.)	2:53.54		4/7
9	25	Alexandra CAMPO	#1 RCSJ Gloucester{4}	2:53.87		4/13
10	28	Marlee SHAFER	FR #3 Mohawk Valley ({3}	2:57.79		3/30

Women's 1500 Meters

1	5	Amelia BOWMAN-MCCOY	SO #5 Herkimer County	5:14.89		4/13
2	8	Alexis HEATH	FR #5 Herkimer County{2}	5:16.94		4/6
3	12	Lauren SUPPE	FR #3 Mohawk Valley (	5:31.88		4/6
4	16	Courtney O'HARA	#1 RCSJ Gloucester	5:46.39		3/2
5	17	Tessie SHAFER	FR #3 Mohawk Valley ({2}	5:48.54		4/6
6	18	Megan CALDER	FR #4 Finger Lakes (N.)	5:48.71		4/13
7	19	Alexandra CAMPO	#1 RCSJ Gloucester{2}	5:49.91		3/30
8	21	Morgan CHENEY	SO #4 Finger Lakes (N.){2}	5:56.42		4/7
9	22	Mackenzie COCHRAN	SO #1 RCSJ Gloucester{3}	5:59.24		3/16

Women's Steeplechase

1	2	Morgan CHENEY	SO #4 Finger Lakes (N.)	14:05.46		3/30
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Women's 5000 Meters

1	4	Aja JACKSON	SO #7 SUNY Broome C	19:47.27		4/6
2	5	Amelia BOWMAN-MCCOY	SO #5 Herkimer County	20:01.55		3/30
3	9	Courtney O'HARA	#1 RCSJ Gloucester	20:59.45		4/13
4	12	Laurel TICER	SO #2 Hudson Valley (N	22:15.66		3/23
5	13	Rebecca MARTIN	FR #2 Hudson Valley (N{2}	22:15.80		3/23

Women's 10,000 Meters

1	1	Aja JACKSON	SO #7 SUNY Broome C	42:18.21		3/30
2	5	Amelia BOWMAN-MCCOY	SO #5 Herkimer County	44:07.36		4/6

Women's 4x100 Relay

1	4	Sydney Hight, Olga Akhrenmenko, Breanne Millson, Jacey Hinds	#3 Mohawk Valley (	53.27		4/6
2	6	Emma Harverson, Francesca Maccarone, Emily Murrow, Susana Serrano	#1 RCSJ Gloucester	58.49		3/30



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Women's 4x400 Relay

1	5	Marlee Shafer, Tessie Shafer, Lauren Suppe, Breanne Millson	#3 Mohawk Valley (	4:44.42	4/6
2	6	Mackenzie Cochran, Emma Harverson, Emily Murrow, Susana Serrano	#1 RCSJ Gloucester	4:46.70	3/30

Women's 4x800 Relay

1	1	Alexandra Campo, Mackenzie Cochran, Courtney O'Hara, Susana Serrano	#1 RCSJ Gloucester	11:21.67	3/30
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Women's High Jump

1	3	Trinity ORTIZ	SO #4 Finger Lakes (N.'	1.54m	5-½	4/7
2	6	Emma HARVERSON	FR #1 RCSJ Gloucester	1.42m	4-7¾	3/30
3	9	Juliette VENTURA	SO #4 Finger Lakes (N.'{2}	1.39m	4-6¾	4/13
4	11	Eleyna RIVAS	FR #5 Herkimer County	1.37m	4-6	4/6
5	15	Ava SCHIFF	FR #7 SUNY Broome C	1.25m	4-1¼	4/13

Women's Pole Vault

1	6	Grace HOLMES	FR #4 Finger Lakes (N.'	2.20m	7-2½	4/7
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Women's Long Jump

1	1	Trinity ORTIZ	SO #4 Finger Lakes (N.'	5.28m	17-4 (-4.3)	4/13
2	9	Dejoue SEBASTINE	#6 Springfield Tech	4.68m	15-4¼ (-0.9)	3/16
3	10	Juliette VENTURA	SO #4 Finger Lakes (N.'{2}	4.67mw	15-4 (2.3)	4/13
4	11	Breanne MILLSON	SO #3 Mohawk Valley (	4.46m	14-7¾ (0.8)	4/6
5	14	Abigale DUNLAVEY	FR #2 Hudson Valley (N	4.41m	14-5¾ (1.9)	4/12
6	17	Ava SCHIFF	FR #7 SUNY Broome C	4.19m	13-9 (0.1)	3/30
7	20	Eleyna RIVAS	FR #5 Herkimer County	4.05m	13-3½ (0.4)	3/30
8	23	Sydney SWEDISH	FR #2 Hudson Valley (N{2}	3.97mw	13-¼ (2.2)	4/12
9	24	Grace HOLMES	FR #4 Finger Lakes (N.'{3}	3.96m	13-0 (0.3)	3/30
10	25	Vanessa ADDO	FR #5 Herkimer County{2}	3.74m	12-3¼ (0.8)	4/6

Women's Triple Jump

1	7	Ava SCHIFF	FR #7 SUNY Broome C	9.75m	32-0 (1.2)	3/30
2	9	Abigale DUNLAVEY	FR #2 Hudson Valley (N	9.23m	30-3½ (0.7)	4/12
3	10	Emma HARVERSON	FR #1 RCSJ Gloucester	8.62m	28-3½ (-2.4)	3/2

Women's Shot Put

1	1	Savianna JOSEPH	#6 Springfield Tech	12.39m	40-7¾	3/16
2	2	Kayla FRANKLIN	SO #9 Camden County	11.60m	38-¾	3/30
3	4	Romeena DAVIS	#6 Springfield Tech{2}	10.64m	34-11	3/16
4	5	Kara KNORR	JR #1 RCSJ Gloucester	10.28m	33-8¾	3/16
5	6	Siri SORENSON	FR #2 Hudson Valley (N	9.90m	32-5¾	3/23
6	8	Makeda CHRISTOPHER	#6 Springfield Tech{3}	9.71m	31-10¼	3/16
7	9	Iamies HASSAN	FR #2 Hudson Valley (N{2}	9.65m	31-8	3/23
8	10	Hannah OTTERSTEDT	FR #8 Bergen (N.J.) CC	9.50m	31-2	3/30
9	13	Phallon RIVERA	FR #4 Finger Lakes (N.'	8.81m	28-11	4/7
10	16	Ava SCHIFF	FR #7 SUNY Broome C	8.23m	27-0	3/30

Women's Discus

1	2	Kayla FRANKLIN	SO #9 Camden County	34.59m	113-6	3/16
2	4	Hannah OTTERSTEDT	FR #8 Bergen (N.J.) CC	31.10m	102-1	3/30
3	5	Kara KNORR	JR #1 RCSJ Gloucester	30.66m	100-7	4/6
4	7	Sophia DUNNING	FR #1 RCSJ Gloucester{2}	28.49m	93-5¾	3/30
5	10	Jessica SLINGERLAND	FR #2 Hudson Valley (N	25.06m	82-2¾	4/12
6	11	Phallon RIVERA	FR #4 Finger Lakes (N.'	24.57m	80-7½	3/30
7	13	Angelica SLINGERLAND	FR #2 Hudson Valley (N{2}	21.50m	70-6½	4/12
8	14	Siri SORENSON	FR #2 Hudson Valley (N{3}	21.00m	68-10¾	4/12
9	17	Hilary VALDEZ	FR #8 Bergen (N.J.) CC{2}	19.39m	63-7½	3/30
10	18	Prayz'ah BRUMFIELD	FR #3 Mohawk Valley (	19.36m	63-6¼	4/6

Women's Hammer

1	1	Kara KNORR	JR #1 RCSJ Gloucester	37.31m	122-5	4/6
2	6	Sophia DUNNING	FR #1 RCSJ Gloucester{2}	24.47m	80-3½	4/6
3	8	Jessica SLINGERLAND	FR #2 Hudson Valley (N	19.25m	63-2	4/12
4	9	Angelica SLINGERLAND	FR #2 Hudson Valley (N{2}	17.24m	56-6¾	4/12

Women's Javelin

1	1	Kara KNORR	JR #1 RCSJ Gloucester	33.06m	108-6	3/30
2	2	Kayla FRANKLIN	SO #9 Camden County	32.20m	105-8	3/30
3	3	Jessica SLINGERLAND	FR #2 Hudson Valley (N	30.07m	98-8	3/23
4	7	Sophia DUNNING	FR #1 RCSJ Gloucester{2}	25.98m	85-3	3/30
5	11	Juliette VENTURA	SO #4 Finger Lakes (N.'	23.51m	77-1¾	4/13
6	12	Grace WAHL	FR #1 RCSJ Gloucester{3}	22.41m	73-6¼	3/30
7	13	Angelica SLINGERLAND	FR #2 Hudson Valley (N{2}	21.09m	69-2½	3/23
8	17	Riley PRECOURT	FR #7 SUNY Broome C	16.77m	55-¼	4/13
9	19	Kathleen MISENO-BOWLES	FR #5 Herkimer County	16.39m	53-9¼	3/30
10	20	Ava SCHIFF	FR #7 SUNY Broome C{2}	15.61m	51-2¾	4/13

Women's Heptathlon

1	1	Juliette VENTURA	SO #4 Finger Lakes (N.'	2,880	4/13
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USTFCCA NJCAA Division III Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2024 Week #4, April 16



Northeast

as of 4/16/2024 8:58:23 AM ET

Women's 100 Meters

1	10	Kayla COQ	FR	#1 Suffolk County (I	13.38	(1.4)	4/13
2	16	Kaprice SIGLER	FR	#3 Onondaga (N.Y.)	13.66	(1.0)	4/7
3	18	Amanda MANNINO	JR	#1 Suffolk County ({2}	13.76	(1.3)	3/30
4	21	Russo-Sanchez GIANNA	FR	#7 Nassau (N.Y.) CC	13.89	(-2.0)	4/7
5	25	Catherine SHAW	SO	#1 Suffolk County ({3}	14.01	(0.1)	3/30
6	28	Justine BELL	FR	#3 Onondaga (N.Y.) {2}	14.33	(-0.7)	4/13
7	29	Genesis LONG	FR	#6 Kingsborough (N	14.37	(-2.0)	4/7
8	35	Tasheyana RICHARDS	FR	#1 Suffolk County ({4}	14.61	(-3.6)	4/7
9	36	Esther BABAFEMI	FR	#4 FIT (N.Y.)	14.63w	(2.2)	4/12
10	37	Deja-Monet COLEMAN	SO	#3 Onondaga (N.Y.) {3}	14.68	(1.8)	4/7

Women's 100 Meter Hurdles

1	2	Malia FOWLER	SO	#1 Suffolk County (I	16.92w	(2.7)	4/13
2	5	Kaprice SIGLER	FR	#3 Onondaga (N.Y.)	17.86w	(3.8)	4/13
3	7	Justine BELL	FR	#3 Onondaga (N.Y.) {2}	18.63w	(3.8)	4/13
4	10	Medina SCRIBNER	FR	#2 Queensborough	19.36w	(2.2)	4/12
5	11	Abib MUSE	FR	#3 Onondaga (N.Y.) {3}	19.63w	(3.6)	4/7
6	15	Ange COMPERE	SO	#2 Queensborough {2}	22.26	(1.5)	4/12
7	16	Emely PALACIOS	FR	#2 Queensborough {3}	22.98	(1.5)	4/12
8	17	Isabel TORRES	FR	#2 Queensborough {4}	23.41	(1.5)	4/12
9	18	Stephanie GRANADOS	FR	#10 SUNY Sullivan	27.56	(0.0)	3/30

Women's 200 Meters

1	9	Amanda MANNINO	JR	#1 Suffolk County (I	27.85	(1.0)	4/13
2	15	Kaprice SIGLER	FR	#3 Onondaga (N.Y.)	28.61	(-1.1)	4/7
3	16	Catherine SHAW	SO	#1 Suffolk County ({2}	28.62	(0.3)	3/30
4	18	Kayla COQ	FR	#1 Suffolk County ({3}	28.90	(-2.6)	4/7
5	20	Ruth GONZALEZ	FR	#1 Suffolk County ({4}	29.12	(1.8)	3/30
6	21	Russo-Sanchez GIANNA	FR	#7 Nassau (N.Y.) CC	29.13	(-1.5)	3/30
7	23	Genesis LONG	FR	#6 Kingsborough (N	29.54	(-1.4)	4/7
8	30	Abib MUSE	FR	#3 Onondaga (N.Y.) {2}	30.19	(-0.1)	4/7
9	36	Julianne COSSIN	FR	#2 Queensborough	30.82	(-1.9)	4/7
10	37	Esther BABAFEMI	FR	#4 FIT (N.Y.)	30.91	(-0.7)	4/7

Women's 400 Meters

1	4	Amanda MANNINO	JR	#1 Suffolk County (I	1:04.52		4/13
2	7	Amanda KELLY	FR	#6 Kingsborough (N	1:06.52		4/12
3	9	Russo-Sanchez GIANNA	FR	#7 Nassau (N.Y.) CC	1:07.46		4/7
4	11	Catherine SHAW	SO	#1 Suffolk County ({2}	1:07.78		4/7
5	13	Genesis LONG	FR	#6 Kingsborough (N {2}	1:08.07		4/12
6	14	Medina SCRIBNER	FR	#2 Queensborough	1:08.33		3/30
7	21	Julianne COSSIN	FR	#2 Queensborough {2}	1:10.24		4/12
8	22	Kylah HETMEYER	FR	#5 BMCC (N.Y.)	1:11.87		4/7
9	25	Kayla HERNANDEZ	FR	#2 Queensborough {3}	1:14.14		4/7
10	28	Maria GODOY FORNO DE STEIN		#5 BMCC (N.Y.) {2}	1:15.99		4/7

Women's 400 Meter Hurdles

1	5	Malia FOWLER	SO	#1 Suffolk County (I	1:15.81		4/13
2	12	Medina SCRIBNER	FR	#2 Queensborough	1:22.50		3/24

Women's 800 Meters

1	6	Ruth GONZALEZ	FR	#1 Suffolk County (I	2:35.75		4/13
2	12	Kaylee LUPOWITZ	FR	#4 FIT (N.Y.)	2:43.63		4/12
3	17	Maria TOVAR	FR	#4 FIT (N.Y.) {2}	2:49.01		4/12
4	22	Amanda KELLY	FR	#6 Kingsborough (N	2:52.05		4/7
5	31	Medina SCRIBNER	FR	#2 Queensborough	3:01.96		4/7
6	32	Kaitlyn FICO	FR	#3 Onondaga (N.Y.)	3:02.66		4/7
7	35	Aine MCELHINNEY	FR	#1 Suffolk County ({2}	3:03.36		4/13
8	37	Manar ELNOOR	FR	#2 Queensborough {2}	3:07.27		4/7
9	40	Elizabeth KRAYNAK	SO	#3 Onondaga (N.Y.) {2}	3:22.06		4/7
10	43	Shu Qi YANG	FR	#2 Queensborough {3}	3:26.27		4/12

Women's 1500 Meters

1	2	Kimiko QUAYLE	SO	#4 FIT (N.Y.)	4:58.91		4/7
2	4	Brenin MAHON	SO	#1 Suffolk County (I	5:11.15		4/7
3	13	Kaylee LUPOWITZ	FR	#4 FIT (N.Y.) {2}	5:42.20		4/7
4	25	Kaitlyn FICO	FR	#3 Onondaga (N.Y.)	6:19.17		4/13
5	27	Manar ELNOOR	FR	#2 Queensborough	6:37.55		4/12
6	28	Brooke RONCA	FR	#1 Suffolk County ({2}	6:48.53		3/24
7	29	Elizabeth KRAYNAK	SO	#3 Onondaga (N.Y.) {2}	6:51.91		4/7
8	31	An Ling ZHU		#5 BMCC (N.Y.)	7:06.99		4/7
9	33	Shu Qi YANG	FR	#2 Queensborough {2}	7:49.90		3/24

Women's Steeplechase

1	5	Manar ELNOOR	FR	#2 Queensborough	15:34.07		4/7
2	6	Shu Qi YANG	FR	#2 Queensborough {2}	19:25.76		4/7

Women's 5000 Meters

1	10	Brenin MAHON	SO	#1 Suffolk County (I	21:11.44		3/30
2	11	Lea REIMER	FR	#5 BMCC (N.Y.)	22:11.80		4/7
3	14	Brooke RONCA	FR	#1 Suffolk County ({2}	24:30.89		4/7
4	15	Aine MCELHINNEY	FR	#1 Suffolk County ({3}	24:56.63		4/7
5	16	Elizabeth KRAYNAK	SO	#3 Onondaga (N.Y.)	26:07.66		4/13

Women's 10,000 Meters

1	4	Lea REIMER	FR	#5 BMCC (N.Y.)	43:31.47		3/24
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Women's 4x100 Relay

1	7	Sheila Da Silva, Kayla Hernandez, Julianne Cossin, Medina Scribner	#2 Queensborough	59.24		4/12
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Women's 4x400 Relay

1	3	Ruth Gonzalez, Brenin Mahon, Catherine Shaw, Amanda Mannino	#1 Suffolk County (I	4:25.90		4/7
2	8	Julianne Cossin, Kayla Hernandez, Sheila Da Silva, Medina Scribner	#2 Queensborough	4:57.11		3/24



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

WOMEN — 2024 Week #4, April 16



Northeast

as of 4/16/2024 8:58:23 AM ET

Women's 4x800 Relay

1	2	Brenin Mahon, Brooke Ronca, Ruth Gonzalez, Malia Fowler	#1 Suffolk County (I	12:07.61	3/24
2	3	Manar Elnoor, Julianne Cossin, Sheila Da Silva, Shu Qi Yang	#2 Queensborough	12:32.69	3/24

Women's High Jump

1	6	Malia FOWLER	SO	#1 Suffolk County (I	1.42m	4-7¾	3/30
2	15	Sheila DA SILVA	FR	#2 Queensborough	1.25m	4-1¼	4/7
2	15	Emely PALACIOS	FR	#2 Queensborough	1.25m	4-1¼	4/7
4	18	Isabel TORRES	FR	#2 Queensborough {3}	1.20m	3-11¼	4/12

Women's Long Jump

1	3	Kayla COQ	FR	#1 Suffolk County (I	4.92m	16-1¾ (0.8)	4/7
2	12	Malia FOWLER	SO	#1 Suffolk County ({2}	4.45m	14-7¼ (-1.7)	3/30
3	15	Tasheyana RICHARDS	FR	#1 Suffolk County ({3}	4.30m	14-1¼ (0.1)	4/7
4	16	Julianne COSSIN	FR	#2 Queensborough	4.26m	13-11¾ (0.1)	4/7
5	19	Aaliyah SHORTER	SO	#1 Suffolk County ({4}	4.09m	13-5 (-0.4)	3/30
6	21	Sheila DA SILVA	FR	#2 Queensborough {2}	4.03m	13-2¾ (0.6)	4/7
7	22	Ange COMPERE	SO	#2 Queensborough {3}	4.00m	13-1½ (2.5)	4/7

Women's Triple Jump

1	1	Aaliyah SHORTER	SO	#1 Suffolk County (I	10.38mw	34-¾ (3.2)	4/13
2	8	Kayla COQ	FR	#1 Suffolk County ({2}	9.57mw	31-4¾ (2.4)	4/13

Women's Shot Put

1	7	Madison GRANT	FR	#1 Suffolk County (I	9.73m	31-11¼	4/7
2	11	Aaliyah SHORTER	SO	#1 Suffolk County ({2}	9.11m	29-10¾	3/24
3	15	Malia FOWLER	SO	#1 Suffolk County ({3}	8.39m	27-6½	3/30
4	20	Ange COMPERE	SO	#2 Queensborough	7.84m	25-8¾	3/24
5	24	Isabel TORRES	FR	#2 Queensborough {2}	7.32m	24-¼	3/24
6	25	Juliah TRIANA	SO	#1 Suffolk County ({4}	7.10m	23-3½	4/13
7	27	Emely PALACIOS	FR	#2 Queensborough {3}	6.80m	22-3¾	4/7
8	35	Brianna RODRIGUEZ	FR	#9 CUNY Hostos	4.29m	14-1	4/12

Women's Discus

1	1	Bryn WHITMAN	SO	#3 Onondaga (N.Y.)	40.28m	132-2	4/7
2	3	Madison GRANT	FR	#1 Suffolk County (I	32.14m	105-6	3/30
3	8	Aaliyah SHORTER	SO	#1 Suffolk County ({2}	26.85m	88-1¼	4/7
4	12	Juliah TRIANA	SO	#1 Suffolk County ({3}	23.25m	76-3½	3/30
5	15	Agnessa LYSENKO	FR	#8 Roxbury CC	20.29m	66-7	4/7

Women's Hammer

1	2	Agnessa LYSENKO	FR	#8 Roxbury CC	33.18m	108-10	3/30
2	10	Ange COMPERE	SO	#2 Queensborough	14.58m	47-10	4/7

Women's Javelin

1	5	Madison GRANT	FR	#1 Suffolk County (I	28.67m	94-¾	3/30
2	8	Bryn WHITMAN	SO	#3 Onondaga (N.Y.)	25.06m	82-2¾	4/7
3	10	Aaliyah SHORTER	SO	#1 Suffolk County ({2}	24.12m	79-1¾	4/7
4	14	Malia FOWLER	SO	#1 Suffolk County ({3}	20.03m	65-8¾	4/7
5	15	Juliah TRIANA	SO	#1 Suffolk County ({4}	19.17m	62-10¾	4/7
6	16	Emely PALACIOS	FR	#2 Queensborough	17.16m	56-3¾	4/7
7	18	Ange COMPERE	SO	#2 Queensborough {2}	16.70m	54-9½	4/7
8	21	Isabel TORRES	FR	#2 Queensborough {3}	15.11m	49-7	3/24