



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

WOMEN — 2024 Week #5, April 23



Central

as of 4/23/2024 8:31:05 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 (Mo	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	#6 CC of Philadelph	13.11w	(3.7)	3/29
6	9	Regan FURMANKIEWICZ	FR	#4 Joliet (Ill.) JC	13.31w	(2.8)	4/20
7	11	Molly MORRIS	FR	#2 DuPage (Ill.)	{3} 13.42	(1.7)	4/13
8	14	Fonida KHAMISSI	FR	#2 DuPage (Ill.)	{4} 13.47w	(2.4)	4/13
9	15	Perla VARGAS	FR	#1 Harper (Ill.)	{2} 13.55	(0.4)	3/29
10	16	Katie MAJORS	SO	#7 St. Charles (Mo.)	13.59	(1.7)	4/20

Women's 100 Meter Hurdles

1	1	Chloe WINTERGERST	SO	#1 Harper (Ill.)	16.15	(1.6)	4/13
2	5	Kenleigh LANGE	FR	#3 Mineral Area (Mo	17.64	(1.2)	4/21
2	5	Lucia SANCHEZ SCRIVEN	FR	#1 Harper (Ill.)	{2} 17.64	(1.9)	3/29
4	10	Kayla WILLIAMS	SO	#4 Joliet (Ill.) JC	19.33	(2.0)	4/6
5	16	Brooklyn STUCKEY	FR	#4 Joliet (Ill.) JC	{2} 20.59	(1.6)	4/6

Women's 200 Meters

1	1	Ellie LOGSDON	FR	#2 DuPage (Ill.)	25.56	(1.6)	4/20
2	2	Patrycja KARPIESIUKE	SO	#2 DuPage (Ill.)	{2} 25.95	(1.0)	4/13
3	3	Amaya RIQUE	FR	#3 Mineral Area (Mo	26.17	(-0.4)	4/13
4	4	Svetlozara UVAKOVA	SO	#1 Harper (Ill.)	26.68w	(2.7)	4/13
5	5	Regan FURMANKIEWICZ	FR	#4 Joliet (Ill.) JC	26.96w	(2.7)	4/13
6	8	Perla VARGAS	FR	#1 Harper (Ill.)	{2} 27.48	(-4.2)	4/13
7	9	Arieana HORTON	FR	#6 CC of Philadelph	27.58	(-0.6)	3/30
8	10	Natalia POCICA	FR	#1 Harper (Ill.)	{3} 27.60	(-0.2)	4/20
9	13	Fonida KHAMISSI	FR	#2 DuPage (Ill.)	{3} 28.04	(1.3)	4/13
10	14	Molly MORRIS	FR	#2 DuPage (Ill.)	{4} 28.06	(1.3)	4/13

Women's 400 Meters

1	1	Ellie LOGSDON	FR	#2 DuPage (Ill.)	57.43		4/20
2	2	Patrycja KARPIESIUKE	SO	#2 DuPage (Ill.)	{2} 59.73		4/20
3	3	Araxi BOGHOSSIAN	SO	#1 Harper (Ill.)	1:01.76		4/13
4	6	Molly MORRIS	FR	#2 DuPage (Ill.)	{3} 1:04.41		4/6
5	9	Perla VARGAS	FR	#1 Harper (Ill.)	{2} 1:05.40		4/20
6	12	Arieana HORTON	FR	#6 CC of Philadelph	1:06.84		4/6
7	13	Kasey LEDINSKY	FR	#1 Harper (Ill.)	{3} 1:06.86		4/20
8	16	Adrienne KARPEN	SO	#4 Joliet (Ill.) JC	1:07.70		4/13
9	20	Chakhia JENKINS HICK	FR	#2 DuPage (Ill.)	{4} 1:08.42		4/20
10	22	Kayla WILLIAMS	SO	#4 Joliet (Ill.) JC	{2} 1:08.70		4/20

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	4	Kasey LEDINSKY	FR	#1 Harper (Ill.)	{2} 1:14.45		4/13
4	6	Kiera FINN	SO	#3 Mineral Area (Mo	1:15.16		4/6
5	9	Kayla WILLIAMS	SO	#4 Joliet (Ill.) JC	1:16.56		4/6
6	10	Delmarea WILLIS	FR	#2 DuPage (Ill.)	{2} 1:17.37		4/13
7	11	Meg SUKLEY	SO	#4 Joliet (Ill.) JC	{2} 1:18.92		4/13
8	14	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	4	Carmen SOLIS	FR	#2 DuPage (Ill.)	2:30.60		4/13
3	6	Kaili DECKER	SO	#1 Harper (Ill.)	{2} 2:34.34		4/13
4	7	Melanie KEHR	SO	#1 Harper (Ill.)	{3} 2:35.08		4/6
5	9	Brianna RUIZ	SO	#1 Harper (Ill.)	{4} 2:35.85		4/6
6	10	Celeste SANSEGRAW	FR	#3 Mineral Area (Mo	2:39.30		4/21
7	11	Kiera FINN	SO	#3 Mineral Area (Mo	{2} 2:41.26		3/30
8	14	Janson KING	FR	#3 Mineral Area (Mo	{3} 2:42.95		4/6
9	16	Riley PETSCH	SO	#3 Mineral Area (Mo	{4} 2:46.16		4/6
10	21	Aubree JONES	FR	#3 Mineral Area (Mo	{5} 2:49.00		4/6

Women's 1500 Meters

1	1	Lilly ALBERTS	SO	#1 Harper (Ill.)	4:40.25		4/6
2	4	Carmen SOLIS	FR	#2 DuPage (Ill.)	5:09.43		4/13
3	8	Celeste SANSEGRAW	FR	#3 Mineral Area (Mo	5:15.91		4/21
4	9	Isabela WOJCIEKOWSKI	FR	#1 Harper (Ill.)	{2} 5:16.56		3/29
5	10	Claudia WOJCIEKOWSKI	FR	#1 Harper (Ill.)	{3} 5:23.17		3/29
6	11	Kaili DECKER	SO	#1 Harper (Ill.)	{4} 5:26.35		4/6
7	12	Emma CECICH	SO	#4 Joliet (Ill.) JC	5:27.77		4/20
8	13	Riley PETSCH	SO	#3 Mineral Area (Mo	{2} 5:29.71		4/6
9	18	Alheli RAMOS-GARCIA	SO	#8 Patrick & Henry I	5:43.17		3/30
10	21	Sofia TROLAND	SO	#5 Valley Forge Mili	5:49.12		4/20

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 (Mo	14:22.82		4/13
3	4	Bianca NUNEZ	FR	#2 DuPage (Ill.)	14:48.07		4/20

Women's 5000 Meters

1	1	Isabela WOJCIEKOWSKI	FR	#1 Harper (Ill.)	19:24.94		4/20
2	2	Carmen SOLIS	FR	#2 DuPage (Ill.)	19:25.27		4/20
3	3	Claudia WOJCIEKOWSKI	FR	#1 Harper (Ill.)	{2} 19:43.24		3/29
4	6	Celeste SANSEGRAW	FR	#3 Mineral Area (Mo	20:24.73		4/13
5	7	Riley PETSCH	SO	#3 Mineral Area (Mo	{2} 20:25.90		4/13
6	8	Abigail DEAN	SO	#3 Mineral Area (Mo	{3} 20:47.27		3/23
7	11	Danielle GIOVENCO	SO	#1 Harper (Ill.)	{3} 21:47.46		4/20
8	15	Alheli RAMOS-GARCIA	SO	#8 Patrick & Henry I	22:44.50		4/20



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WOMEN — 2024 Week #5, April 23



Central

as of 4/23/2024 8:31:05 AM ET

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	7	Celeste SANSEGRAW	FR	#3 Mineral Area (Mc	45:16.53	3/29
4	8	Abigail DEAN	SO	#3 Mineral Area (Mc	{2} 45:54.52	3/29
5	9	Riley PETSCH	SO	#3 Mineral Area (Mc	{3} 46:11.55	3/29
6	10	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	4	Amaya Rique, Cassidy Herget, Kenleigh Lange, Felicity Kester	#3 Mineral Area (Mc	53.19	4/21
5	9	#Type!	#9 Manor (Pa.)	1:06.68	4/6

Women's 4x400 Relay

1	1	Araxi Boghossian, Svetlozara Uvakova, Perla Vargas, Lilly Alberts	#1 Harper (Ill.)	4:10.35	4/20
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
5	9	Sofia Troland, Danielle Horne, Telia Robinson, Hannah Kopec	#5 Valley Forge Mili	5:10.29	4/20

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 KARPIESIUKE	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	#6 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 KARPIESIUKE	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} 2.70m	8-10 1/4	4/20
5	5	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)	4/5
2	3	Lily WINTERGERST	SO	#1 Harper (Ill.)	{2} 4.97m	16-3 3/4 (1.5)	4/20
3	5	Molly MORRIS	FR	#2 DuPage (Ill.)	4.84m	15-10 1/2 (1.9)	4/6
4	6	Ashley STEELE	SO	#6 CC of Philadelph	4.82m	15-9 3/4 (0.8)	3/30
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	14	Emilie MIHOV	FR	#1 Harper (Ill.)	{4} 4.44m	14-6 3/4 (0.0)	4/6
8	15	Tessa BLEERS	SO	#2 DuPage (Ill.)	{2} 4.41mw	14-5 3/4 (2.2)	4/20
9	20	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)	4/5
6	10	Tessa BLEERS	SO	#2 DuPage (Ill.)	8.86mw	29-1 (2.2)	4/20

Women's Shot Put

1	4	Nikiya ROBERTSON	FR	#4 Joliet (Ill.) JC	10.91m	35-9 1/2	3/29
2	12	Kasey LEDINSKY	FR	#1 Harper (Ill.)	9.22m	30-3	4/20
3	14	Jaeda MANNS	SO	#8 Patrick & Henry	8.76m	28-9	4/20
4	16	Teegan ROACH	FR	#2 DuPage (Ill.)	8.43m	27-8	4/13
5	20	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	{2} 8.04m	26-4 1/2	3/29
6	29	Brooklyn STUCKEY	FR	#4 Joliet (Ill.) JC	{3} 6.95m	22-9 3/4	4/13
7	37	Danals ALVARADO	FR	#5 Valley Forge Mili	5.41m	17-9	4/6

Women's Discus

1	7	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



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Central

as of 4/23/2024 8:31:05 AM ET

Women's Hammer

1	3	Kasey LEDINSKY	FR	#1 Harper (Ill.)	31.76m	104-3	4/20
2	4	Rose WAGNER	FR	#1 Harper (Ill.)	{2}30.82m	101-2	4/20
3	5	Samantha WALTON	FR	#1 Harper (Ill.)	{3}29.75m	97-7¼	4/6
4	7	Teegan ROACH	FR	#2 DuPage (Ill.)	24.22m	79-5½	4/13
5	9	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	18.22m	59-9½	4/20

Women's Javelin

1	4	Cassidy HERGET	FR	#3 Mineral Area (Mo	28.85m	94-8	3/23
2	7	Chloe WINTERGERST	SO	#1 Harper (Ill.)	26.54m	87-1	4/13
3	10	Lily WINTERGERST	SO	#1 Harper (Ill.)	{2}24.22m	79-5½	3/29
4	13	Emilie MIHOV	FR	#1 Harper (Ill.)	{3}22.11m	72-6½	4/20
5	16	Kaydence GIBSON	FR	#3 Mineral Area (Mo	{2}20.17m	66-2¼	4/21



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

WOMEN — 2024 Week #5, April 23



East

as of 4/23/2024 8:31:06 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.)	12.82	(1.4)	4/20
3	8	Macayla LOGAN		#6 Springfield Tech	13.22	(-1.3)	3/16
4	12	Jacey HINDS	FR	#2 Mohawk Valley (I)	13.44	(1.0)	3/30
5	22	Olga AKHRENMENKO	SO	#2 Mohawk Valley (I){2}	13.77w	(3.4)	4/6
6	28	Sydney HIGHT	FR	#2 Mohawk Valley (I){3}	14.13w	(3.4)	4/6
7	30	Asaria WRIGHT	SO	#5 Herkimer County	14.31w	(2.1)	4/20
7	30	Emily MURROW	FR	#1 RCSJ Gloucester	14.31	(0.9)	4/20
9	37	Ava SCHIFF	FR	#7 SUNY Broome CC	14.57	(1.1)	4/20
10	43	Eleyna RIVAS	FR	#5 Herkimer County	15.11	(0.8)	3/30

Women's 100 Meter Hurdles

1	4	Breanne MILLSON	SO	#2 Mohawk Valley (I)	17.48w	(2.8)	4/20
2	8	Olivia SKYLSTAD	JR	#3 Hudson Valley (N)	17.90w	(2.9)	4/12
3	9	Ava SCHIFF	FR	#7 SUNY Broome CC	18.54	(2.0)	4/20
4	11	Dava MARCIL	FR	#3 Hudson Valley (N){2}	19.34	(0.5)	4/19
5	14	Juliette VENTURA	SO	#4 Finger Lakes (N.)	19.69w	(3.3)	4/13
6	15	Jacey HINDS	FR	#2 Mohawk Valley (I){2}	19.99w	(2.2)	4/20
7	17	Marlee SHAFER	FR	#2 Mohawk Valley (I){3}	20.98w	(2.8)	4/20
8	18	Sydney HIGHT	FR	#2 Mohawk Valley (I){4}	20.99w	(2.2)	4/20

Women's 200 Meters

1	6	Trinity ORTIZ	SO	#4 Finger Lakes (N.)	27.34w	(2.1)	4/13
2	7	Macayla LOGAN		#6 Springfield Tech	27.46	(0.2)	3/16
3	12	Jacey HINDS	FR	#2 Mohawk Valley (I)	27.99w	(2.3)	4/20
4	21	Breanne MILLSON	SO	#2 Mohawk Valley (I){2}	28.67	(1.9)	4/20
5	26	Aja JACKSON	SO	#7 SUNY Broome CC	29.38	(-1.7)	4/20
6	27	Taiwo OMOYA	FR	#3 Hudson Valley (N)	29.53w	(2.1)	4/12
6	27	Emily MURROW	FR	#1 RCSJ Gloucester	29.53	(0.8)	4/20
8	31	Olga AKHRENMENKO	SO	#2 Mohawk Valley (I){3}	29.63	(-1.2)	4/20
9	34	Juliette VENTURA	SO	#4 Finger Lakes (N.){2}	29.85	(1.9)	4/20
10	35	Madison WASHBURN	FR	#3 Hudson Valley (N){2}	29.96w	(2.2)	4/12

Women's 400 Meters

1	4	Aja JACKSON	SO	#7 SUNY Broome CC	1:02.56		4/20
2	7	Taiwo OMOYA	FR	#3 Hudson Valley (N)	1:04.84		4/12
3	8	Jacey HINDS	FR	#2 Mohawk Valley (I)	1:05.37		4/13
4	11	Alexis HEATH	FR	#5 Herkimer County	1:06.56		4/20
5	17	Amelia BOWMAN-MCCOY	SO	#5 Herkimer County	1:07.99		4/13
6	21	Madison WASHBURN	FR	#3 Hudson Valley (N){2}	1:08.66		4/19
7	25	Emily MURROW	FR	#1 RCSJ Gloucester	1:09.49		4/20
8	26	Susana SERRANO	SO	#1 RCSJ Gloucester	1:09.84		3/30
9	27	Marlee SHAFER	FR	#2 Mohawk Valley (I){2}	1:09.89		4/6
10	32	Laylani CRESPO	SO	#10 Northern Essex (I)	1:12.25		4/20

Women's 400 Meter Hurdles

1	8	Breanne MILLSON	SO	#2 Mohawk Valley (I)	1:15.89		3/30
2	12	Susana SERRANO	SO	#1 RCSJ Gloucester	1:19.03		4/20
3	13	Olivia SKYLSTAD	JR	#3 Hudson Valley (N)	1:20.90		3/23

Women's 800 Meters

1	3	Amelia BOWMAN-MCCOY	SO	#5 Herkimer County	2:30.05		4/20
2	5	Alexis HEATH	FR	#5 Herkimer County	2:32.81		4/13
3	12	Lauren SUPPE	FR	#2 Mohawk Valley (I)	2:41.94		4/6
4	13	Courtney O'HARA		#1 RCSJ Gloucester	2:42.01		4/20
5	17	Breanne MILLSON	SO	#2 Mohawk Valley (I){2}	2:47.88		4/20
6	18	Mackenzie COCHRAN	SO	#1 RCSJ Gloucester	2:48.12		4/20
7	19	Jacey HINDS	FR	#2 Mohawk Valley (I){3}	2:48.88		4/20
8	20	Alexandra CAMPO		#1 RCSJ Gloucester	2:48.90		4/20
9	25	Tessie SHAFER	FR	#2 Mohawk Valley (I){4}	2:51.70		4/13
10	26	Susana SERRANO	SO	#1 RCSJ Gloucester	2:51.83		3/16

Women's 1500 Meters

1	3	Alexis HEATH	FR	#5 Herkimer County	5:07.50		4/20
2	6	Aja JACKSON	SO	#7 SUNY Broome CC	5:14.76		4/20
3	7	Amelia BOWMAN-MCCOY	SO	#5 Herkimer County	5:14.89		4/13
4	14	Lauren SUPPE	FR	#2 Mohawk Valley (I)	5:31.88		4/6
5	16	Alexandra CAMPO		#1 RCSJ Gloucester	5:38.85		4/20
6	17	Courtney O'HARA		#1 RCSJ Gloucester	5:41.42		4/20
7	19	Tessie SHAFER	FR	#2 Mohawk Valley (I){2}	5:48.54		4/6
8	20	Megan CALDER	FR	#4 Finger Lakes (N.)	5:48.71		4/13
9	24	Morgan CHENEY	SO	#4 Finger Lakes (N.){2}	5:56.42		4/7
10	26	Mackenzie COCHRAN	SO	#1 RCSJ Gloucester	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 CC	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	13	Laurel TICER	SO	#3 Hudson Valley (N)	22:15.66		3/23
5	14	Rebecca MARTIN	FR	#3 Hudson Valley (N){2}	22:15.80		3/23

Women's 10,000 Meters

1	1	Aja JACKSON	SO	#7 SUNY Broome CC	42:18.21		3/30
2	5	Amelia BOWMAN-MCCOY	SO	#5 Herkimer County	44:07.36		4/6
3	6	Lauren SUPPE	FR	#2 Mohawk Valley (I)	44:54.97		4/20
4	11	Rebecca MARTIN	FR	#3 Hudson Valley (N)	49:12.52		4/20
5	12	Tessie SHAFER	FR	#2 Mohawk Valley (I){2}	50:20.64		4/20

Women's 4x100 Relay

1	5	Sydney Hight, Olga Akhremenko, Breanne Millson, Jacey Hinds		#2 Mohawk Valley (I)	53.27		4/6
2	6	Olivia Skylstad, Taiwo Omoia, Madison Washburn, Abigale Dunlavey		#3 Hudson Valley (N)	56.49		4/19
3	7	#Type!		#1 RCSJ Gloucester	57.47		4/20



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

WOMEN — 2024 Week #5, April 23



East

as of 4/23/2024 8:31:06 AM ET

Women's 4x400 Relay

1	5	Marlee Shafer, Tessie Shafer, Lauren Suppe, Breanne Millson	#2 Mohawk Valley (I	4:44.42	4/6
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2	6	#Type!	#1 RCSJ Gloucester	4:44.63	4/20
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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.)	1.39m	4-6¾	4/13
4	11	Eleyna RIVAS	FR	#5 Herkimer County	1.37m	4-6	4/6
5	15	Marlee SHAFER	FR	#2 Mohawk Valley (I	1.27m	4-2	4/20
5	15	Jacey HINDS	FR	#2 Mohawk Valley (I	1.27m	4-2	4/20
7	17	Ava SCHIFF	FR	#7 SUNY Broome CC	1.25m	4-1¼	4/13
8	20	Breanne MILLSON	SO	#2 Mohawk Valley (I	1.24m	4-¾	4/20
9	21	Sydney HIGHT	FR	#2 Mohawk Valley (I	1.21m	3-11½	4/20

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.)	5.51m	18-1 (1.3)	4/19
2	9	Dejoue SEBASTINE		#6 Springfield Tech	4.68m	15-4¼ (-0.9)	3/16
3	10	Juliette VENTURA	SO	#4 Finger Lakes (N.)	4.67mw	15-4 (2.3)	4/14
4	11	Jacey HINDS	FR	#2 Mohawk Valley (I	4.50m	14-9¼ (0.0)	4/20
5	12	Breanne MILLSON	SO	#2 Mohawk Valley (I	4.48m	14-8½ (0.6)	4/20
6	15	Abigale DUNLAVEY	FR	#3 Hudson Valley (N	4.41m	14-5¾ (1.9)	4/12
7	19	Ava SCHIFF	FR	#7 SUNY Broome CC	4.19m	13-9 (0.1)	3/30
8	22	Eleyna RIVAS	FR	#5 Herkimer County	4.05m	13-3¼ (0.4)	3/30
9	23	Marlee SHAFER	FR	#2 Mohawk Valley (I	4.04m	13-3¼ (0.0)	4/20
10	26	Sydney SWEDISH	FR	#3 Hudson Valley (N	3.97mw	13-¼ (2.2)	4/12

Women's Triple Jump

1	8	Ava SCHIFF	FR	#7 SUNY Broome CC	9.75m	32-0 (1.2)	3/30
2	9	Abigale DUNLAVEY	FR	#3 Hudson Valley (N	9.23m	30-3½ (0.7)	4/11
3	11	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	#8 Camden County	11.60m	38-¾	3/30
3	3	Kara KNORR	JR	#1 RCSJ Gloucester	11.45m	37-6¾	4/20
4	5	Romeena DAVIS		#6 Springfield Tech	10.64m	34-11	3/16
5	6	Siri SORENSON	FR	#3 Hudson Valley (N	9.90m	32-5¾	3/23
6	8	Makeda CHRISTOPHER		#6 Springfield Tech	9.71m	31-10¼	3/16
7	9	Iamies HASSAN	FR	#3 Hudson Valley (N	9.65m	31-8	3/23
8	10	Hannah OTTERSTEDT	FR	#9 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	15	Sophia DUNNING	FR	#1 RCSJ Gloucester	8.66m	28-5	4/20

Women's Discus

1	2	Kayla FRANKLIN	SO	#8 Camden County	34.59m	113-6	3/16
2	4	Sophia DUNNING	FR	#1 RCSJ Gloucester	31.27m	102-7	4/20
3	5	Hannah OTTERSTEDT	FR	#9 Bergen (N.J.) CC	31.10m	102-1	3/30
4	6	Kara KNORR	JR	#1 RCSJ Gloucester	30.66m	100-7	4/6
5	10	Jessica SLINGERLAND	FR	#3 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	#3 Hudson Valley (N	21.50m	70-6½	4/12
8	14	Siri SORENSON	FR	#3 Hudson Valley (N	21.00m	68-10¾	4/12
9	17	Hilary VALDEZ	FR	#9 Bergen (N.J.) CC	19.39m	63-7½	3/30
10	18	Prayz'ah BRUMFIELD	FR	#2 Mohawk Valley (I	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	24.47m	80-3½	4/6
3	8	Jessica SLINGERLAND	FR	#3 Hudson Valley (N	19.25m	63-2	4/12
4	10	Angelica SLINGERLAND	FR	#3 Hudson Valley (N	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	#8 Camden County	32.20m	105-8	3/30
3	3	Jessica SLINGERLAND	FR	#3 Hudson Valley (N	30.07m	98-8	3/23
4	6	Juliette VENTURA	SO	#4 Finger Lakes (N.)	27.92m	91-7¼	4/20
5	8	Sophia DUNNING	FR	#1 RCSJ Gloucester	25.98m	85-3	3/30
6	12	Grace WAHL	FR	#1 RCSJ Gloucester	22.41m	73-6¼	3/30
7	14	Angelica SLINGERLAND	FR	#3 Hudson Valley (N	21.70m	71-2½	4/19
8	20	Riley PRECOURT	FR	#7 SUNY Broome CC	17.01m	55-9¾	4/20
9	21	Kathleen MISENO-BOWLES	FR	#5 Herkimer County	16.89m	55-5	4/20
10	23	Ava SCHIFF	FR	#7 SUNY Broome CC	15.61m	51-2¾	4/13

Women's Heptathlon

1	1	Juliette VENTURA	SO	#4 Finger Lakes (N.)	2,880		4/13
2	2	Breanne MILLSON	SO	#2 Mohawk Valley (I	2,846		4/20
3	3	Jacey HINDS	FR	#2 Mohawk Valley (I	2,690		4/20
4	4	Marlee SHAFER	FR	#2 Mohawk Valley (I	2,217		4/20
5	5	Sydney HIGHT	FR	#2 Mohawk Valley (I	1,826		4/20



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

WOMEN — 2024 Week #5, April 23



Northeast

as of 4/23/2024 8:31:06 AM ET

Women's 100 Meters

1	10	Kayla COQ	FR	#1 Suffolk County (I	13.38	(1.4)	4/13
2	13	Russo-Sanchez GIANNA	FR	#6 Nassau (N.Y.) CC	13.46	(1.3)	4/13
3	20	Kaprice SIGLER	FR	#3 Onondaga (N.Y.)	13.66	(1.0)	4/7
4	21	Amanda MANNINO	JR	#1 Suffolk County (I{2}	13.76	(1.3)	3/30
5	25	Catherine SHAW	SO	#1 Suffolk County (I{3}	14.01	(0.1)	3/30
6	27	Esther BABAFEMI	FR	#4 FIT (N.Y.)	14.12w	(2.4)	4/20
7	29	White D'AVE	FR	#6 Nassau (N.Y.) CC{2}	14.16	(1.3)	4/13
8	32	Justine BELL	FR	#3 Onondaga (N.Y.){2}	14.33	(-0.7)	4/13
9	33	Genesis LONG	FR	#7 Kingsborough (N	14.37	(-2.0)	4/7
10	38	Tasheyana RICHARDS	FR	#1 Suffolk County (I{4}	14.61	(-3.6)	4/7

Women's 100 Meter Hurdles

1	2	Malia FOWLER	SO	#1 Suffolk County (I	16.49	(0.0)	4/20
2	3	Justine BELL	FR	#3 Onondaga (N.Y.)	17.29	(2.0)	4/20
3	7	Kaprice SIGLER	FR	#3 Onondaga (N.Y.){2}	17.86w	(3.8)	4/13
4	12	Medina SCRIBNER	FR	#2 Queensborough	19.36w	(2.2)	4/12
5	13	Abib MUSE	FR	#3 Onondaga (N.Y.){3}	19.63w	(3.6)	4/7
6	19	Ange COMPERE	SO	#2 Queensborough {2}	22.26	(1.5)	4/12
7	20	Emely PALACIOS	FR	#2 Queensborough {3}	22.98	(1.5)	4/12
8	21	Isabel TORRES	FR	#2 Queensborough {4}	23.41	(1.5)	4/12
9	22	Stephanie GRANADOS	FR	#10 SUNY Sullivan	25.52	(0.5)	4/19

Women's 200 Meters

1	11	Amanda MANNINO	JR	#1 Suffolk County (I	27.85	(1.0)	4/13
2	16	Russo-Sanchez GIANNA	FR	#6 Nassau (N.Y.) CC	28.30	(0.1)	4/20
3	18	Kaprice SIGLER	FR	#3 Onondaga (N.Y.)	28.61	(-1.1)	4/7
4	19	Catherine SHAW	SO	#1 Suffolk County (I{2}	28.62	(0.3)	3/30
5	20	Malia FOWLER	SO	#1 Suffolk County (I{3}	28.65	(-0.4)	4/20
6	23	Kayla COQ	FR	#1 Suffolk County (I{4}	28.90	(-2.6)	4/7
7	25	Ruth GONZALEZ	FR	#1 Suffolk County (I{5}	29.12	(1.8)	3/30
8	29	Genesis LONG	FR	#7 Kingsborough (N	29.54	(-1.4)	4/7
9	38	Abib MUSE	FR	#3 Onondaga (N.Y.){2}	30.19	(-0.1)	4/7
10	42	Julianne COSSIN	FR	#2 Queensborough	30.82	(-1.9)	4/7

Women's 400 Meters

1	5	Amanda MANNINO	JR	#1 Suffolk County (I	1:04.11		4/20
2	10	Amanda KELLY	FR	#7 Kingsborough (N	1:06.52		4/12
3	14	Catherine SHAW	SO	#1 Suffolk County (I{2}	1:07.10		4/20
4	15	Russo-Sanchez GIANNA	FR	#6 Nassau (N.Y.) CC	1:07.46		4/7
5	18	Genesis LONG	FR	#7 Kingsborough (N{2}	1:08.07		4/12
6	19	Medina SCRIBNER	FR	#2 Queensborough	1:08.33		3/30
7	28	Julianne COSSIN	FR	#2 Queensborough {2}	1:10.24		4/12
8	30	Ciarra PARRIAG	FR	#6 Nassau (N.Y.) CC{2}	1:11.48		4/20
9	31	Kylah HETMEYER	FR	#5 BMCC (N.Y.)	1:11.87		4/7
10	34	Kayla HERNANDEZ	FR	#2 Queensborough {3}	1:14.14		4/7

Women's 400 Meter Hurdles

1	3	Kaprice SIGLER	FR	#3 Onondaga (N.Y.)	1:13.81		4/20
2	5	Medina SCRIBNER	FR	#2 Queensborough	1:14.81		4/20
3	7	Malia FOWLER	SO	#1 Suffolk County (I	1:15.81		4/13

Women's 800 Meters

1	2	Kimiko QUAYLE	SO	#4 FIT (N.Y.)	2:23.84		4/20
2	8	Ruth GONZALEZ	FR	#1 Suffolk County (I	2:35.75		4/13
3	15	Kaylee LUPOWITZ	FR	#4 FIT (N.Y.) {2}	2:43.63		4/12
4	22	Maria TOVAR	FR	#4 FIT (N.Y.) {3}	2:49.01		4/12
5	28	Amanda KELLY	FR	#7 Kingsborough (N	2:52.05		4/7
6	34	Manar ELNOOR	FR	#2 Queensborough	2:56.55		4/20
7	38	Medina SCRIBNER	FR	#2 Queensborough {2}	3:01.96		4/7
8	39	Kaitlyn FICO	FR	#3 Onondaga (N.Y.)	3:02.66		4/7
9	41	Aine MCELHINNEY	FR	#1 Suffolk County (I{2}	3:03.36		4/13
10	43	Malia FOWLER	SO	#1 Suffolk County (I{3}	3:05.95		4/20

Women's 1500 Meters

1	2	Kimiko QUAYLE	SO	#4 FIT (N.Y.)	4:51.45		4/20
2	5	Brenin MAHON	SO	#1 Suffolk County (I	5:11.15		4/7
3	15	Kaylee LUPOWITZ	FR	#4 FIT (N.Y.) {2}	5:38.40		4/20
4	28	Kaitlyn FICO	FR	#3 Onondaga (N.Y.)	6:04.46		4/20
5	32	Manar ELNOOR	FR	#2 Queensborough	6:37.55		4/12
6	33	Brooke RONCA	FR	#1 Suffolk County (I{2}	6:48.53		3/24
7	34	Elizabeth KRAYNAK	SO	#3 Onondaga (N.Y.){2}	6:51.91		4/7
8	35	An Ling ZHU		#5 BMCC (N.Y.)	7:06.99		4/7
9	37	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	12	Lea REIMER	FR	#5 BMCC (N.Y.)	22:11.80		4/7
3	16	Brooke RONCA	FR	#1 Suffolk County (I{2}	24:30.89		4/7
4	17	Aine MCELHINNEY	FR	#1 Suffolk County (I{3}	24:56.63		4/7
5	18	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
2	13	Aine MCELHINNEY	FR	#1 Suffolk County (I	50:33.70		4/20
3	14	Elizabeth KRAYNAK	SO	#3 Onondaga (N.Y.)	53:32.11		4/20
4	15	Shu Qi YANG	FR	#2 Queensborough	59:58.42		4/20

Women's 4x100 Relay

1	8	Sheila Da Slva, 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 Slva, Medina Scribner		#2 Queensborough	4:57.11		3/24



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

WOMEN — 2024 Week #5, April 23



Northeast

as of 4/23/2024 8:31:06 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 Slva, 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	17	Sheila DA SILVA	FR	#2 Queensborough	1.25m	4-1¼	4/7
2	17	Emely PALACIOS	FR	#2 Queensborough	1.25m	4-1¼	4/7
4	22	Isabel TORRES	FR	#2 Queensborough {3}	1.20m	3-11¼	4/12

Women's Long Jump

1	4	Kayla COQ	FR	#1 Suffolk County (I	4.92m	16-1¾ (0.8)	4/7
2	13	Malia FOWLER	SO	#1 Suffolk County (I{2}	4.45m	14-7¼ (-1.7)	3/30
3	17	Tasheyana RICHARDS	FR	#1 Suffolk County (I{3}	4.30m	14-1¼ (0.1)	4/7
4	18	Julianne COSSIN	FR	#2 Queensborough	4.26m	13-11¾ (0.1)	4/7
5	21	Aaliyah SHORTER	SO	#1 Suffolk County (I{4}	4.09m	13-5 (-0.4)	3/30
6	24	Sheila DA SILVA	FR	#2 Queensborough {2}	4.03m	13-2¾ (0.6)	4/7
7	25	Ange COMPERE	SO	#2 Queensborough {3}	4.00mw	13-1½ (2.5)	4/7
8	28	Isabel TORRES	FR	#2 Queensborough {4}	3.95m	12-11½ (0.0)	4/20
8	28	Medina SCRIBNER	FR	#2 Queensborough {4}	3.95m	12-11½ (0.0)	4/20
10	30	Deja-Monet COLEMAN	SO	#3 Onondaga (N.Y.)	3.94mw	12-11¼ (2.5)	4/20

Women's Triple Jump

1	1	Aaliyah SHORTER	SO	#1 Suffolk County (I	10.44m	34-3 (0.0)	4/19
2	7	Kayla COQ	FR	#1 Suffolk County (I{2}	9.85m	32-3¾ (0.0)	4/20

Women's Shot Put

1	7	Madison GRANT	FR	#1 Suffolk County (I	9.82m	32-2¾	4/20
2	11	Aaliyah SHORTER	SO	#1 Suffolk County (I{2}	9.28m	30-5½	4/20
3	17	Malia FOWLER	SO	#1 Suffolk County (I{3}	8.39m	27-6½	3/30
4	21	Isabel TORRES	FR	#2 Queensborough	7.98m	26-2¼	4/20
5	23	Ange COMPERE	SO	#2 Queensborough {2}	7.84m	25-8¾	3/24
6	26	Emely PALACIOS	FR	#2 Queensborough {3}	7.17m	23-6¼	4/20
7	28	Juliah TRIANA	SO	#1 Suffolk County (I{4}	7.10m	23-3½	4/13
8	40	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 (I{2}	26.85m	88-1¼	4/7
4	12	Juliah TRIANA	SO	#1 Suffolk County (I{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	11	Ange COMPERE	SO	#2 Queensborough	16.74m	54-11¼	4/20

Women's Javelin

1	5	Madison GRANT	FR	#1 Suffolk County (I	28.67m	94-¾	3/30
2	9	Bryn WHITMAN	SO	#3 Onondaga (N.Y.)	25.06m	82-2¾	4/7
3	11	Aaliyah SHORTER	SO	#1 Suffolk County (I{2}	24.12m	79-1¾	4/7
4	15	Isabel TORRES	FR	#2 Queensborough	20.79m	68-2½	4/20
5	17	Malia FOWLER	SO	#1 Suffolk County (I{3}	20.03m	65-8¾	4/7
6	18	Juliah TRIANA	SO	#1 Suffolk County (I{4}	19.17m	62-10¾	4/7
7	19	Emely PALACIOS	FR	#2 Queensborough {2}	17.16m	56-3¾	4/7
8	22	Ange COMPERE	SO	#2 Queensborough {3}	16.70m	54-9½	4/7