



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

WOMEN — 2024 Week #6, April 30



Central

as of 5/7/2024 6:42:33 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	Svetlozara UVAKOVA	SO	#1	Harper (Ill.)	12.51	(1.0)	4/25
4	4	Amaya RIQUE	FR	#3	Mineral Area (Mc	12.59	(0.9)	4/27
5	7	Arieana HORTON	FR	#6	CC of Philadelph	13.11w	(3.7)	3/29
6	9	Felicity KESTER	FR	#3	Mineral Area (Mc	{2} 13.24w	(2.9)	4/27
7	10	Regan FURMANKIEWICZ	FR	#4	Joliet (Ill.) JC	13.31w	(2.8)	4/20
8	12	Molly MORRIS	FR	#2	DuPage (Ill.)	{3} 13.42	(1.7)	4/13
9	15	Fonida KHAMISSI	FR	#2	DuPage (Ill.)	{4} 13.47w	(2.4)	4/13
10	16	Chakhia JENKINS HICK	FR	#2	DuPage (Ill.)	{5} 13.54	(-1.0)	4/25

Women's 100 Meter Hurdles

1	1	Chloe WINTERGERST	SO	#1	Harper (Ill.)	16.15	(1.6)	4/13
2	3	Ava CONNERTY	FR	#10	Triton (Ill.)	16.93	(-1.2)	4/25
3	4	Meg SUKLEY	SO	#4	Joliet (Ill.) JC	17.22	(0.5)	4/25
4	7	Kenleigh LANGE	FR	#3	Mineral Area (Mc	17.61w	(2.3)	4/27
5	8	Lucia SANCHEZ SCRIVEN	FR	#1	Harper (Ill.)	{2} 17.64	(1.9)	3/29
6	12	Kayla WILLIAMS	SO	#4	Joliet (Ill.) JC	{2} 19.10	(-1.2)	4/25
7	18	Brooklyn STUCKEY	FR	#4	Joliet (Ill.) JC	{3} 20.59	(1.6)	4/6

Women's 200 Meters

1	1	Amaya RIQUE	FR	#3	Mineral Area (Mc	25.30cw	(25.69) (2.7)	4/27
2	2	Ellie LOGSDON	FR	#2	DuPage (Ill.)	25.56	(1.6)	4/20
3	3	Patrycja KARPIESIUKE	SO	#2	DuPage (Ill.)	{2} 25.95	(1.0)	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	6	Felicity KESTER	FR	#3	Mineral Area (Mc	{2} 27.11cw	(27.53) (3.5)	4/27
7	8	Araxi BOGHOSSIAN	SO	#1	Harper (Ill.)	{2} 27.36	(0.6)	4/25
8	9	Natalia POCICA	FR	#1	Harper (Ill.)	{3} 27.42	(0.0)	4/25
9	11	Perla VARGAS	FR	#1	Harper (Ill.)	{4} 27.48	(-4.2)	4/13
10	12	Arieana HORTON	FR	#6	CC of Philadelph	27.58	(-0.6)	3/30

Women's 400 Meters

1	1	Lilly ALBERTS	SO	#1	Harper (Ill.)	56.09		4/25
2	2	Ellie LOGSDON	FR	#2	DuPage (Ill.)	57.43		4/20
3	3	Patrycja KARPIESIUKE	SO	#2	DuPage (Ill.)	{2} 59.73		4/20
4	4	Araxi BOGHOSSIAN	SO	#1	Harper (Ill.)	{2} 1:00.38		4/25
5	7	Molly MORRIS	FR	#2	DuPage (Ill.)	{3} 1:04.41		4/6
6	8	Perla VARGAS	FR	#1	Harper (Ill.)	{3} 1:04.66		4/25
7	13	Regan FURMANKIEWICZ	FR	#4	Joliet (Ill.) JC	1:06.83		4/25
8	14	Arieana HORTON	FR	#6	CC of Philadelph	1:06.84		4/6
9	15	Kasey LEDINSKY	FR	#1	Harper (Ill.)	{4} 1:06.86		4/20
10	18	Adrienne KARPEN	SO	#4	Joliet (Ill.) JC	{2} 1:07.70		4/13

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} 1:13.76		4/25
4	8	Kiera FINN	SO	#3	Mineral Area (Mc	1:15.16		4/6
5	10	Kayla WILLIAMS	SO	#4	Joliet (Ill.) JC	1:16.56		4/6
6	11	Meg SUKLEY	SO	#4	Joliet (Ill.) JC	{2} 1:16.87		4/27
7	12	Delmarea WILLIS	FR	#2	DuPage (Ill.)	{2} 1:17.37		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} 2:33.61		4/25
4	7	Brianna RUIZ	SO	#1	Harper (Ill.)	{3} 2:33.94		4/25
5	8	Melanie KEHR	SO	#1	Harper (Ill.)	{4} 2:35.08		4/6
6	11	Celeste SANSEGRAW	FR	#3	Mineral Area (Mc	2:39.30		4/21
7	13	Kiera FINN	SO	#3	Mineral Area (Mc	{2} 2:41.26		3/30
8	17	Janson KING	FR	#3	Mineral Area (Mc	{3} 2:42.95		4/6
9	19	Riley PETSCH	SO	#3	Mineral Area (Mc	{4} 2:46.16		4/6
10	25	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	4	Carmen SOLIS	FR	#2	DuPage (Ill.)	5:07.07		4/25
3	8	Celeste SANSEGRAW	FR	#3	Mineral Area (Mc	5:15.91		4/21
4	9	Isabela WOJCIEKOWSKI	FR	#1	Harper (Ill.)	{2} 5:16.56		3/29
5	10	Kaili DECKER	SO	#1	Harper (Ill.)	{3} 5:21.91		4/25
6	11	Claudia WOJCIEKOWSKI	FR	#1	Harper (Ill.)	{4} 5:23.17		3/29
7	12	Kylynn FRANKFORD	SO	#11	Thaddeus Steve	5:24.05		4/27
8	13	Melanie KEHR	SO	#1	Harper (Ill.)	{5} 5:27.27		4/25
9	14	Emma CECICH	SO	#4	Joliet (Ill.) JC	5:27.77		4/20
10	16	Riley PETSCH	SO	#3	Mineral Area (Mc	{2} 5:29.71		4/6

Women's Steeplechase

1	1	Emma CECICH	SO	#4	Joliet (Ill.) JC	12:54.40		4/25
2	3	Alexandra ABOOD	FR	#2	DuPage (Ill.)	13:42.69		4/25
3	4	Kiera FINN	SO	#3	Mineral Area (Mc	14:03.89		4/27
4	6	Bianca NUNEZ	FR	#2	DuPage (Ill.)	{2} 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 (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
7	11	Danielle GIOVENCO	SO	#1	Harper (Ill.)	{3} 21:47.46		4/20
8	16	Alheli RAMOS-GARCIA	SO	#8	Patrick & Henry	22:44.50		4/20



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Central

as of 5/7/2024 6:42:33 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	4	Meg Sukley, Regan Furmankiewicz, Adrienne Karpen, Kayla Williams	#4 Joliet (Ill.) JC	52.74	4/6
4	5	Amaya Rique, Cassidy Herget, Kenleigh Lange, Felicity Kester	#3 Mineral Area (Mc	53.19	4/21
5	10	Jessie Dupre, Neysha Medina, Olivia Morton, Lauren Brown	#9 Manor (Pa.)	1:05.32	4/27

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	5	Regan Furmankiewicz, Adrienne Karpen, Kayla Williams, Meg Sukley	#4 Joliet (Ill.) JC	4:36.11	4/27
5	10	Sofia Troland, Danielle Horne, Telia Robinson, Hannah Kopec	#5 Valley Forge Mili	5:10.29	4/20

Women's High Jump

1	2	Katie MAJORS	SO	#7 St. Charles (Mo.)	1.55m	5-1	3/30
1	2	Cassidy HERGET	FR	#3 Mineral Area (Mc	1.55m	5-1	4/6
3	5	Patrycja KARPIESIUKE	SO	#2 DuPage (Ill.)	1.53m	5-1/4	4/13
4	6	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	9	Brooklyn STUCKEY	FR	#4 Joliet (Ill.) JC	1.40m	4-7	4/27
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} 2.90m	9-6 1/4	4/25
4	4	Lucia SANCHEZ SCRIVEN	FR	#1 Harper (Ill.)	{3} 2.75m	9-1/4	4/25
5	5	Kaydence GIBSON	FR	#3 Mineral Area (Mc	2.60m	8-6 1/4	3/23

Women's Long Jump

1	3	Lucia SANCHEZ SCRIVEN	FR	#1 Harper (Ill.)	5.09m	16-8 1/2 (0.2)	4/25
2	4	Lily WINTERGERST	SO	#1 Harper (Ill.)	{2} 4.97m	16-3 3/4 (1.5)	4/20
3	6	Molly MORRIS	FR	#2 DuPage (Ill.)	4.84m	15-10 1/2 (1.9)	4/6
4	7	Ashley STEELE	SO	#6 CC of Philadelph	4.82m	15-9 3/4 (0.8)	3/30
5	8	Katie MAJORS	SO	#7 St. Charles (Mo.)	4.81m	15-9 1/2 (-1.1)	4/5
5	8	Natalia POCICA	FR	#1 Harper (Ill.)	{3} 4.81m	15-9 1/2 (1.1)	3/28
7	16	Emilie MIHOV	FR	#1 Harper (Ill.)	{4} 4.44m	14-6 3/4 (0.0)	4/6
8	17	Tessa BLEERS	SO	#2 DuPage (Ill.)	{2} 4.41mw	14-5 3/4 (2.2)	4/20
9	22	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
6	10	Tessa BLEERS	SO	#2 DuPage (Ill.)	9.26m	30-4 3/4 (-1.0)	4/25

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	15	Jaeda MANNS	SO	#8 Patrick & Henry	8.76m	28-9	4/20
4	17	Teegan ROACH	FR	#2 DuPage (Ill.)	8.43m	27-8	4/13
5	22	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	{2} 8.04m	26-4 1/2	3/29
6	30	Brooklyn STUCKEY	FR	#4 Joliet (Ill.) JC	{3} 6.95m	22-9 3/4	4/13
7	37	Danays 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	17	Teegan ROACH	FR	#2 DuPage (Ill.)	19.46m	63-10 1/4	4/6
4	20	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	18.41m	60-4 3/4	4/13



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as of 5/7/2024 6:42:33 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	6	Samantha WALTON	FR	#1 Harper (Ill.)	{3} 29.75m	97-7¼	4/6
4	7	Teegan ROACH	FR	#2 DuPage (Ill.)	26.92m	88-4	4/25
5	9	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	18.22m	59-9½	4/20

Women's Javelin

1	1	Cassidy HERGET	FR	#3 Mineral Area (Mc	37.19m	122-0	4/27
2	8	Chloe WINTERGERST	SO	#1 Harper (Ill.)	26.54m	87-1	4/13
3	11	Kaydence GIBSON	FR	#3 Mineral Area (Mc	{2} 25.84m	84-9½	4/27
4	12	Lily WINTERGERST	SO	#1 Harper (Ill.)	{2} 24.22m	79-5½	3/29
5	15	Emilie MIHOV	FR	#1 Harper (Ill.)	{3} 22.11m	72-6½	4/20
6	19	Adrienne KARPEN	SO	#4 Joliet (Ill.) JC	18.49m	60-8	4/25
7	20	Fallon HAMILTON	SO	#4 Joliet (Ill.) JC	{2} 17.47m	57-3¾	4/27
8	26	Brooklyn STUCKEY	FR	#4 Joliet (Ill.) JC	{3} 15.09m	49-6¼	4/27



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East

as of 5/7/2024 6:42:33 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{2}	13.22	(-1.3)	3/16
4	13	Jacey HINDS	FR	#3 Mohawk Valley (	13.44	(1.0)	3/30
5	23	Olga AKHRENMENKO	SO	#3 Mohawk Valley ({2}	13.77w	(3.4)	4/6
6	28	Sydney HIGHT	FR	#3 Mohawk Valley ({3}	14.13w	(3.4)	4/6
7	30	Emily MURROW	FR	#1 RCSJ Gloucester	14.18	(0.2)	4/27
8	32	Asaria WRIGHT	SO	#5 Herkimer County	14.31w	(2.1)	4/20
9	37	Ava SCHIFF	FR	#7 SUNY Broome C	14.57	(1.1)	4/20
10	45	Eleyna RIVAS	FR	#5 Herkimer County{2}	15.11	(0.8)	3/30

Women's 100 Meter Hurdles

1	6	Breanne MILLSON	SO	#3 Mohawk Valley (	17.44	(1.0)	4/26
2	10	Olivia SKYLSTAD	JR	#2 Hudson Valley (N	17.90w	(2.9)	4/12
3	11	Ava SCHIFF	FR	#7 SUNY Broome C	18.54	(2.0)	4/20
4	13	Dava MARCIL	FR	#2 Hudson Valley (N{2}	19.34	(0.5)	4/19
5	16	Juliette VENTURA	SO	#4 Finger Lakes (N.)	19.69w	(3.3)	4/13
6	17	Jacey HINDS	FR	#3 Mohawk Valley ({2}	19.99w	(2.2)	4/20
7	19	Marlee SHAFER	FR	#3 Mohawk Valley ({3}	20.98w	(2.8)	4/20
8	20	Sydney HIGHT	FR	#3 Mohawk Valley ({4}	20.99w	(2.2)	4/20

Women's 200 Meters

1	7	Trinity ORTIZ	SO	#4 Finger Lakes (N.)	27.34w	(2.1)	4/13
2	10	Macayla LOGAN		#6 Springfield Tech	27.46	(0.2)	3/16
3	14	Jacey HINDS	FR	#3 Mohawk Valley (	27.99w	(2.3)	4/20
4	23	Breanne MILLSON	SO	#3 Mohawk Valley ({2}	28.67	(1.9)	4/20
5	30	Aja JACKSON	SO	#7 SUNY Broome C	29.38	(-1.7)	4/20
6	31	Emily MURROW	FR	#1 RCSJ Gloucester	29.53	(0.8)	4/20
6	31	Taiwo OMOYA	FR	#2 Hudson Valley (N	29.53w	(2.1)	4/12
8	35	Olga AKHRENMENKO	SO	#3 Mohawk Valley ({3}	29.63	(-1.2)	4/20
9	37	Juliette VENTURA	SO	#4 Finger Lakes (N.){2}	29.85	(1.9)	4/20
10	39	Madison WASHBURN	FR	#2 Hudson Valley (N{2}	29.96w	(2.2)	4/12

Women's 400 Meters

1	5	Aja JACKSON	SO	#7 SUNY Broome C	1:02.56		4/20
2	9	Taiwo OMOYA	FR	#2 Hudson Valley (N	1:04.84		4/12
3	10	Jacey HINDS	FR	#3 Mohawk Valley (	1:05.37		4/13
4	12	Alexis HEATH	FR	#5 Herkimer County	1:06.56		4/20
5	19	Amelia BOWMAN-MCCOY	SO	#5 Herkimer County{2}	1:07.99		4/13
6	21	Susana SERRANO	SO	#1 RCSJ Gloucester	1:08.26		4/27
7	24	Madison WASHBURN	FR	#2 Hudson Valley (N{2}	1:08.66		4/19
8	27	Emily MURROW	FR	#1 RCSJ Gloucester{2}	1:09.49		4/20
9	29	Marlee SHAFER	FR	#3 Mohawk Valley ({2}	1:09.89		4/6
10	32	Laylani CRESPO	SO	#10 Northern Essex (	1:10.41		4/27

Women's 400 Meter Hurdles

1	5	Breanne MILLSON	SO	#3 Mohawk Valley (	1:14.54		4/26
2	7	Olivia SKYLSTAD	JR	#2 Hudson Valley (N	1:15.00		4/26
3	13	Susana SERRANO	SO	#1 RCSJ Gloucester	1:18.33		4/27

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}	2:31.41		4/26
3	14	Lauren SUPPE	FR	#3 Mohawk Valley (	2:41.94		4/6
4	15	Courtney O'HARA		#1 RCSJ Gloucester	2:42.01		4/20
5	20	Breanne MILLSON	SO	#3 Mohawk Valley ({2}	2:47.88		4/20
6	21	Mackenzie COCHRAN	SO	#1 RCSJ Gloucester{2}	2:48.12		4/20
7	22	Alexandra CAMPO		#1 RCSJ Gloucester{3}	2:48.13		4/27
8	24	Jacey HINDS	FR	#3 Mohawk Valley ({3}	2:48.88		4/20
9	29	Tessie SHAFER	FR	#3 Mohawk Valley ({4}	2:51.70		4/13
10	30	Susana SERRANO	SO	#1 RCSJ Gloucester{4}	2:51.83		3/16

Women's 1500 Meters

1	5	Alexis HEATH	FR	#5 Herkimer County	5:07.50		4/20
2	6	Amelia BOWMAN-MCCOY	SO	#5 Herkimer County{2}	5:12.79		4/26
3	7	Aja JACKSON	SO	#7 SUNY Broome C	5:14.76		4/20
4	17	Lauren SUPPE	FR	#3 Mohawk Valley (	5:31.88		4/6
5	18	Alexandra CAMPO		#1 RCSJ Gloucester	5:38.85		4/20
6	19	Courtney O'HARA		#1 RCSJ Gloucester{2}	5:41.42		4/20
7	21	Mackenzie COCHRAN	SO	#1 RCSJ Gloucester{3}	5:44.27		4/27
8	23	Tessie SHAFER	FR	#3 Mohawk Valley ({2}	5:48.54		4/6
9	24	Megan CALDER	FR	#4 Finger Lakes (N.)	5:48.71		4/13
10	29	Morgan CHENEY	SO	#4 Finger Lakes (N.){2}	5:56.42		4/7

Women's Steeplechase

1	2	Lauren SUPPE	FR	#3 Mohawk Valley (	13:34.77		4/26
2	5	Morgan CHENEY	SO	#4 Finger Lakes (N.)	14:05.46		3/30

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	Alexandra CAMPO		#1 RCSJ Gloucester{2}	22:02.75		4/27
5	14	Laurel TICER	SO	#2 Hudson Valley (N	22:15.66		3/23
6	15	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
3	6	Lauren SUPPE	FR	#3 Mohawk Valley (	44:54.97		4/20
4	11	Rebecca MARTIN	FR	#2 Hudson Valley (N	49:12.52		4/20
5	12	Tessie SHAFER	FR	#3 Mohawk Valley ({2}	50:20.64		4/20

Women's 4x100 Relay

1	6	Sydney Hight, Olga Akhremenko, Breanne Millson, Jacey Hinds	#3 Mohawk Valley (	53.27		4/6
2	7	Olivia Skylstad, Taiwo Omoya, Madison Washburn, Abigale Dunlavey	#2 Hudson Valley (N	56.49		4/19
3	9	#Type!	#1 RCSJ Gloucester	57.47		4/20



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East

as of 5/7/2024 6:42:34 AM ET

Women's 4x400 Relay

1	6	Marlee Shafer, Tessie Shafer, Lauren Suppe, Breanne Millson	#3 Mohawk Valley (	4:44.42	4/6
2	7	#Type!	#1 RCSJ Gloucester	4:44.63	4/20
3	8	Olivia Skylstad, Madison Washburn, Abigale Dunlavey, Taiwo Omoya	#2 Hudson Valley (1	4:47.83	4/26

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	4	Trinity ORTIZ	SO	#4 Finger Lakes (N.'	1.54m	5-½	4/7
2	7	Emma HARVERSON	FR	#1 RCSJ Gloucester	1.42m	4-7¾	3/30
3	10	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	Marlee SHAFER	FR	#3 Mohawk Valley (	1.27m	4-2	4/20
5	15	Jacey HINDS	FR	#3 Mohawk Valley (	1.27m	4-2	4/20
7	17	Ava SCHIFF	FR	#7 SUNY Broome C	1.25m	4-1¼	4/13
8	20	Breanne MILLSON	SO	#3 Mohawk Valley ({3}	1.24m	4-¾	4/20
9	21	Sydney HIGHT	FR	#3 Mohawk Valley ({4}	1.21m	3-11½	4/20

Women's Pole Vault

1	6	Francesca MACCARONE	FR	#1	RCSJ Gloucester	2.25m	7-4½	4/27
2	7	Grace HOLMES	FR	#4	Finger Lakes (N.)	2.20m	7-2½	4/7

Women's Long Jump

1	1	Trinity ORTIZ	SO	#4 Finger Lakes (N.'	5.51m	18-1 (1.3)	4/19
2	10	Juliette VENTURA	SO	#4 Finger Lakes (N.'{2}	4.79mw	15-8¾ (4.1)	4/7
3	11	Susana SERRANO	SO	#1 RCSJ Gloucester	4.73mw	15-6¼ (4.4)	3/29
4	12	Dejoue SEBASTINE		#6 Springfield Tech	4.68m	15-4¼ (-0.9)	3/16
5	13	Jacey HINDS	FR	#3 Mohawk Valley (	4.50m	14-9¼ (0.0)	4/20
6	14	Breanne MILLSON	SO	#3 Mohawk Valley ({2}	4.48m	14-8½ (0.6)	4/20
7	17	Abigale DUNLAVEY	FR	#2 Hudson Valley (1	4.41m	14-5¾ (1.9)	4/12
8	21	Ava SCHIFF	FR	#7 SUNY Broome C	4.19m	13-9 (0.1)	3/30
9	23	Eleyna RIVAS	FR	#5 Herkimer County	4.05m	13-3½ (0.4)	3/30
10	24	Marlee SHAFER	FR	#3 Mohawk Valley ({3}	4.04m	13-3¼ (0.0)	4/20

Women's Triple Jump

1	8	Ava SCHIFF	FR	#7 SUNY Broome C	9.75m	32-0 (1.2)	3/30
2	11	Abigale DUNLAVEY	FR	#2 Hudson Valley (1	9.23m	30-3½ (0.7)	4/11
3	12	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	Kara KNORR	JR	#1 RCSJ Gloucester	12.13m	39-9¾	4/27
3	3	Kayla FRANKLIN	SO	#8 Camden County	11.60m	38-¾	3/30
4	5	Romeena DAVIS		#6 Springfield Tech{2}	10.64m	34-11	3/16
5	6	Siri SORENSON	FR	#2 Hudson Valley (N{1}	9.90m	32-5¾	3/23
6	8	Iamies HASSAN	FR	#2 Hudson Valley (N{2}	9.74m	31-11½	4/26
7	9	Makeda CHRISTOPHER		#6 Springfield Tech{3}	9.71m	31-10¼	3/16
8	10	Hannah OTTERSTEDT	FR	#9 Bergen (N.J.) CC	9.50m	31-2	3/30
9	13	Angelica SLINGERLAND	FR	#2 Hudson Valley (N{3}	9.17m	30-1	4/26
10	14	Phallon RIVERA	FR	#4 Finger Lakes (N.)	8.81m	28-11	4/7

Women's Discus

1	2	Sophia DUNNING	FR	#1 RCSJ Gloucester	36.75m	120-7	4/27
2	3	Kayla FRANKLIN	SO	#8 Camden County	34.59m	113-6	3/16
3	5	Hannah OTTERSTEDT	FR	#9 Bergen (N.J.) CC	31.10m	102-1	3/30
4	6	Kara KNORR	JR	#1 RCSJ Gloucester{2}	31.00m	101-9	4/27
5	10	Jessica SLINGERLAND	FR	#2 Hudson Valley (1	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	Francesca MACCARONE	FR	#1 RCSJ Gloucester{3}	21.02m	68-11¾	4/27
9	15	Siri SORENSON	FR	#2 Hudson Valley (N{3}	21.00m	68-10¾	4/12
10	18	Hilary VALDEZ	FR	#9 Bergen (N.J.) CC{2}	19.39m	63-7½	3/30

Women's Hammer

1	1	Kara KNORR	JR	#1 RCSJ Gloucester	40.02m	131-4	4/27
2	5	Sophia DUNNING	FR	#1 RCSJ Gloucester{2}	30.29m	99-4½	4/27
3	8	Jessica SLINGERLAND	FR	#2 Hudson Valley (1	19.25m	63-2	4/12
4	10	Angelica SLINGERLAND	FR	#2 Hudson Valley (1{2}	17.24m	56-6¾	4/12

Women's Javelin

1	2	Kara KNORR	JR	#1	RCSJ Gloucester	33.06m	108-6	3/30
2	3	Kayla FRANKLIN	SO	#8	Camden County	32.20m	105-8	3/30
3	4	Jessica SLINGERLAND	FR	#2	Hudson Valley (1	30.07m	98-8	3/23
4	6	Juliette VENTURA	SO	#4	Finger Lakes (N.1	27.92m	91-7¼	4/20
5	7	Angelica SLINGERLAND	FR	#2	Hudson Valley (N{2}	27.48m	90-2	4/26
6	9	Sophia DUNNING	FR	#1	RCSJ Gloucester{2}	25.98m	85-3	3/30
7	14	Grace WAHL	FR	#1	RCSJ Gloucester{3}	22.41m	73-6¼	3/30
8	22	Riley PRECOURT	FR	#7	SUNY Broome C1	17.01m	55-9¾	4/20
9	23	Kathleen MISENO-BOWLES	FR	#5	Herkimer County	16.89m	55-5	4/20
10	25	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
2	2	Breanne MILLSON	SO	#3 Mohawk Valley (	2,846	4/20
3	3	Jacey HINDS	FR	#3 Mohawk Valley ({2}	2,690	4/20
4	4	Marlee SHAFER	FR	#3 Mohawk Valley ({3}	2,217	4/20
5	5	Sydney HIGHT	FR	#3 Mohawk Valley ({4}	1,826	4/20



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WOMEN — 2024 Week #6, April 30



Northeast

as of 5/7/2024 6:42:34 AM ET

Women's 100 Meters

1	11	Kayla COQ	FR	#1	Suffolk County (I	13.38	(1.4)	4/13
2	14	Russo-Sanchez GIANNA	FR	#6	Nassau (N.Y.) CC	13.46	(1.3)	4/13
3	21	Kaprice SIGLER	FR	#3	Onondaga (N.Y.)	13.66	(1.0)	4/7
4	22	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	33	Justine BELL	FR	#3	Onondaga (N.Y.){2}	14.33	(-0.7)	4/13
9	34	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	5	Justine BELL	FR	#3	Onondaga (N.Y.)	17.29	(2.0)	4/20
3	9	Kaprice SIGLER	FR	#3	Onondaga (N.Y.){2}	17.86w	(3.8)	4/13
4	14	Medina SCRIBNER	FR	#2	Queensborough	19.36w	(2.2)	4/12
5	15	Abib MUSE	FR	#3	Onondaga (N.Y.){3}	19.63w	(3.6)	4/7
6	21	Ange COMPERE	SO	#2	Queensborough{2}	22.26	(1.5)	4/12
7	22	Emely PALACIOS	FR	#2	Queensborough{3}	22.98	(1.5)	4/12
8	23	Isabel TORRES	FR	#2	Queensborough{4}	23.41	(1.5)	4/12
9	24	Stephanie GRANADOS	FR	#10	SUNY Sullivan	25.52	(0.5)	4/19

Women's 200 Meters

1	13	Amanda MANNINO	JR	#1	Suffolk County (I	27.85	(1.0)	4/13
2	18	Russo-Sanchez GIANNA	FR	#6	Nassau (N.Y.) CC	28.26	(-1.9)	4/27
3	20	Kaprice SIGLER	FR	#3	Onondaga (N.Y.)	28.61	(-1.1)	4/7
4	21	Catherine SHAW	SO	#1	Suffolk County (I{2}	28.62	(0.3)	3/30
5	22	Malia FOWLER	SO	#1	Suffolk County (I{3}	28.65	(-0.4)	4/20
6	25	Kayla COQ	FR	#1	Suffolk County (I{4}	28.90	(-2.6)	4/7
7	29	Ruth GONZALEZ	FR	#1	Suffolk County (I{5}	29.12	(1.8)	3/30
8	33	Genesis LONG	FR	#7	Kingsborough (N	29.54	(-1.4)	4/7
9	38	Medina SCRIBNER	FR	#2	Queensborough	29.94		4/26
10	42	Abib MUSE	FR	#3	Onondaga (N.Y.){2}	30.19	(-0.1)	4/7

Women's 400 Meters

1	6	Amanda MANNINO	JR	#1	Suffolk County (I	1:04.11		4/20
2	11	Amanda KELLY	FR	#7	Kingsborough (N	1:06.52		4/12
3	16	Catherine SHAW	SO	#1	Suffolk County (I{2}	1:07.10		4/20
4	17	Russo-Sanchez GIANNA	FR	#6	Nassau (N.Y.) CC	1:07.46		4/7
5	20	Genesis LONG	FR	#7	Kingsborough (N{2}	1:08.07		4/12
6	22	Medina SCRIBNER	FR	#2	Queensborough	1:08.33		3/30
7	30	Julianne COSSIN	FR	#2	Queensborough{2}	1:10.24		4/12
8	34	Ciarra PARRIAG	FR	#6	Nassau (N.Y.) CC{2}	1:11.48		4/20
9	36	Kylah HETMEYER	FR	#5	BMCC (N.Y.)	1:11.87		4/7
10	38	Kayla HERNANDEZ	FR	#2	Queensborough{3}	1:14.14		4/7

Women's 400 Meter Hurdles

1	4	Kaprice SIGLER	FR	#3	Onondaga (N.Y.)	1:13.81		4/20
2	6	Medina SCRIBNER	FR	#2	Queensborough	1:14.81		4/20
3	9	Malia FOWLER	SO	#1	Suffolk County (I	1:15.81		4/13
4	15	Emely PALACIOS	FR	#2	Queensborough{2}	1:35.01		4/26

Women's 800 Meters

1	2	Kimiko QUAYLE	SO	#4	FIT (N.Y.)	2:23.31		4/27
2	9	Brenin MAHON	SO	#1	Suffolk County (I	2:35.64		4/27
3	10	Ruth GONZALEZ	FR	#1	Suffolk County (I{2}	2:35.75		4/13
4	12	Kaylee LUPOWITZ	FR	#4	FIT (N.Y.)	2:40.33		4/27
5	16	Maria TOVAR	FR	#4	FIT (N.Y.)	2:42.13		4/27
6	18	Catherine SHAW	SO	#1	Suffolk County (I{3}	2:44.60		4/27
7	23	Julianne COSSIN	FR	#2	Queensborough	2:48.24		4/26
8	27	Kylah HETMEYER	FR	#5	BMCC (N.Y.)	2:50.70		4/27
9	32	Amanda KELLY	FR	#7	Kingsborough (N	2:52.05		4/7
10	39	Manar ELNOOR	FR	#2	Queensborough{2}	2:56.55		4/20

Women's 1500 Meters

1	2	Kimiko QUAYLE	SO	#4	FIT (N.Y.)	4:49.58		4/27
2	3	Brenin MAHON	SO	#1	Suffolk County (I	5:06.68		4/27
3	15	Kaylee LUPOWITZ	FR	#4	FIT (N.Y.)	5:29.47		4/27
4	32	Kaitlyn FICO	FR	#3	Onondaga (N.Y.)	6:04.46		4/20
5	37	Manar ELNOOR	FR	#2	Queensborough	6:37.55		4/12
6	38	Brooke RONCA	FR	#1	Suffolk County (I{2}	6:48.53		3/24
7	39	Elizabeth KRAYNAK	SO	#3	Onondaga (N.Y.){2}	6:51.91		4/7
8	40	An Ling ZHU		#5	BMCC (N.Y.)	7:00.88		4/27
9	42	Shu Qi YANG	FR	#2	Queensborough{2}	7:49.90		3/24

Women's Steeplechase

1	7	Manar ELNOOR	FR	#2	Queensborough	15:34.07		4/7
2	8	Emely PALACIOS	FR	#2	Queensborough{2}	17:41.14		4/26
3	9	Shu Qi YANG	FR	#2	Queensborough{3}	19:25.76		4/7

Women's 5000 Meters

1	10	Brenin MAHON	SO	#1	Suffolk County (I	21:11.44		3/30
2	13	Lea REIMER	FR	#5	BMCC (N.Y.)	22:11.80		4/7
3	17	Brooke RONCA	FR	#1	Suffolk County (I{2}	24:30.89		4/7
4	18	Aine MCELHINNEY	FR	#1	Suffolk County (I{3}	24:56.63		4/7
5	19	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	3	#Type!		#1	Suffolk County (I	52.48		4/27
2	8	Kayla Hernandez, Medina Scribner, Isabel Torres, Julianne Cossin		#2	Queensborough	56.84		4/26



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Northeast

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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	9	Julianne Cossin, Kayla Hernandez, Sheila Da Slva, Medina Scribner	#2 Queensborough	4:57.11	3/24

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	1	Malia FOWLER	SO	#1 Suffolk County (I	1.57m	5-1¾	4/27
2	17	Emely PALACIOS	FR	#2 Queensborough	1.25m	4-1¼	4/7
2	17	Sheila DA SLVA	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	2	Aaliyah SHORTER	SO	#1 Suffolk County (I	5.12m	16-9¾ (1.9)	4/27
2	5	Kayla COQ	FR	#1 Suffolk County ({2}	4.92m	16-1¾ (0.8)	4/7
3	15	Malia FOWLER	SO	#1 Suffolk County ({3}	4.45m	14-7¼ (-1.7	3/30
4	19	Tasheyana RICHARDS	FR	#1 Suffolk County ({4}	4.30m	14-1¼ (0.1)	4/7
5	20	Julianne COSSIN	FR	#2 Queensborough	4.26m	13-11¾ (0.1	4/7
6	25	Sheila DA SLVA	FR	#2 Queensborough {2}	4.03m	13-2¾ (0.6)	4/7
7	26	Ange COMPERE	SO	#2 Queensborough {3}	4.00mw	13-1½ (2.5)	4/7
7	26	Medina SCRIBNER	FR	#2 Queensborough {3}	4.00m	13-1½	4/26
9	31	Isabel TORRES	FR	#2 Queensborough {5}	3.95m	12-11½ (0.0	4/20
10	32	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 ({2}	9.85m	32-3¾ (0.0)	4/19
3	9	Julianne COSSIN	FR	#2 Queensborough	9.32m	30-7	4/26

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 ({2}	9.28m	30-5½	4/20
3	18	Malia FOWLER	SO	#1 Suffolk County ({3}	8.39m	27-6½	3/30
4	23	Isabel TORRES	FR	#2 Queensborough	7.98m	26-2¼	4/20
5	24	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 ({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	4	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	16	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	10	Bryn WHITMAN	SO	#3 Onondaga (N.Y.)	25.91m	85-¼	4/23
3	13	Aaliyah SHORTER	SO	#1 Suffolk County ({2}	24.12m	79-1¾	4/7
4	16	Isabel TORRES	FR	#2 Queensborough	20.79m	68-2½	4/20
5	17	Malia FOWLER	SO	#1 Suffolk County ({3}	20.03m	65-8¾	4/7
6	18	Juliah TRIANA	SO	#1 Suffolk County ({4}	19.17m	62-10¾	4/7
7	21	Emely PALACIOS	FR	#2 Queensborough {2}	17.16m	56-3¾	4/7
8	24	Ange COMPERE	SO	#2 Queensborough {3}	16.70m	54-9½	4/7