



Conference TFRI Team Summary



MEN — 2025 Checkpoint #7, March 11

CIAA			
Current	Team	Score	Last Week
1	Virginia Union	545.04	1
2	Claflin	512.15	2
3	Virginia State	409.90	3
4	Livingstone	310.81	4
5	Johnson C. Smith	299.90	5
6	Bowie State	187.27	6
7	Lincoln (Pa.)	154.24	7
8	Bluefield State	57.33	8

CONFERENCE CAROLINAS			
Current	Team	Score	Last Week
1	Mount Olive	485.59	1
2	UNC Pembroke	429.86	2
3	Converse	376.75	3
4	Belmont Abbey	329.33	4
5	Southern Wesleyan (S	216.07	5
6	Lees-McRae	172.53	6
7	Shorter	97.05	7
8	North Greenville	96.63	8
9	Emmanuel (Ga.)	95.73	9
10	Barton	76.82	10
11	King	75.45	11
12	Young Harris	50.12	12
13	Erskine	47.22	13

ECC			
Current	Team	Score	Last Week
1	Roberts Wesleyan	566.54	1
2	Holy Family (Pa.)	471.01	2
3	Felician	311.62	3
4	Georgian Court	231.07	4
5	St. Thomas Aquinas	207.11	5
6	Staten Island	191.32	6
7	Molloy	183.84	7
8	Daemen	117.16	8
9	Queens (N.Y.)	108.95	9

GLIAC			
Current	Team	Score	Last Week
1	Grand Valley State	1273.20	1
2	Davenport (Mich.)	320.62	2
3	Saginaw Valley State	276.46	3
4	UW-Parkside	242.63	4
5	Purdue Northwest (In	242.01	5
6	Ferris State	148.95	6
7	Lake Superior State	53.46	7
8	Roosevelt (Ill.)	31.04	8

GLVC			
Current	Team	Score	Last Week
1	Lewis	468.72	1
2	Lincoln (Mo.)	458.69	2
3	Indianapolis	299.72	3
4	Missouri S&T	224.73	4
5	Southwest Baptist	216.79	5
6	Maryville (Mo.)	190.42	6
7	Truman	180.22	7
8	Drury	144.58	8
9	Illinois-Springfield	122.57	9
10	William Jewell	90.53	10
11	McKendree	87.50	11
12	UMSL	76.18	12
13	Rockhurst	57.28	13
14	Quincy (Ill.)	38.67	14

G-MAC			
Current	Team	Score	Last Week
1	Ashland	614.05	1
2	Tiffin	591.37	2
3	Findlay	484.89	3
4	Cedarville	209.26	4
5	Walsh	194.97	5
6	Northwood (Mich.)	183.71	6
7	Hillsdale	165.22	7
8	Lake Erie	98.17	8
9	Malone	64.07	9
10	Ohio Dominican	35.65	10
11	Thomas More (Ky.)	8.75	11

GNAC			
Current	Team	Score	Last Week
1	Western Washington	674.59	1
2	Central Washington	386.03	2
3	Western Oregon	371.05	3
4	Simon Fraser	263.73	4
5	Northwest Nazarene	247.89	5
6	Alaska Anchorage	192.64	6
7	Montana St.-Billings	134.77	7
8	Saint Martin's	109.83	8
9	Seattle Pacific	86.77	9

GSC			
Current	Team	Score	Last Week
1	Alabama-Huntsville	842.91	1
2	Lee (Tenn.)	583.13	2
3	Montevallo	430.42	4 ▲ 1
4	Mississippi College	421.36	3 ▼ 1
5	Trevecca Nazarene	130.68	5
6	Christian Brothers	80.07	6

INDEPENDENTS			
Current	Team	Score	Last Week
1	Harding	429.18	1
2	Oklahoma Baptist	314.03	2
3	Azusa Pacific	262.10	3
4	Academy of Art	244.14	4
5	Florida Southern	200.01	5
6	Fresno Pacific	192.40	6
7	Southern Arkansas	139.66	7
8	CUI	120.30	8
9	Cal Poly Humboldt	112.46	9
10	Northwestern Oklaho	105.52	10
11	Cal State LA	87.03	11
12	Michigan Tech	82.96	20 ▲ 8
13	Tampa	76.44	12 ▼ 1
14	Ouachita Baptist	61.34	13 ▼ 1
15	Goldey-Beacom	48.29	14 ▼ 1
16	Wilmington (Del.)	41.35	15 ▼ 1
17	Southern Nazarene	30.16	16 ▼ 1
18	Florida Tech	24.72	17 ▼ 1
19	Bridgeport	22.72	18 ▼ 1
20	West Alabama	15.53	23 ▲ 3
21	Dominican (N.Y.)	7.97	19 ▼ 2
22	Vanguard (Calif.)	3.60	21 ▼ 1
23	Saint Michael's	0.30	22 ▼ 1
24	UPR Rio Piedras	0.02	24

LONE STAR			
Current	Team	Score	Last Week
1	West Texas A&M	775.34	1
2	Texas A&M-Kingsville	349.48	2
3	Angelo State	349.12	3
4	UT Tyler	239.62	4
5	Lubbock Christian	185.60	5
6	Eastern New Mexico	163.96	6
7	Dallas Baptist	157.45	7
8	Oklahoma Christian	128.78	8
9	St. Edward's	63.99	9
10	Cameron	0.18	10

MIAA			
Current	Team	Score	Last Week
1	Pittsburg State	745.75	1
2	Northwest Missouri	407.30	2
3	Washburn	327.00	3
4	Missouri Southern	300.17	4
5	Central Missouri	242.23	5
6	Emporia State	209.70	6
7	Fort Hays State	201.97	7
8	Neb.-Kearney	156.62	8
9	Missouri Western	59.61	9
10	Rogers State	16.96	10



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MOUNTAIN EAST

Current	Team	Score	Last Week
1	Charleston (W.Va.)	559.52	1
2	Davis and Elkins	318.92	2
3	West Virginia State	301.91	3
4	West Liberty State	280.58	4
5	West Virginia Wesleyan	272.67	5
6	Frostburg State	270.04	6
7	Point Park (Pa.)	244.10	7
8	Glenville State	177.62	8
9	Concord	142.23	9
10	Wheeling	54.97	10

NORTHEAST-10

Current	Team	Score	Last Week
1	Southern Connecticut	615.72	1
2	New Haven	473.18	2
3	Franklin Pierce	374.57	3
4	Assumption	303.87	5 ▲ 1
5	Adelphi	294.98	4 ▼ 1
6	Saint Anselm	202.75	6
7	Bentley	177.41	7
8	American International	122.23	8

NSIC

Current	Team	Score	Last Week
1	Minnesota State	801.81	1
2	U-Mary	326.36	2
3	Northern State	263.92	3
4	Augustana (S.D.)	245.10	4
5	MSU Moorhead	231.82	5
6	Concordia-St. Paul	224.01	6
7	Sioux Falls	188.08	7
8	Minnesota Duluth	187.68	8
9	Wayne State (Neb.)	123.24	9
10	Southwest Minnesota	65.03	10
11	Minot State	31.21	11

PBC

Current	Team	Score	Last Week
1	Embry-Riddle (Fla.)	898.93	1
2	Flagler	650.82	2
3	USC Beaufort (S.C.)	304.15	3
4	Lander	251.65	4
5	Clayton State	194.20	5

PSAC

Current	Team	Score	Last Week
1	Shippensburg	522.02	1
2	Slippery Rock	491.22	2
3	East Stroudsburg	435.75	3
4	Kutztown	304.98	4
5	Lock Haven	251.79	5
6	California (Pa.)	150.36	6
7	Seton Hill	148.92	7
8	West Chester	115.25	8
9	Indiana (Pa.)	115.16	9
10	Bloomsburg	70.45	10
11	Pitt Johnstown	57.22	11
12	Mansfield	18.27	12
13	Edinboro	1.61	13

RMAC

Current	Team	Score	Last Week
1	UC-Colorado Springs	606.00	1
2	Colo. School of Mines	513.06	2
3	Adams State	377.36	3
4	CSU Pueblo	191.95	4
5	Chadron State	190.03	5
6	Western Colorado	176.78	6
7	Colorado Mesa	160.87	7
8	MSU Denver	133.05	8
9	Black Hills State	101.51	9
10	South Dakota Mines	95.72	10
11	Fort Lewis	63.97	11
12	Westminster (Utah)	28.84	12
13	Colorado Christian	18.53	13

SAC

Current	Team	Score	Last Week
1	Wingate	732.71	1
2	Lenoir-Rhyne	388.19	2
3	Carson-Newman	292.08	3
4	Anderson (S.C.)	225.26	4
5	Limestone	168.21	5
6	Tusculum	165.76	6
7	Catawba	152.07	7
8	Emory and Henry	142.23	8
9	Mars Hill	120.24	9
10	Newberry	81.58	10
11	UVa-Wise	60.66	11
12	Lincoln Memorial	56.35	12
13	Coker	54.13	13

SIAC

Current	Team	Score	Last Week
1	Morehouse	590.14	1
2	Benedict	380.01	2
3	Tuskegee	338.34	3
4	Savannah State	288.79	4
5	Kentucky State	257.25	6 ▲ 1
6	Central State	254.56	5 ▼ 1
7	Allen (S.C.)	153.89	7
8	Lane	151.54	8
9	LeMoyne-Owen	109.48	9