



MEN — 2025 Checkpoint #4, April 22

100 METERS

Current	Team	Score	Last Week
1	UW-Oshkosh	-42.00	1
2	UW-La Crosse	-42.10	3 ▲1
3	McMurry	-42.16	2 ▼1
4	UW-Whitewater	-42.44	7 ▲3
5	Emory	-42.71	4 ▼1
5	Rowan	-42.71	17 ▲12
7	Susquehanna	-42.76	5 ▼2
8	Mount Union	-42.85	8
9	Saint John's (Minn.)	-42.86	6 ▼3
10	MIT	-42.89	38 ▲28

400 METER HURDLES

Current	Team	Score	Last Week
1	UW-La Crosse	-214.32	1
2	Rowan	-216.40	4 ▲2
3	Tufts	-217.58	3
4	Middlebury	-217.60	2 ▼2
5	Washington and Lee	-221.01	6 ▲1
6	Bethel (Minn.)	-221.83	5 ▼1
7	WPI	-222.91	12 ▲5
8	Wartburg	-223.43	7 ▼1
9	Susquehanna	-223.49	10 ▲1
10	SUNY Geneseo	-223.59	30 ▲20

5000 METERS

Current	Team	Score	Last Week
1	UW-La Crosse	-3405.38	1
2	Wartburg	-3423.51	2
3	UW-Whitewater	-3431.72	3
4	Pomona-Pitzer	-3459.84	10 ▲6
5	Johns Hopkins	-3470.06	7 ▲2
6	St. Olaf	-3473.96	4 ▼2
7	UW-Platteville	-3485.98	5 ▼2
8	SUNY Geneseo	-3493.58	6 ▼2
9	Haverford	-3510.35	13 ▲4
10	UW-Stevens Point	-3511.89	8 ▼2

110 METER HURDLES

Current	Team	Score	Last Week
1	Rowan	-55.81	1
2	Central (Iowa)	-58.39	2
3	UW-Oshkosh	-58.73	3
4	Susquehanna	-59.00	4
5	UW-Stout	-59.51	7 ▲2
6	Bethel (Minn.)	-59.58	5 ▼1
7	DePauw	-60.38	6 ▼1
8	UW-Eau Claire	-60.51	8
9	Tufts	-60.78	10 ▲1
10	MIT	-60.86	NR

800 METERS

Current	Team	Score	Last Week
1	MIT	-447.05	1
2	Emory	-447.15	2
3	SUNY Geneseo	-448.26	10 ▲7
4	Lynchburg	-449.54	4
5	Pomona-Pitzer	-450.07	3 ▼2
6	Washington (Mo.)	-454.07	5 ▼1
7	Johns Hopkins	-454.23	12 ▲5
8	UC Santa Cruz	-454.61	22 ▲14
9	George Fox	-455.09	6 ▼3
10	Claremont-Mudd-Scri	-455.34	9 ▼1

10,000 METERS

Current	Team	Score	Last Week
1	UW-La Crosse	-7154.59	NR
2	Wartburg	-7169.37	1 ▼1
3	North Central (Ill.)	-7210.69	2 ▼1
4	UW-Whitewater	-7271.22	3 ▼1
5	RPI	-7390.74	10 ▲5
6	MIT	-7405.73	NR
7	St. Olaf	-7447.88	15 ▲8
8	UW-Stevens Point	-7455.96	NR
9	George Fox	-7509.31	4 ▼5
10	Babson	-7516.33	13 ▲3

200 METERS

Current	Team	Score	Last Week
1	RPI	-85.61	17 ▲16
2	Rowan	-85.78	4 ▲2
3	Emory	-86.10	1 ▼2
4	SUNY Cortland	-86.11	48 ▲44
5	UW-Oshkosh	-86.29	8 ▲3
6	Susquehanna	-86.31	15 ▲9
7	Roanoke	-86.62	2 ▼5
8	McMurry	-86.73	3 ▼5
9	Mount Union	-86.79	11 ▲2
10	UW-La Crosse	-86.91	39 ▲29

1500 METERS

Current	Team	Score	Last Week
1	Lynchburg	-902.52	1
2	Pomona-Pitzer	-927.78	5 ▲3
3	SUNY Geneseo	-932.36	23 ▲20
4	UC Santa Cruz	-932.55	3 ▼1
5	George Fox	-932.83	8 ▲3
6	Trinity (Texas)	-932.93	2 ▼4
7	Washington (Mo.)	-935.25	4 ▼3
8	Hope	-936.06	6 ▼2
9	Emory	-939.18	12 ▲3
10	MIT	-939.25	28 ▲18

HIGH JUMP

Current	Team	Score	Last Week
1	Hardin-Simmons	8.07	1
2	UW-Oshkosh	8.00	2
3	Lynchburg	7.90	3
4	Baldwin Wallace	7.88	5 ▲1
4	Rowan	7.88	13 ▲9
6	UW-Eau Claire	7.84	4 ▼2
6	Wilmington (Ohio)	7.84	NR
8	UW-Stout	7.72	6 ▼2
9	UW-River Falls	7.69	7 ▼2
10	Chicago	7.67	8 ▼2

400 METERS

Current	Team	Score	Last Week
1	UW-La Crosse	-190.83	1
2	Susquehanna	-192.74	16 ▲14
3	SUNY Cortland	-193.62	2 ▼1
4	Ohio Northern	-194.00	8 ▲4
5	SUNY Geneseo	-194.04	10 ▲5
6	Rowan	-194.15	9 ▲3
7	UW-Oshkosh	-194.33	3 ▼4
8	Emory	-194.34	6 ▼2
9	Bethel (Minn.)	-194.46	4 ▼5
10	RIT	-194.94	44 ▲34

STEEPLECHASE

Current	Team	Score	Last Week
1	UW-La Crosse	-2153.12	NR
2	Wartburg	-2212.22	1 ▼1
3	Central (Iowa)	-2243.37	26 ▲23
4	SUNY Geneseo	-2245.73	2 ▼2
5	George Fox	-2268.69	3 ▼2
6	UW-Eau Claire	-2270.12	NR
7	MIT	-2277.88	4 ▼3
8	Wheaton (Ill.)	-2292.43	5 ▼3
9	Dubuque	-2311.39	12 ▲3
10	Washington (Mo.)	-2317.31	6 ▼4

POLE VAULT

Current	Team	Score	Last Week
1	Washington (Mo.)	19.93	1
2	UW-La Crosse	19.28	2
3	McMurry	18.64	3
4	Chapman	18.45	4
5	Colby	18.40	5
6	York (Pa.)	17.98	7 ▲1
7	Carnegie Mellon	17.94	6 ▼1
8	UW-Platteville	17.84	10 ▲2
9	George Fox	17.79	12 ▲3
10	SUNY Brockport	17.71	8 ▼2
10	Mount Union	17.71	8 ▼2



MEN — 2025 Checkpoint #4, April 22

LONG JUMP

Current	Team	Score	Last Week
1	UW-Oshkosh	29.02	1
2	UW-Whitewater	27.83	4 ▲ 2
3	Wartburg	27.80	2 ▼ 1
4	Tufts	27.67	13 ▲ 9
5	Greenville	27.62	3 ▼ 2
6	UW-La Crosse	27.39	7 ▲ 1
7	SUNY Brockport	27.38	18 ▲ 11
8	Emory	27.38	5 ▼ 3
9	UW-Stout	27.31	17 ▲ 8
10	Saint John's (Minn.)	27.29	6 ▼ 4

TRIPLE JUMP

Current	Team	Score	Last Week
1	Montclair State	56.73	NR
2	UW-La Crosse	56.63	1 ▼ 1
3	SUNY Cortland	55.58	2 ▼ 1
4	Dubuque	54.98	3 ▼ 1
5	Johns Hopkins	54.76	NR
6	Tufts	54.72	7 ▲ 1
7	Carnegie Mellon	54.70	4 ▼ 3
8	UW-Whitewater	54.50	NR
9	Chicago	53.59	5 ▼ 4
10	Methodist	53.14	6 ▼ 4

SHOT PUT

Current	Team	Score	Last Week
1	UW-Eau Claire	68.24	1
2	Dubuque	65.31	2
3	Christopher Newport	61.95	5 ▲ 2
4	UW-Oshkosh	61.48	6 ▲ 2
5	UW-Platteville	61.09	3 ▼ 2
6	UW-Stout	60.77	4 ▼ 2
7	Nebraska Wesleyan	60.38	7
8	Concordia Moorhead	60.35	13 ▲ 5
9	SUNY Cortland	59.95	8 ▼ 1
10	Loras	59.72	11 ▲ 1

DISCUS

Current	Team	Score	Last Week
1	UW-Eau Claire	195.01	1
2	Dubuque	190.36	5 ▲ 3
3	McMurry	189.29	3
4	Salisbury	187.75	6 ▲ 2
5	UW-Stevens Point	187.27	2 ▼ 3
6	UW-Oshkosh	186.41	4 ▼ 2
7	UW-Platteville	184.03	10 ▲ 3
8	SUNY Cortland	182.67	26 ▲ 18
9	Whitworth	181.30	7 ▼ 2
10	Loras	180.55	14 ▲ 4

HAMMER

Current	Team	Score	Last Week
1	Dubuque	225.28	2 ▲ 1
2	UW-Oshkosh	222.41	1 ▼ 1
3	Wilmington (Ohio)	222.24	3
4	Baldwin Wallace	221.65	4
5	UW-Eau Claire	215.99	5
6	Claremont-Mudd-Scri	212.51	6
7	SUNY Cortland	212.09	10 ▲ 3
8	North Central (Ill.)	211.65	8
9	Nebraska Wesleyan	210.09	9
10	UW-Stevens Point	208.84	7 ▼ 3

JAVELIN

Current	Team	Score	Last Week
1	Whitworth	223.18	5 ▲ 4
2	Ursinus	221.86	1 ▼ 1
3	George Fox	220.51	2 ▼ 1
4	WPI	219.85	4
5	Lebanon Valley	218.31	3 ▼ 2
6	Claremont-Mudd-Scri	214.19	6
7	Saint John's (Minn.)	210.22	7
8	Tufts	207.03	11 ▲ 3
9	Ohio Wesleyan	206.32	8 ▼ 1
10	Hope	204.44	13 ▲ 3

DECATHLON

Current	Team	Score	Last Week
1	UW-Oshkosh	25263.00	1
2	UW-Eau Claire	24763.00	NR
3	George Fox	24426.00	4 ▲ 1
4	UW-River Falls	24330.00	2 ▼ 2
5	Susquehanna	24042.00	3 ▼ 2
6	RPI	20167.00	5 ▼ 1
7	Whitworth	20110.00	6 ▼ 1
8	UW-Stevens Point	18303.00	NR
9	Stevens	16037.00	7 ▼ 2