



Conference TFRI Team Summary



WOMEN — 2025 Checkpoint #6, March 4

CIAA			
Current	Team	Score	Last Week
1	Fayetteville State	538.94	1
2	Winston-Salem State	476.57	2
3	Claflin	290.95	3
4	Virginia State	224.89	4
5	Lincoln (Pa.)	198.12	5
6	Johnson C. Smith	142.60	6
7	Livingstone	109.15	7
8	Bowie State	94.52	8
9	Virginia Union	86.17	9
10	Bluefield State	27.95	10
11	Shaw	6.83	11

CONFERENCE CAROLINAS			
Current	Team	Score	Last Week
1	Mount Olive	638.83	1
2	Converse	462.84	2
3	UNC Pembroke	267.22	3
4	North Greenville	256.69	4
5	Belmont Abbey	246.62	5
6	Lees-McRae	142.71	6
7	Shorter	141.90	7
8	King	92.10	8
9	Barton	76.82	9
10	Southern Wesleyan (S	67.65	10
11	Emmanuel (Ga.)	52.30	11
12	Erskine	28.49	12
13	Young Harris	27.84	13

ECC			
Current	Team	Score	Last Week
1	Felician	431.94	1
2	Roberts Wesleyan	425.89	2
3	UDC	294.21	3
4	D'Youville	273.78	4
5	Holy Family (Pa.)	245.21	5
6	Molloy	183.75	6
7	St. Thomas Aquinas	139.87	7
8	Daemen	137.08	8
9	Staten Island	117.07	9
10	Georgian Court	88.72	10
11	Queens (N.Y.)	60.12	11

GLIAC			
Current	Team	Score	Last Week
1	Grand Valley State	1074.92	1
2	Wayne State (Mich.)	348.95	2
3	Northern Michigan	308.54	3
4	Saginaw Valley State	255.93	5 ▲ 1
5	UW-Parkside	244.27	4 ▼ 1
6	Davenport (Mich.)	173.21	6
7	Purdue Northwest (In	106.60	7
8	Ferris State	94.17	8
9	Lake Superior State	24.74	9
10	Roosevelt (Ill.)	5.48	10

GLVC			
Current	Team	Score	Last Week
1	Lewis	628.45	1
2	Indianapolis	365.68	3 ▲ 1
3	Lincoln (Mo.)	362.59	2 ▼ 1
4	Southwest Baptist	272.98	4
5	Maryville (Mo.)	197.10	5
6	Missouri S&T	187.38	7 ▲ 1
7	Truman	183.89	6 ▼ 1
8	William Jewell	105.26	8
9	McKendree	75.73	9
10	Illinois-Springfield	75.09	10
11	Drury	41.58	11
12	Upper Iowa	30.73	12
13	Rockhurst	14.97	14 ▲ 1
14	UMSL	11.06	13 ▼ 1
15	Quincy (Ill.)	2.88	15

G-MAC			
Current	Team	Score	Last Week
1	Ashland	639.23	1
2	Findlay	475.68	2
3	Hillsdale	401.81	3
4	Tiffin	329.04	4
5	Walsh	220.08	6 ▲ 1
6	Cedarville	218.28	5 ▼ 1
7	Ursuline	128.33	7
8	Northwood (Mich.)	85.55	8
9	Malone	37.40	9
10	Lake Erie	33.21	10
11	Ohio Dominican	16.43	12 ▲ 1
12	Thomas More (Ky.)	10.44	11 ▼ 1

GNAC			
Current	Team	Score	Last Week
1	Western Washington	589.36	1
2	Western Oregon	380.00	2
3	Central Washington	377.18	3
4	Simon Fraser	352.93	4
5	Seattle Pacific	242.30	5
6	Alaska Anchorage	239.66	6
7	Northwest Nazarene	145.58	7
8	Montana St.-Billings	133.71	8
9	Saint Martin's	67.44	9

GSC			
Current	Team	Score	Last Week
1	Lee (Tenn.)	812.49	1
2	Alabama-Huntsville	642.19	2
3	Montevallo	360.02	3
4	Mississippi College	349.18	4
5	Trevecca Nazarene	64.78	5
6	Christian Brothers	64.45	6



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INDEPENDENTS

Current	Team	Score	Last Week
1	Azusa Pacific	404.77	1
2	Oklahoma Baptist	281.33	2
3	Academy of Art	239.79	3
4	Fresno Pacific	195.65	4
5	Harding	191.35	5
6	Cal Poly Pomona	187.58	6
7	Stanislaus State	180.53	7
8	CUI	150.51	8
9	Cal State San Marcos	133.83	9
10	Ouachita Baptist	126.43	10
11	Sonoma State	117.29	11
12	Southern Arkansas	85.35	12
13	Cal State LA	54.82	14 ▲ 1
14	Southeastern Oklaho	54.49	13 ▼ 1
15	Northwestern Oklaho	45.18	15
16	Southern Nazarene	37.25	16
17	Cal Poly Humboldt	28.26	17
18	Jessup (Calif.)	26.19	18
19	Florida Southern	24.86	19
20	Vanguard (Calif.)	21.42	20
21	Arkansas Tech	19.05	21
22	West Alabama	17.24	22
23	Michigan Tech	11.11	23
24	Tampa	6.37	25 ▲ 1
25	UPR Rio Piedras	3.59	26 ▲ 1
26	Wilmington (Del.)	3.14	27 ▲ 1
27	Dominican (N.Y.)	1.73	34 ▲ 7
28	Cal State Dominguez	1.52	28
29	Southwestern Oklaho	1.08	30 ▲ 1
30	Bridgeport	1.04	31 ▲ 1
31	Goldey-Beacom	1.03	29 ▼ 2
32	Saint Michael's	0.90	32
33	Chestnut Hill	0.50	33

LONE STAR

Current	Team	Score	Last Week
1	West Texas A&M	729.01	1
2	Texas A&M-Kingsville	361.69	2
3	Angelo State	355.21	3
4	UT Tyler	253.21	4
5	Dallas Baptist	194.42	5
6	Eastern New Mexico	171.90	7 ▲ 1
7	Oklahoma Christian	171.08	6 ▼ 1
8	Midwestern State	139.66	8
9	Lubbock Christian	133.59	9
10	St. Edward's	38.87	10
11	Cameron	1.86	11

MIAA

Current	Team	Score	Last Week
1	Pittsburg State	842.02	1
2	Northwest Missouri	363.22	2
3	Washburn	334.23	3
4	Missouri Southern	262.38	4
5	Neb.-Kearney	180.73	5
6	Central Missouri	165.14	7 ▲ 1
7	Fort Hays State	123.07	6 ▼ 1
8	Emporia State	108.89	8
9	Rogers State	88.63	9
10	Missouri Western	87.01	10
11	Central Oklahoma	62.38	11

MOUNTAIN EAST

Current	Team	Score	Last Week
1	Charleston (W.Va.)	566.96	1
2	Point Park (Pa.)	359.33	2
3	West Liberty State	285.04	3
4	West Virginia Wesleya	269.34	4
5	West Virginia State	232.68	5
6	Davis and Elkins	213.13	6
7	Glenville State	179.27	7
8	Frostburg State	142.00	8
9	Concord	101.16	9
10	Wheeling	83.88	10

NORTHEAST-10

Current	Team	Score	Last Week
1	Southern Connecticut	726.72	1
2	New Haven	394.04	2
3	Saint Anselm	333.27	3
4	Southern New Hamps	315.72	4
5	Adelphi	206.82	5
6	Franklin Pierce	204.04	6
7	Assumption	171.37	7
8	Bentley	122.10	8
9	American Internation	39.88	9

NSIC

Current	Team	Score	Last Week
1	Minnesota State	929.08	1
2	U-Mary	432.49	2
3	Sioux Falls	303.45	3
4	Augustana (S.D.)	236.47	4
5	Winona State	201.60	5
6	Minnesota Duluth	134.99	6
7	Northern State	107.08	7
8	MSU Moorhead	67.62	8
9	Wayne State (Neb.)	58.18	9
10	Concordia-St. Paul	53.55	11 ▲ 1
11	Southwest Minnesota	53.43	10 ▼ 1
12	Bemidji State	35.16	12
13	Minot State	31.18	13
14	St. Cloud State	8.75	14

PBC

Current	Team	Score	Last Week
1	Embry-Riddle (Fla.)	900.74	1
2	Flagler	472.00	2
3	Clayton State	257.72	3
4	Lander	247.56	4
5	USC Beaufort (S.C.)	143.10	5

PSAC

Current	Team	Score	Last Week
1	Slippery Rock	527.51	1
2	Shippensburg	314.30	2
3	Millersville	256.81	3
4	East Stroudsburg	233.32	5 ▲ 1
5	Kutztown	231.56	4 ▼ 1
6	Edinboro	194.20	6
7	California (Pa.)	186.62	7
8	West Chester	139.55	8
9	Bloomsburg	136.24	10 ▲ 1
10	Indiana (Pa.)	131.08	9 ▼ 1
11	Lock Haven	108.76	11
12	Seton Hill	105.67	12
13	Pitt Johnstown	33.89	13
14	Clarion	33.00	14
15	Mansfield	7.78	15



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RMAC

Current	Team	Score	Last Week
1	UC-Colorado Springs	485.81	2 ▲ 1
2	Colo. School of Mines	476.65	1 ▼ 1
3	Colorado Mesa	358.61	3
4	Adams State	302.05	4
5	CSU Pueblo	256.59	5
6	New Mexico Highland	211.21	7 ▲ 1
7	Western Colorado	204.71	6 ▼ 1
8	MSU Denver	102.16	8
9	Black Hills State	85.18	9
10	Chadron State	50.58	11 ▲ 1
11	Fort Lewis	47.06	12 ▲ 1
12	Colorado Christian	40.60	10 ▼ 2
13	South Dakota Mines	20.88	13
14	Westminster (Utah)	14.34	14
15	Regis (Colo.)	3.11	15

SAC

Current	Team	Score	Last Week
1	Wingate	619.02	1
2	Lenoir-Rhyne	437.27	2
3	Catawba	249.64	7 ▲ 4
4	Tusculum	224.34	3 ▼ 1
5	Anderson (S.C.)	214.79	4 ▼ 1
6	Lincoln Memorial	211.16	6
7	Carson-Newman	186.56	5 ▼ 2
8	Newberry	167.28	8
9	Mars Hill	76.17	10 ▲ 1
10	Limestone	75.44	9 ▼ 1
11	UVa-Wise	63.42	11
12	Emory and Henry	39.19	12
13	Coker	29.53	13

SIAC

Current	Team	Score	Last Week
1	Tuskegee	580.63	1
2	Central State	429.42	2
3	Benedict	383.82	3
4	Kentucky State	180.90	4
5	LeMoyne-Owen	153.57	5
6	Allen (S.C.)	142.42	6
7	Miles	131.26	7
8	Savannah State	87.26	NR