



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



East

as of 2/3/2025 11:51:28 PM ET

Women's 60 Meters

1	19	Alison MCDONOUGH	SR	#4 Bridgewater Sta	7.72	2/1
2	27	Aryianna GARCEAU	JR	#11 UMass Boston	7.76	1/18
3	29	Simone WAHEED	SO	#3 Colby	7.77	12/6
4	43	Kiara ABRANTES	SR	#4 Bridgewater Sta	{2} 7.82	1/18
5	66	Amaris GOODWIN	SR	#10 Gordon (Mass.)	7.88	12/7
5	66	Jailene ESCALERA	SR	#4 Bridgewater Sta	{3} 7.88	1/18
7	73	Janiah YOUNG	JR	#6 Southern Maine	7.89	1/11
8	89	Michaina LORISTON	JR	#17 Wheaton (Mass.)	7.93	2/1
9	91	Sophia YOUNG	SO	#7 Bowdoin	7.94	1/17
9	91	Simi LAVAL	SO	#2 Tufts	7.94	1/18

Women's 60 Meter Hurdles

1	1	Aryianna GARCEAU	JR	#11 UMass Boston	8.56	2/1
2	8	Alison MCDONOUGH	SR	#4 Bridgewater Sta	8.81	2/1
3	61	Emma BURR	SO	#13 Thomas (Maine)	9.25	1/25
4	63	Erica JOHNSON	JR	#16 UMaine Farming	9.26	12/6
4	63	Molly LU MCKELLAR	JR	#12 Keene State	9.26	2/1
6		Lila BRILLHART	FR	#22 Colby-Sawyer	9.46	2/1
7		Bailey STODDARD-BAUGHMAN	FR	#9 Suffolk	9.47	12/7
8		Isa MOUSTAKAS	FR	#6 Southern Maine	9.50	12/14
9		Juno ROGERS	FR	#5 Bates	9.51	1/18
10		Corryn FISHER	JR	#20 WPI	9.56	1/25

Women's 200 Meters

1	10	Kiara ABRANTES	SR	#4 Bridgewater Sta	24.88c	(25.26f) 1/18
2	23	Amaris GOODWIN	SR	#10 Gordon (Mass.)	25.18	2/1
3	28	Janiah YOUNG	JR	#6 Southern Maine	25.28	2/1
4	31	Aryianna GARCEAU	JR	#11 UMass Boston	25.36c	(25.75f) 2/1
5	35	Fiona MEJICO	SR	#3 Colby	25.42	1/26
6	43	Simone WAHEED	SO	#3 Colby	{2} 25.47c	(25.86f) 12/6
7	50	Emma BURR	SO	#13 Thomas (Maine)	25.53	2/1
8	55	Kennedy KIRKLAND	SO	#7 Bowdoin	25.57	1/26
9	58	Jailene ESCALERA	SR	#4 Bridgewater Sta	{2} 25.60c	(25.99f) 1/18
10	70	Marina MILLER	SR	#1 MIT	25.67	1/25

Women's 400 Meters

1	10	Kiara ABRANTES	SR	#4 Bridgewater Sta	56.65	12/14
2	11	Fiona MEJICO	SR	#3 Colby	57.01	1/26
3	15	Marina MILLER	SR	#1 MIT	57.26	2/1
4	45	Emma BURR	SO	#13 Thomas (Maine)	58.63	2/1
5	50	Hannah BOHBOT-DRIDI	SR	#8 Brandeis	58.73c	(59.51f) 1/25
6	55	Olivia DIAS	SR	#1 MIT	{2} 58.81	1/25
7	75	Maeve SULLIVAN	FR	#1 MIT	{3} 59.22	2/1
8	77	Alexis KARANTZA	SO	#6 Southern Maine	59.26	2/1
9	83	Annika KRAL	SR	#2 Tufts	59.37	2/1
10	90	Tally ZELLER	JR	#3 Colby	{2} 59.61	1/26
10	90	Amaris GOODWIN	SR	#10 Gordon (Mass.)	59.61	1/18

Women's 800 Meters

1	3	Krystal MONTGOMERY	JR	#1 MIT	2:11.35	1/25
2	36	Kaitlyn EWALD	SO	#3 Colby	2:16.86	1/26
3	46	Olivia DIAS	SR	#1 MIT	{2} 2:18.03	12/7
4	85	Astrid MCGUIRE	FR	#7 Bowdoin	2:20.43	1/26
5	88	Rose KAROW	SO	#14 Plymouth State	2:20.54c	(2:22.16f) 2/1
6	97	Fiona MEJICO	SR	#3 Colby	{2} 2:20.81c	(2:22.43f) 12/6
7	98	Amalia DORION	SR	#9 Suffolk	2:20.86	1/11
8		Jacqueline EARNER	JR	#11 UMass Boston	2:21.60c	(2:23.23f) 1/25
9		Michelle BARNES	SO	#3 Colby	{3} 2:21.69c	(2:23.32f) 12/6
10		Carly RINKO	SR	#2 Tufts	2:23.11	1/26

Women's Mile

1	1	Gillian ROEDER	JR	#1 MIT	4:50.16	2/1
2	5	Kate SANDERSON	JR	#1 MIT	{2} 4:53.22	1/25
3	14	Amalia DORION	SR	#9 Suffolk	4:57.42	2/1
4	25	Liv GIRAND	SO	#1 MIT	{3} 4:59.91	1/25
5	32	Christina CROW	SR	#1 MIT	{4} 5:01.54	2/1
6	57	Heather JENSEN	SO	#1 MIT	{5} 5:06.80	1/25
7	63	Lexi DEAN	JR	#2 Tufts	5:07.56	1/26
8		Eleanor WHITEHOUSE	FR	#2 Tufts	{2} 5:12.29c	(5:15.38f) 1/18
9		Sarah AMES	SR	#12 Keene State	5:12.88	2/1
10		Katya HENISZ	SO	#2 Tufts	{3} 5:13.51	2/1

Women's 3000 Meters

1	5	Kate SANDERSON	JR	#1 MIT	9:40.27	2/1
2	7	Liv GIRAND	SO	#1 MIT	{2} 9:43.95	2/1
3	10	Rujuta SANE	JR	#1 MIT	{3} 9:51.16	2/1
4	28	Amalia DORION	SR	#9 Suffolk	9:59.90	1/25
5	33	Christina CROW	SR	#1 MIT	{4} 10:01.54	12/7
6	52	Heather JENSEN	SO	#1 MIT	{5} 10:08.17	2/1
7	58	Naomi CASS	SO	#4 Bridgewater Sta	10:10.47	1/25
8	59	Claire BEEBE	SR	#3 Colby	10:11.16	2/1
9	69	Isabelle DEMERITT	SR	#5 Bates	10:14.20	2/1
10	79	Megan DIULUS	SO	#1 MIT	{6} 10:16.40	2/1

Women's 5000 Meters

1	6	Rujuta SANE	JR	#1 MIT	16:48.09	12/7
2	7	Kate SANDERSON	JR	#1 MIT	{2} 16:52.40	12/7
3	9	Rachel BRENNAN	SR	#10 Gordon (Mass.)	16:53.00	12/7
4	14	Liv GIRAND	SO	#1 MIT	{3} 17:04.58	12/7
5	29	Elizabeth DONAHUE	JR	#2 Tufts	17:36.31	12/7
6	54	Amalia DORION	SR	#9 Suffolk	17:55.23	12/7
7	55	Ava HARTMAN	FR	#1 MIT	{4} 17:56.04	2/1
8	63	Naomi CASS	SO	#4 Bridgewater Sta	17:59.00	1/11
9	74	Carolyn DAY	SR	#10 Gordon (Mass.)	{2} 18:09.66	2/1
10	76	Phoebe POHL	SR	#5 Bates	18:10.06	2/1



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



East

as of 2/3/2025 11:51:29 PM ET

Women's 4x400 Relay

1	1	Tally Zeller, Kristina Pizzi, Kaitlyn Ewald, Fiona Mejico	#3 Colby	3:46.71	2/1
2	5	Shreya Kalyan, Olivia Dias, Krystal Montgomery, Marina Miller	#1 MIT	3:51.29	2/1
3	7	Annika Kral, Makayla Moriarty, Emma Smith, Arielle Chechile	#2 Tufts	3:54.63	2/1
4	14	Jasmin Berganza, Shaniece Nugent, Sarai Sealy, Hannah Bohbot-Dridi	#8 Brandeis	3:57.99	2/1
5	39	Madison Alves, Gabby Monaco, Dara Salka, Lia Traficonte	#5 Bates	4:04.87	2/1
6	51	Alexis Karantz, Allie Kimball, Mya Austin, Heaven Conley	#6 Southern Maine	4:07.79c (4:11.08f)	12/14
7	66	Emily Bengtson, Amaris Goodwin, Jenna Lindsay, Joy Sefilino	#10 Gordon (Mass.)	4:09.88	2/1
8	73	Jessica Dickson, Maya Thomas, Mimi Batista, Kate Wickenheisser	#17 Wheaton (Mass.)	4:10.81c (4:14.14f)	2/1
9	85	Kiara Abrantes, Grace Inacio, Bella Grover, Kate Brown	#4 Bridgewater Sta	4:12.67	1/25
10	88	Amanda Walden, Kaylie Groom, Shannon Groom, Emily Concepcion	#9 Suffolk	4:12.91	1/18

Women's Distance Medley Relay

1	14	Lexi Dean, Carly Rinko, Samara McVey, Taylor Neldner	#2 Tufts	12:52.07	1/26
2	21	#Type!	#12 Keene State	13:02.01c (13:10.38f)	1/18
3	37	Abby Marston, Haley Greenwood, Abby Snow, Rose Karow	#14 Plymouth State	13:34.76	1/25
4	38	Meadow Gregory, Evelyn Marchand, Livi Sonne, Mikayla Ferguson	#5 Bates	13:35.14	1/26
5	50	Anna MacDonald, Kennedy Todd, Lina Martinez Nocito, Eve Poteet	#16 UMaine Farming	14:15.20c (14:24.36f)	12/6
6	53	Grace Bedore, Mackenzie Emerson, Madelaine Jackson, Abby Hunt	#15 Husson	14:21.27c (14:30.49f)	12/13
7	55	AnnMarie Limberger, Anabel Melanson, Whitney Davenport, Julia Szewc	#6 Southern Maine	14:27.55	1/25
8	57	#Type!	#22 Colby-Sawyer	14:35.07c (14:44.44f)	1/18
9	63	Savaughn Kungxat-Facenda, Rebekah Ireland, Amanda Winslow, Emma Burr	#13 Thomas (Maine)	15:00.80	1/25

Women's High Jump

1	8	Serenity SANDS	SR	#4 Bridgewater Sta	1.68m	5-6	1/31
2	12	Aiana COLAS	FR	#8 Brandeis	1.67m	5-5¾	1/25
3	16	Lexi KING	SO	#2 Tufts	1.66m	5-5¼	1/18
4	38	Averie DENELLE	FR	#9 Suffolk	1.61m	5-3¼	1/25
5	48	Katherine KEMPFF	JR	#1 MIT	1.60m	5-3	2/1
6	68	Alannah ARDREY	SO	#5 Bates	1.58m	5-2¼	1/11
7		Juliana PATRONE	SR	#4 Bridgewater Sta	1.56m	5-1¼	1/18
7		Arielle CHECHILE	FR	#2 Tufts	1.56m	5-1¼	1/18
7		Harper MEEK	SR	#2 Tufts	1.56m	5-1¼	1/26
7		Dorinda OKORJI	SR	#11 UMass Boston	1.56m	5-1¼	1/25
7		Rose JENKINS	SO	#7 Bowdoin	1.56m	5-1¼	1/26
7		Campbell JOHNSON	FR	#5 Bates	1.56m	5-1¼	1/18
7		Ani FLYNN	FR	#14 Plymouth State	1.56m	5-1¼	12/6
7		Nina GREGORY	JR	#15 Husson	1.56m	5-1¼	12/7
7		Emma BURR	SO	#13 Thomas (Maine)	1.56m	5-1¼	12/6
7		Autumn GERRY	JR	#6 Southern Maine	1.56m	5-1¼	1/18



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



East

as of 2/3/2025 11:51:29 PM ET

Women's Pole Vault

1	3	Hailey SURACE	JR	#1 MIT	3.90m	12-9½	1/11
2	4	Sarah FIRTH	SR	#2 Tufts	3.86m	12-8	1/26
3	10	Katelyn HOWARD	JR	#1 MIT	{2} 3.73m	12-2¾	2/1
4	24	Elise DOYLE	FR	#1 MIT	{3} 3.58m	11-9	2/1
5	27	Alisha ANDERSON	JR	#8 Brandeis	3.55m	11-7¾	1/18
6	57	Emma GALL	SO	#2 Tufts	{2} 3.40m	11-1¾	1/18
7	93	Devyn BATTISTONI	SO	#9 Suffolk	3.30m	10-9¾	2/1
8		Sonia KATAHDIN	FR	#7 Bowdoin	3.25m	10-8	1/17
8		Riley REITCHEL	JR	#6 Southern Maine	3.25m	10-8	12/14
8		Nyla THOMPSON	SR	#2 Tufts	{3} 3.25m	10-8	1/18
8		Natalie GERMANOV	FR	#2 Tufts	{3} 3.25m	10-8	1/18

Women's Long Jump

1	10	Kennedy KIRKLAND	SO	#7 Bowdoin	5.68m	18-7¾	1/26
2	59	Ciara ADU-ADDO	SO	#18 Worcester State	5.36m	17-7	2/1
3	61	Kason HUYNH	SO	#21 Emmanuel (Mass)	5.35m	17-6¾	12/7
4	72	Khalsa HAMMITH	FR	#6 Southern Maine	5.31m	17-5¼	1/11
4	72	Elysse CUMBERLAND	FR	#2 Tufts	5.31m	17-5¼	1/18
4	72	Natasha MONREAL	FR	#15 Husson	5.31m	17-5¼	1/17
4	72	Dorinda OKORJI	SR	#11 UMass Boston	5.31m	17-5¼	1/25
8	94	Jordan ANDREW	SR	#2 Tufts	{2} 5.28m	17-4	1/26
9		Emma COUTUIER	SO	#14 Plymouth State	5.17m	16-11½	2/1
9		Olivia JALBERT	SR	#6 Southern Maine	{2} 5.17m	16-11½	12/14

Women's Triple Jump

1	6	Sarai SEALY	FR	#8 Brandeis	11.97m	39-3¼	1/18
2	17	Nony OTU UGWU	JR	#1 MIT	11.50m	37-8¾	12/7
3	29	Shaniece NUGENT	JR	#8 Brandeis	{2} 11.30m	37-1	1/25
4	30	Jordan ANDREW	SR	#2 Tufts	11.29m	37-½	1/18
5	49	Alannah ARDREY	SO	#5 Bates	11.06m	36-3½	1/26
6	52	Elysse CUMBERLAND	FR	#2 Tufts	{2} 11.02m	36-2	1/26
7	94	Campbell JOHNSON	FR	#5 Bates	{2} 10.71m	35-1¾	1/18
8	98	Tamia DUBIDAD	JR	#2 Tufts	{3} 10.69m	35-1	1/18
9		Natasha MONREAL	FR	#15 Husson	10.65m	34-11¼	12/7
9		Nora JEAN-JACQUES	SO	#2 Tufts	{4} 10.65m	34-11¼	1/26

Women's Shot Put

1	1	Alexis BOYKIN	SR	#1 MIT	15.12m	49-7¼	1/18
2	27	Emily BALL	SR	#1 MIT	{2} 12.89m	42-3½	2/1
3	37	Zoe BARNES	SR	#6 Southern Maine	12.73m	41-9¼	12/14
4	95	Emma GIBBENS	SR	#7 Bowdoin	12.08m	39-7¾	1/26
5		Jadah STOKES	SO	#18 Worcester State	11.91m	39-1	2/1
6		Kate HOCKENBURY	SR	#19 UMass Dartmouth	11.77m	38-7½	1/25
7		Molly LU MCKELLAR	JR	#12 Keene State	11.73m	38-6	1/18
8		Mardy NOVAK	SO	#7 Bowdoin	{2} 11.66m	38-3¼	1/17
9		Neisha BOITEUX	SR	#19 UMass Dartmouth	{2} 11.49m	37-8½	1/18
10		Mary DISANTO	SR	#13 Thomas (Maine)	11.34m	37-2½	2/1

Women's Weight Throw

1	1	Alexis BOYKIN	SR	#1 MIT	20.12m	66-¼	1/25
2	20	Carli CIAVARELLI	JR	#5 Bates	16.63m	54-6¾	12/7
3	42	Anika WAGNER	JR	#17 Wheaton (Mass.)	15.60m	51-2¼	1/18
4	52	Alivia GERAGHTY	SO	#10 Gordon (Mass.)	15.40m	50-6¼	1/18
5	55	Zoe BARNES	SR	#6 Southern Maine	15.39m	50-6	1/11
6	70	Lilia OULD-HAMMOU	JR	#1 MIT	{2} 15.19m	49-10	12/7
7	90	Cecilia LABARGE	SO	#2 Tufts	14.93m	48-11¾	1/18
8		Mardy NOVAK	SO	#7 Bowdoin	14.78m	48-6	12/7
9		Elizabeth GRAHAM	SR	#2 Tufts	{2} 14.50m	47-7	1/26
10		Emma LIU	JR	#8 Brandeis	13.87m	45-6¼	1/18

Women's Pentathlon

1	27	Emma BURR	SO	#13 Thomas (Maine)	3,137		1/18
2	31	Molly LU MCKELLAR	JR	#12 Keene State	3,063		12/14
3	47	Fiona MEJICO	SR	#3 Colby	2,943		12/6
4	61	Juno ROGERS	FR	#5 Bates	2,774		1/18
5		Michelle BARNES	SO	#3 Colby	{2} 2,354		12/6
6		Carrie BURR	SR	#16 UMaine Farming	2,117		12/6
7		Carly BUCK	SO	#5 Bates	{2} 2,090		1/18
8		Sarah LENOX	FR	#3 Colby	{3} 1,833		12/6



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Great Lakes

as of 2/3/2025 11:51:29 PM ET

Women's 60 Meters

1	8	Madjo DOUMBIA	SR	#4 Centre	7.66	12/7
2	37	Jaleesa HERMAN	JR	#14 Berea (Ky.)	7.80	12/7
2	37	Meghan FRAZIER	SR	#1 Wittenberg	7.80	2/1
4	41	Dakota HOUSTON	FR	#7 John Carroll	7.81	1/17
5	46	Kymiah BLAIR	SR	#14 Berea (Ky.)	{2} 7.83	1/18
6	51	Tatum WALSH	FR	#2 Ohio Northern	7.84	1/31
7	62	Katherine DORTMUND	FR	#11 Ohio Wesleyan	7.87	2/1
8	66	Paige SIMPSON	SO	#2 Ohio Northern	{2} 7.88	1/25
9	73	Sara SCHERMERHORN	JR	#12 Hope	7.89	1/18
10	91	Sydney RADIGAN	JR	#9 Calvin	7.94	1/25

Women's 60 Meter Hurdles

1	10	Jameire HONZU	FR	#8 Baldwin Wallace	8.82	2/1
2	17	Katherine DORTMUND	FR	#11 Ohio Wesleyan	8.90	1/25
3	23	Liberty SCOTT	SO	#10 DePauw	9.02	1/31
4	54	Daysia HARGRAVE	SR	Wooster	9.22	1/18
5	67	Mira RENALDI	FR	#24 Denison	9.28	12/7
6	76	Katie MOORE	SR	#10 DePauw	{2} 9.33	12/7
7	86	Isabelle HENDERSON	FR	#1 Wittenberg	9.37	2/1
8	88	Ashley COCKRELL	SO	#3 Mount Union	9.38	12/7
9	90	Alexandria MASDEN	FR	#4 Centre	9.39	12/7
9	90	Olyvia ASHBROOK	SR	#2 Ohio Northern	9.39	1/31

Women's 200 Meters

1	7	Madjo DOUMBIA	SR	#4 Centre	24.69c (25.07f)	12/7
2	9	Sara SCHERMERHORN	JR	#12 Hope	24.80 OT	12/6
3	26	Tatum WALSH	FR	#2 Ohio Northern	25.26c (25.65f)	1/31
4	40	Kymiah BLAIR	SR	#14 Berea (Ky.)	25.46c (25.85f)	1/31
5	43	Madison MILES	SR	#3 Mount Union	25.47c (25.86f)	12/7
6	45	Chloe HEIN	SO	#4 Centre	{2} 25.48c (25.87f)	12/7
7	60	Shelby STALL	SO	#10 DePauw	25.61c (26.00f)	12/7
8	76	Meghan FRAZIER	SR	#1 Wittenberg	25.70 OT	2/1
9	77	Sydney RADIGAN	JR	#9 Calvin	25.72	1/25
10	92	Olivia SPARKS	SO	#20 Transylvania	25.84	1/24

Women's 400 Meters

1	2	Sara SCHERMERHORN	JR	#12 Hope	55.41 OT	12/6
2	14	Meghan FRAZIER	SR	#1 Wittenberg	57.22 OT	1/25
3	23	Madison MILES	SR	#3 Mount Union	57.77c (58.53f)	12/7
4	46	Catherine LEAHY	JR	#12 Hope	{2} 58.64c (59.41f)	1/24
5	50	Abby COLLIER	SR	#8 Baldwin Wallace	58.73 OT	1/25
6	73	Olivia SPARKS	SO	#20 Transylvania	59.14 OT	2/1
7	80	Rose TALBERT	SO	#22 Rose-Hulman	59.31	1/31
8	87	Shelby STALL	SO	#10 DePauw	59.52	1/31
9	98	Mary MASON	SR	#3 Mount Union	{2} 59.71 OT	1/18
10	100	Halle COCHRAN	SR	#3 Mount Union	{3} 59.73c (1:00.52f)	12/7

Women's 800 Meters

1	22	Hope MURPHY	SR	#8 Baldwin Wallace	2:15.99c (2:17.55f)	2/1
2	29	Anna BROWN	JR	#16 Kenyon	2:16.42 OT	2/1
3	30	Mary MASON	SR	#3 Mount Union	2:16.47 OT	1/25
4	57	Jessica CAMPBELL	SR	#17 Franciscan	2:18.71 OT	1/17
4	57	Lauren DOSCH	SO	#17 Franciscan	2:18.71	2/1
6	83	Abigail DERRY	JR	Muskingum	2:20.35c (2:21.96f)	1/25
7	92	Halle OVERMIRE	SO	#5 Trine	2:20.64 OT	2/1
8		Halle COCHRAN	SR	#3 Mount Union	{2} 2:21.42 OT	1/25
9		Melanie TAYLOR	JR	#6 Case Western Re	2:21.45c (2:23.08f)	2/1
10		Sage SERRAINO	SR	Oberlin	2:21.84c (2:23.47f)	1/25

Women's Mile

1	9	Faith DUNCAN	JR	#13 Wilmington (Ohi	4:54.61c (4:57.52f)	1/25
2	38	Natalie TEBBEN	SR	#9 Calvin	5:03.72 OT	2/1
3	55	Bailey PUCKETT	JR	#5 Trine	5:06.52c (5:09.55f)	1/18
4	58	Sophie BULL	JR	#9 Calvin	{2} 5:07.00	1/25
5	77	Courtney STUDY	FR	#5 Trine	{2} 5:09.30c (5:12.36f)	1/18
6	85	Chloe BONSON	JR	#15 Allegheny (Pa.)	5:09.79c (5:12.85f)	2/1
7	89	Gianini VENUTO	SR	#3 Mount Union	5:11.13 OT	1/18
8		Allison DIETZ	SO	#11 Ohio Wesleyan	5:12.67c (5:15.76f)	1/25
9		Zoe WARD	SO	#11 Ohio Wesleyan	{2} 5:13.54c (5:16.64f)	1/25
10		AnnaSophia GOWER	SO	#2 Ohio Northern	5:13.77c (5:16.87f)	1/25

Women's 3000 Meters

1	1	Faith DUNCAN	JR	#13 Wilmington (Ohi	9:28.56 OT	2/1
2	25	Sophie BULL	JR	#9 Calvin	9:59.17 OT	2/1
3	46	Gianini VENUTO	SR	#3 Mount Union	10:06.34 OT	1/25
4	47	Bailey PUCKETT	JR	#5 Trine	10:07.32 OT	2/1
5	53	Lauren IAGNEMMA	JR	#6 Case Western Re	10:08.21c(10:13.42f)	1/25
6	54	Abby SCHROFF	JR	#7 John Carroll	10:08.55 OT	1/25
7	67	Sidney SWICK	JR	#5 Trine	{2} 10:13.32 OT	2/1
8	74	Natalie TEBBEN	SR	#9 Calvin	{2} 10:15.39 OT	12/6
9	97	Zoe WARD	SO	#11 Ohio Wesleyan	10:20.74 OT	2/1
10		Allison DIETZ	SO	#11 Ohio Wesleyan	{2} 10:21.18 OT	2/1

Women's 5000 Meters

1	1	Faith DUNCAN	JR	#13 Wilmington (Ohi	16:07.53 OT	12/6
2	8	Sophie BULL	JR	#9 Calvin	16:52.99 OT	12/6
3	38	Bailey PUCKETT	JR	#5 Trine	17:41.45 OT	12/6
4	47	Sophie BOULDIN	JR	#4 Centre	17:47.35c(17:55.52f)	12/7
5	51	Gianini VENUTO	SR	#3 Mount Union	17:52.86 OT	12/6
6	57	Eleanor YOUNG	JR	#5 Trine	{2} 17:56.51 OT	12/6
7	59	Sidney SWICK	JR	#5 Trine	{3} 17:57.05 OT	12/6
8	81	Chloe GOODRICH	SR	#5 Trine	{4} 18:13.03 OT	2/1
9	82	Madison STONESTREET	JR	#14 Berea (Ky.)	18:14.14 OT	2/1
10	89	Ashley HOCKSTOK	SR	#2 Ohio Northern	18:17.96c(18:26.36f)	1/25



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Great Lakes

as of 2/3/2025 11:51:29 PM ET

Women's 4x400 Relay

1	21	Ainsley Wilson, Alexandria Masden, Chloe Hein, Madjo Doumbia	#4 Centre	4:00.31c (4:03.50f)	12/7
2	25	Abigail Danne, Meghan Frazier, Isabelle Henderson, Victoria Pipinich	#1 Wittenberg	4:02.19 OT	1/25
3	29	Catherine Leahy, Sofia Fisher, Frances Cozzens, Sara Schermerhorn	#12 Hope	4:02.88 OT	1/18
4	31	Abby Collier, Hope Murphy, Morgan Aloï, Jameire Honzu	#8 Baldwin Wallace	4:03.35c (4:06.58f)	2/1
5	35	Dakota Houston, Sandra King, Kaleigh McNamara, Ellie Kitsmiller	#7 John Carroll	4:04.51 OT	1/25
6	52	Katie Moore, Shelby Stall, Emma Gray, Liberty Scott	#10 DePauw	4:07.86	1/31
7	57	Katerina Kovalevskaya, Kymiah Blair, Kristin Fischli, Ashyia Maddicks	#14 Berea (Ky.)	4:09.11c (4:12.41f)	1/18
8	62	Renee Tetlow, Celia Cocca, Logan Wagner, Skye Kramer	#15 Allegheny (Pa.)	4:09.63c (4:12.94f)	2/1
9	64	Siena Kannenberg, Melanie Taylor, Arianna Holbrook, Grace Misiunas	#6 Case Western Re	4:09.77c (4:13.08f)	2/1
10	65	Kristen Walters, Halle Cochran, Paula Incorvati, Cora Liskai	#3 Mount Union	4:09.84 OT	1/25

Women's Distance Medley Relay

1	10	Abby Schroff, Paige Munchick, Natalie Chryst, Meah Prutzman	#7 John Carroll	12:43.94 OT	1/25
2	24	McKenna Downing, River Hamilton, Alyssa Henry, Elsa Hoam	#11 Ohio Wesleyan	13:06.87c (13:15.30f)	1/18
3	25	Hayden Setty, Chloe Lovett, Haley Cook, Faith Duncan	#13 Wilmington (Ohi	13:07.15c (13:15.58f)	1/18
4	30	Cecelia Postma, Arianna Holbrook, Julia Walko, Becca Liaw	#6 Case Western Re	13:18.98c (13:27.54f)	2/1
5	32	Shyann Rulander, Skye Kramer, Nelly Stafford, Sam Oakes	#15 Allegheny (Pa.)	13:22.68c (13:31.28f)	2/1
6	42	Abigail George, Katurah Plecko, Charlotte Jones, Rylee Barno	#8 Baldwin Wallace	13:49.01c (13:57.89f)	2/1
7	43	Sophia Sanford, Madelyn Strauss, Jordan Fox, Melanie Werner	Alma	13:55.47c (14:04.43f)	1/17
8	44	Aly Kolonchuk, Kyngston Collins, Riley Colestock, Emily Zmuda	#1 Wittenberg	13:57.26c (14:06.23f)	1/18
9	48	Julia Gooding, Anna Packer, Sicilia Eshman, Amanda Zerhusen	Mount St. Josepl	14:07.67c (14:16.75f)	1/11
10	58	Kylie Moser, Frances Popik, Alisah Ward, Kairi Etsitty	Hiram	14:35.95 OT	1/25

Women's High Jump

1	8	Serena MCNEILLY	SO	#4 Centre	1.68m	5-6	12/7
2	12	Alysia TOWNSEND	FR	#25 Adrian	1.67m	5-5¾	12/7
3	18	Taylor WEISS	SR	#1 Wittenberg	1.65m	5-5	1/18
4	24	Emersyn GERKEN	FR	#2 Ohio Northern	1.64m	5-4½	1/31
5	38	Riley HEITKAMP	JR	#2 Ohio Northern	{2} 1.61m	5-3¾	1/31
5	38	Karalyn RUTKOWSKI	JR	Hiram	1.61m	5-3¾	2/1
5	38	Julissa WILLIAMS	SR	#1 Wittenberg	{2} 1.61m	5-3¾	12/7
8	48	Rylee GORRELL	SO	#8 Baldwin Wallace	1.60m	5-3	1/25
8	48	Michaela BRYAN	SR	#7 John Carroll	1.60m	5-3	12/7
8	48	Helena SNYDER	SR	Alma	1.60m	5-3	1/17



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Great Lakes

as of 2/3/2025 11:51:29 PM ET

Women's Pole Vault

1	6	Claire SCHWELLER	JR	#2 Ohio Northern	3.82m	12-6¼	1/17
2	12	Eryn RATAICZAK	FR	#23 Spalding	3.70m	12-1½	2/1
3	15	Ellie FORD	JR	#2 Ohio Northern {2}	3.67m	12-½	1/31
4	18	Emily THOMPSON	JR	#19 Marietta	3.60m	11-9¾	1/25
5	34	Holly SCHREIBER	SO	#6 Case Western Re	3.52m	11-6½	12/7
6	43	Katie SEINEN	JR	#9 Calvin	3.46m	11-4¼	1/31
7	62	Jessica MASON	SO	#3 Mount Union	3.39m	11-1½	2/1
8	66	Claire COLEMAN	JR	#11 Ohio Wesleyan	3.36m	11-¼	1/25
8	66	Addie BECK	SO	#11 Ohio Wesleyan	3.36m	11-¼	1/25
10	70	Tiffany HIX	JR	#1 Wittenberg	3.35m	10-11¾	12/7
10	70	Story LAING	SO	#1 Wittenberg	3.35m	10-11¾	1/18

Women's Long Jump

1	6	Chloe HEIN	SO	#4 Centre	5.79m	19-0	12/7
2	19	Isabelle HENDERSON	FR	#1 Wittenberg	5.59m	18-4¼	1/25
3	21	Callie GORMLEY	SR	#4 Centre {2}	5.55m	18-2½	12/7
4	26	Kalie CAMPBELL	SO	#3 Mount Union	5.50m	18-½	1/18
5	30	Dakota HOUSTON	FR	#7 John Carroll	5.49m	18-¼	1/17
6	40	Serena MCNEILLY	SO	#4 Centre {3}	5.43m	17-9¾	12/7
7	52	Evie ELLENBERGER	FR	#15 Allegheny (Pa.)	5.39m	17-8¼	1/25
8	81	Rylie HAYNES	SO	#3 Mount Union {2}	5.30m	17-4¾	12/7
9	88	Emma FORKER	JR	#5 Trine	5.29m	17-4¼	12/7
9	88	Aniela BALOG	FR	#7 John Carroll {2}	5.29m	17-4¼	1/25
9	88	Lexi WACHTMAN	SR	Heidelberg	5.29m	17-4¼	1/25

Women's Triple Jump

1	12	Serena MCNEILLY	SO	#4 Centre	11.79m	38-8¼	2/1
2	27	Paula SORIC	SR	#16 Kenyon	11.33m	37-2¼	2/1
3	43	Tessa KOCHERT	JR	#10 DePauw	11.12m	36-5¾	1/31
4	55	Madeline BURGESS	FR	#3 Mount Union	10.97m	36-0	1/18
5	60	Emma FEHRMAN	SR	#19 Marietta	10.94m	35-10¾	1/18
6		Julissa WILLIAMS	SR	#1 Wittenberg	10.65m	34-11¼	2/1
7		Ashley BAKER	SO	#2 Ohio Northern	10.59m	34-9	12/5
8		Ashyia MADDICKES	SO	#14 Berea (Ky.)	10.54m	34-7	1/18
9		Taylor WEISS	SR	#1 Wittenberg {2}	10.52m	34-6¼	2/1
10		Charlie DOLLIVER	JR	#21 Otterbein	10.51m	34-5¾	1/31

Women's Shot Put

1	12	Carley CAMP	SR	#18 Manchester	13.53m	44-4¾	2/1
2	14	Izzy BURMAN	SR	#2 Ohio Northern	13.47m	44-2½	1/31
3	17	Michaela BURKHAUSER	SR	#6 Case Western Re	13.16m	43-2¼	2/1
4	18	Makayla SITZLAR	JR	#3 Mount Union	13.06m	42-10¼	12/7
5	51	Jessie STENGER	SR	Hanover	12.49m	40-11¾	1/31
6	62	Emma MILLER	SR	#15 Allegheny (Pa.)	12.39m	40-7¾	2/1
7	66	Jessica DOTSON	SO	Muskingum	12.37m	40-7	12/7
8	68	Samantha SELLERS	SR	#2 Ohio Northern {2}	12.31m	40-4¾	1/31
9	75	Hannah FRIEND	SR	#2 Ohio Northern {3}	12.23m	40-1½	1/31
10	81	Greta ROBRAHN	SR	#12 Hope	12.20m	40-½	1/18

Women's Weight Throw

1	11	Izzy BURMAN	SR	#2 Ohio Northern	17.72m	58-1¾	1/31
2	31	Michaela BURKHAUSER	SR	#6 Case Western Re	15.89m	52-1¾	2/1
3	40	Michelle LEE	JR	#6 Case Western Re {2}	15.65m	51-4¼	2/1
4	57	Abby SANNER	JR	#5 Trine	15.35m	50-4½	12/7
4	57	Ailean DUFFIE	SR	#6 Case Western Re {3}	15.35m	50-4½	12/7
6	69	Tess ANTHONY	SR	Albion	15.20m	49-10½	1/18
7	72	Emily TORRES	SR	#8 Baldwin Wallace	15.18m	49-9¾	2/1
8	73	Cara JEWETT	SR	#7 John Carroll	15.17m	49-9¼	1/25
9	80	Lucy TROUT	JR	#13 Wilmington (Ohi	15.10m	49-6½	1/25
10	83	Lauren ROSKUSZKA	SR	#6 Case Western Re {4}	15.06m	49-5	1/25

Women's Pentathlon

1	18	Katie MOORE	SR	#10 DePauw	3,215		12/7
2	32	Serena MCNEILLY	SO	#4 Centre	3,058 OT		1/17
3	50	Isabelle HENDERSON	FR	#1 Wittenberg	2,892		12/5
4	56	Ziciah GIBSON	JR	#1 Wittenberg {2}	2,823		12/5
5	69	Charlie DOLLIVER	JR	#21 Otterbein	2,634		12/5
6	74	Lainee VALENTINE	SR	#1 Wittenberg {3}	2,593		12/5
7	77	Haley TROY	SO	#1 Wittenberg {4}	2,519		12/5
8	82	Cayla EATON	FR	#1 Wittenberg {5}	2,474		12/5
9		Adrianne JACKSON	JR	#5 Trine	2,340 OT		12/7



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Metro

as of 2/3/2025 11:51:29 PM ET

Women's 60 Meters

1	9	Gbarper DWAH	JR	#11 Ramapo	7.67	12/7
2	29	Toshel GOFFE	FR	#14 Medgar Evers	7.77	2/1
3	37	Mariam KOITA	SO	#2 Widener	7.80	1/24
4	51	Maria MUZZARELLI	SR	#2 Widener	{2} 7.84	12/7
5	54	Sage HENDERSHOT	SO	#9 Drew	7.85	2/2
6	66	Abigail GIAMONI	SR	#4 Moravian	7.88	12/7
7	73	Molly LODGE	SR	#3 Rowan	7.89	1/17
8	82	Kayla ROBINSON	SO	#2 Widener	{3} 7.90	1/18
9	91	McKay ALBY	FR	#15 Montclair State	7.94	12/7
9	91	Kayla JULIEN	SO	#3 Rowan	{2} 7.94	12/6

Women's 60 Meter Hurdles

1	35	Elaina STYER	SO	#5 Stockton	9.14	1/25
1	35	Eliza BRUNCAJ	SR	#1 TCNJ	9.14	12/7
3	40	Maya RICHWINE	SO	#18 Muhlenberg	9.16	1/24
4	43	Nyla JONES	FR	#3 Rowan	9.17	12/7
5		Mackenzie BURKE	SO	#1 TCNJ	{2} 9.42	12/7
6		Zahara SIMMONS	FR	#2 Widener	9.47	1/24
7		Samantha WECHSLER	SO	#6 Ursinus	9.48	12/7
8		Emma SHAFNISKY	FR	#4 Moravian	9.52	2/1
9		Kayla ROBINSON	SO	#2 Widener	{2} 9.56	12/7
10		Sarah SCEPKOWSKI	JR	#1 TCNJ	{3} 9.58	2/1

Women's 200 Meters

1	13	Mariam KOITA	SO	#2 Widener	24.95	1/24
2	48	Abigail GIAMONI	SR	#4 Moravian	25.52c (25.91f)	12/7
2	48	Reyanna HENDERSON	SR	#13 New Jersey City	25.52	2/1
4	79	Toshel GOFFE	FR	#14 Medgar Evers	25.73c (26.13f)	2/1
5	88	Molly LODGE	SR	#3 Rowan	25.81	1/17
5	88	Jasmine BROADWAY	SR	#3 Rowan	25.81	1/24
7	98	Maria MUZZARELLI	SR	#2 Widener	{2} 25.86	1/24
8		Emily CAMLET	JR	#9 Drew	25.92	1/24
9		Ava REILLY	FR	#3 Rowan	{3} 26.18	1/17
10		Sage HENDERSHOT	SO	#9 Drew	{2} 26.22c (26.62f)	2/2
10		Mackenzie BURKE	SO	#1 TCNJ	26.22	1/31

Women's 400 Meters

1	18	Emily CAMLET	JR	#9 Drew	57.46c (58.22f)	2/2
2	35	Abigail GIAMONI	SR	#4 Moravian	58.28c (59.05f)	2/1
3	41	Reyanna HENDERSON	SR	#13 New Jersey City	58.47	2/1
4	75	Kayla KASS	JR	#5 Stockton	59.22c (1:00.00f)	1/25
5	84	Rukiyat DARANIJO	SO	#1 TCNJ	59.38	1/31
6		Kelly O'GRADY	JR	#1 TCNJ	{2} 59.77c (1:00.56f)	1/18
7		Brenna OMERT	FR	#1 TCNJ	{3} 59.94	12/7
8		Rachele GRIGOLI	SO	#4 Moravian	{2} 1:00.40c (1:01.20f)	2/1
9		Kayla SULLIVAN	SR	#5 Stockton	{2} 1:00.50c (1:01.30f)	1/25
10		Kaelin RYAN	JR	#6 Ursinus	1:00.79	1/31

Women's 800 Meters

1	87	Kelly O'GRADY	JR	#1 TCNJ	2:20.45	1/31
2		Dale LEONARD	SO	#11 Ramapo	2:21.37	1/24
3		Meghan CARROLL	SR	#6 Ursinus	2:21.93	1/31
4		Gabriella PAGANO	JR	#3 Rowan	2:22.86	1/24
5		Ania WONG	FR	#8 Swarthmore	2:22.88	1/24
6		Hailey SHREFFLER	SR	#12 Eastern (Pa.)	2:22.91	1/24
7		Kay WISCOUNT	FR	#10 DeSales	2:23.27	1/24
8		Lisa O'SULLIVAN	FR	#3 Rowan	{2} 2:23.41	1/17
9		Rizzo AVA	SO	#3 Rowan	{3} 2:23.51	1/24
10		Elaina STYER	SO	#5 Stockton	2:23.73c (2:25.38f)	12/7

Women's Mile

1	48	Dale LEONARD	SO	#11 Ramapo	5:05.65	1/24
2	65	Hailey SHREFFLER	SR	#12 Eastern (Pa.)	5:07.90	1/24
3	84	Gabriella NYE	JR	#2 Widener	5:09.66c (5:12.72f)	1/18
4	92	Ally WERNIK	SO	#3 Rowan	5:11.29	1/24
5		Emily ZANNI	SO	#3 Rowan	{2} 5:12.07	1/24
6		Tara SMURLA	JR	#4 Moravian	5:14.42	1/25
7		Gabriella PAGANO	JR	#3 Rowan	{3} 5:14.89	1/17
8		Kathryn LONG	JR	#2 Widener	{2} 5:16.37c (5:19.50f)	1/18
9		Elizabeth PAGE	FR	#8 Swarthmore	5:17.13	1/24
10		Olivia MONTINI	JR	#8 Swarthmore	{2} 5:17.84	1/24

Women's 3000 Meters

1	62	Dale LEONARD	SO	#11 Ramapo	10:11.31	1/17
2	66	Tara SMURLA	JR	#4 Moravian	10:13.09c (10:18.34f)	2/1
3		Cassidy QUINN	SR	#1 TCNJ	10:23.22c (10:28.56f)	1/25
4		Haley ESTUS	SR	#10 DeSales	10:26.69	1/24
5		Hailey SHREFFLER	SR	#12 Eastern (Pa.)	10:27.57c (10:32.95f)	2/1
6		Ellie KOZICH	FR	#10 DeSales	{2} 10:34.46c (10:39.90f)	1/18
7		Loralei GOLEMBIEWSKI	FR	#2 Widener	10:34.58c (10:40.02f)	1/11
8		Mia SIDERIS	JR	#6 Ursinus	10:36.04	1/31
9		Lauren KITAY	SR	#16 Bryn Mawr	10:36.91c (10:42.37f)	2/1
10		Gabriella PAGANO	JR	#3 Rowan	10:38.17	1/24

Women's 5000 Meters

1	27	Tara SMURLA	JR	#4 Moravian	17:31.16c (17:39.21f)	12/7
2	41	Gabriella NYE	JR	#2 Widener	17:43.92	1/24
3	68	Ellie KOZICH	FR	#10 DeSales	18:05.27c (18:13.58f)	2/2
4	69	Hailey SHREFFLER	SR	#12 Eastern (Pa.)	18:05.58c (18:13.89f)	12/6
5	77	Cassidy QUINN	SR	#1 TCNJ	18:10.26	1/31
6	85	Kathryn LONG	JR	#2 Widener	{2} 18:16.64	1/24
7		Grace CHEN	SO	#17 Haverford	18:55.08	1/24
8		Lauren KITAY	SR	#16 Bryn Mawr	19:03.03c (19:11.78f)	12/7
9		Savannah HODGENS	JR	#1 TCNJ	{2} 19:06.48	1/31
10		Fionna FEERICK	SR	#7 Stevens	19:09.37c (19:18.18f)	2/1



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Metro

as of 2/3/2025 11:51:29 PM ET

Women's 4x400 Relay

1	13	Kelly O'Grady, Mackenzie Burke, Eliza Bruncaj, Rukiyat Daranijo	#1 TCNJ	3:56.22c (3:59.35f)	1/25
2	18	Kayla Kass, Elaina Styer, Emma Petrolia, Kayla Sullivan	#5 Stockton	3:59.30c (4:02.47f)	1/25
3	37	Molly Lodge, Nyla Jones, Ava Reilly, Jasmine Broadway	#3 Rowan	4:04.66	12/7
4	95	#Type!	#15 Montclair State	4:13.81	12/7
5	98	#Type!	#14 Medgar Evers	4:14.33c (4:17.70f)	2/1
6		#Type!	#9 Drew	4:16.69	12/7
7		Isabella Shanley, Any Sadowski, Lauren Alley, Isabel Vogel	#7 Stevens	4:17.67	1/24
8		Dominique La grenade, Veronica Kanachova, Rachel November, Anastasia Jaycobs	#17 Haverford	4:18.41	1/24
9		Jezena Aponte, Reyanna Henderson, Raven Orange, Evelyn Wymer	#13 New Jersey City	4:21.75c (4:25.22f)	12/7
10		Tiana Miller, Gisella Croge, Mya Cadena, Anahrie Anderson	#12 Eastern (Pa.)	4:22.36c (4:25.84f)	12/6

Women's Distance Medley Relay

1	5	Molly Bossdorf, Cameron Ruffini, Alex Grivas, Ava Biemuller	#1 TCNJ	12:36.09c (12:44.19f)	1/25
2	28	Sarah Hattan, Deborah Wang, Perri Rubin, April Kusnier	#9 Drew	13:16.97c (13:25.50f)	2/2
3	39	Evelyn Austin, Madelin Carter, Rachel Hayes, Amanda McNally	#5 Stockton	13:35.91	1/17
4	47	Rizzo Ava, Lisa O'Sullivan, Isabelle Smith, Jenna Spadaro	#3 Rowan	14:05.36	1/17
5	56	Nana Samake, Thompson Thenica, Chung Shaniya, Kenia Irish-Bramble	#14 Medgar Evers	14:33.84c (14:43.20f)	12/14

Women's High Jump

1	16	Trelstad T	SR	#8 Swarthmore	1.66m 5-5½	1/25
2	18	Elaina STYER	SO	#5 Stockton	1.65m 5-5	1/17
3	48	Allie CANCIANI	SR	#7 Stevens	1.60m 5-3	1/18
3	48	Tonna OGINA	FR	#13 New Jersey City	1.60m 5-3	1/17
3	48	Caroline TIGHE	SR	#7 Stevens	1.60m 5-3	1/24
6	68	Ali HAEFELE	JR	#4 Moravian	1.58m 5-2¼	2/1
6	68	Maggie PREVIGLIAN	JR	#7 Stevens	{3} 1.58m 5-2¼	12/7
8	84	Anna SAVOLAINEN	FR	#8 Swarthmore	{2} 1.57m 5-1¾	12/6
9		Sarah SCEPKOWSKI	JR	#1 TCNJ	1.56m 5-1¼	2/1
10		Blessing KOROMA	FR	#3 Rowan	1.55m 5-1	12/6
10		Amanda TRASKA	JR	#6 Ursinus	1.55m 5-1	12/7

Women's Pole Vault

1	93	Eva MORRISON	JR	#5 Stockton	3.30m 10-9¾	12/6
1	93	Alexis MEROLA	JR	#7 Stevens	3.30m 10-9¾	12/13
3		Juniper BAUROTH- SHERMAN	JR	#6 Ursinus	3.05m 10-0	1/19
3		Mia BOMPENSA	FR	#6 Ursinus	3.05m 10-0	12/7
5		Emma MELE	SR	#10 DeSales	3.03m 9-11¼	1/18
5		Alyson GOLDBACHER	FR	#8 Swarthmore	3.03m 9-11¼	1/25
5		Tessa HOPKINS	FR	#4 Moravian	3.03m 9-11¼	1/25
8		Maya SCANNELL	SO	#1 TCNJ	3.00m 9-10	12/7
8		Lennix HORSBURGH	FR	#23 Delaware Valley	3.00m 9-10	12/7
10		Stephanie RYAZANOVA	JR	#7 Stevens	{2} 2.90m 9-6¼	1/24

Women's Long Jump

1	4	Rainah DUNHAM	SR	#6 Ursinus	5.83m 19-1½	1/24
2	8	Sage HENDERSHOT	SO	#9 Drew	5.73m 18-9¾	1/24
3	31	Kayla ROBINSON	SR	#2 Widener	5.48m 17-11¾	1/24
4	45	Samantha WECHSLER	SO	#6 Ursinus	{2} 5.41m 17-9	1/31
5	47	Lia MALAVE	SO	#1 TCNJ	5.40m 17-8¾	12/7
6	81	Emma SHAFNISKY	FR	#4 Moravian	5.30m 17-4¾	12/7
7		Emily BARLAM	FR	#6 Ursinus	{3} 5.24m 17-2¼	12/6
8		Mia FLEMING	SO	#19 Arcadia	5.17m 16-11½	12/7
9		Emma PETROLIA	JR	#5 Stockton	5.15m 16-10¾	12/6
10		Marlie DIPALMA	FR	#5 Stockton	{2} 5.12m 16-9¾	1/17

Women's Triple Jump

1	2	Rainah DUNHAM	SR	#6 Ursinus	12.50m 41-¼	1/24
2	3	Kayla ROBINSON	SR	#2 Widener	12.45m 40-10¼	1/24
3	28	Molly FANCHER	SO	#16 Bryn Mawr	11.32m 37-1¾	12/13
4	33	Lauryn BROWN	FR	#9 Drew	11.22m 36-9¾	1/17
5	40	Ali HAEFELE	JR	#4 Moravian	11.15m 36-7	2/1
6	56	Tonna OGINA	FR	#13 New Jersey City	10.96m 35-11½	1/17
7	62	Jessica JOHNSON	JR	#16 Bryn Mawr	{2} 10.91m 35-9½	1/25
8	68	Julia ACEVEDO	SR	#15 Montclair State	10.87m 35-8	12/7
9	71	Shanice WILLIAMS	JR	#18 Muhlenberg	10.86m 35-7¾	1/18
10	75	Brooke VALAN	SR	#1 TCNJ	10.84m 35-6¾	1/25



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Metro

as of 2/3/2025 11:51:30 PM ET

Women's Shot Put

1	20	Kayla ROBINSON	SO	#2 Widener	13.04m	42-9½	12/7
2	28	Tate GARCIA	JR	#8 Swarthmore	12.88m	42-3¼	12/6
3	56	Donya BAXTER	JR	#19 Arcadia	12.43m	40-9½	1/24
4	73	Shanil AUGUSTE	SR	#20 Rutgers-Newark	12.25m	40-2¼	2/1
5	83	Victoria DEGRAW	FR	#22 Farmingdale Sta	12.18m	39-11½	12/14
6	85	Sarah WILCHER	JR	#17 Haverford	12.16m	39-10¾	2/1
7	100	Meghan KREINBERG	FR	#21 FDU Florham	12.04m	39-6	2/1
8		Savana DODD	SO	#12 Eastern (Pa.)	11.82m	38-9½	1/18
9		Kerri MCCARTHY	SR	#1 TCNJ	11.75m	38-6¾	2/1
10		Margie RAYNE	JR	#4 Moravian	11.46m	37-7¼	1/18

Women's Weight Throw

1	32	Jessica REILLY	SR	#1 TCNJ	15.85m	52-0	1/25
2	33	Isabella FRED A	SR	#5 Stockton	15.79m	51-9¾	12/6
3	42	Kara VASHEY	JR	#4 Moravian	15.60m	51-2¼	1/25
4	79	Shanil AUGUSTE	SR	#20 Rutgers-Newark	15.11m	49-7	1/17
5	87	Alexia BEY	JR	#3 Rowan	15.02m	49-3½	12/6
6	99	Savana DODD	SO	#12 Eastern (Pa.)	14.84m	48-8¼	12/13
7		Kerri MCCARTHY	SR	#1 TCNJ	{2} 14.75m	48-4¾	2/1
8		Maya YESALONIS	SO	#15 Montclair State	14.62m	47-11¾	2/1
9		Elizabeth AGYEI	SR	#8 Swarthmore	14.37m	47-1¾	1/25
10		Sadie FENSTERMAKER	FR	#10 DeSales	13.94m	45-9	1/24

Women's Pentathlon

1	6	Kayla ROBINSON	SO	#2 Widener	3,451		12/7
2	9	Elaina STYER	SO	#5 Stockton	3,383		12/7
3	32	Eliza BRUNCAJ	SR	#1 TCNJ	3,058		2/1
4	40	Theresa KERVICK	SR	#2 Widener	{2} 2,976		12/7
5	41	Sarah SCEPKOWSKI	JR	#1 TCNJ	{2} 2,974		2/1
6	54	Isabella SHANLEY	SO	#7 Stevens	2,847		12/7
7	62	Julia ACEVEDO	SR	#15 Montclair State	2,748		12/13
8	65	Aaliyah BARTHOLOMEW	SO	#14 Medgar Evers	2,697		2/1
9	83	Janitza HERNANDEZ-ALBINO	SO	#12 Eastern (Pa.)	2,473		12/13
10	97	Brown RINNAH	FR	#14 Medgar Evers	{2} 2,382		12/14



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Mid-Atlantic

as of 2/3/2025 11:51:30 PM ET

Women's 60 Meters

1	20	Nancy NYADONGO	FR	#4	Goucher	7.73	12/7
2	73	Chloe ZHANG	SO	#1	Johns Hopkins	7.89	1/18
3	87	Lauren DUNNIGAN	SO	#14	Franklin & Marsh	7.92	1/25
4	100	Samantha SHARROW	JR	#2	Scranton	7.95	1/25
4	100	Jocelyn SMITH	SO	#2	Scranton	7.95	1/25
6		Erin OLSAVSKY	JR	#12	Dickinson	8.01	12/8
7		Halle JENNETT	SR	#8	Messiah	8.03	1/18
8		Angela NUSE	SO	#21	York (Pa.)	8.04	12/6
8		Kaia GRANTHAM	FR	#2	Scranton	{3} 8.04	12/7
10		Molly WAGNER	SR		Carlow (Pa.)	8.07	1/25
10		Hannah ALDERFER	SR	#9	Susquehanna	8.07	1/18

Women's 60 Meter Hurdles

1	4	Chloe YODER	SR	#9	Susquehanna	8.75	1/25
2	29	Lauren DUNNIGAN	SO	#14	Franklin & Marsh	9.09	1/18
3	49	Hannah ALDERFER	SR	#9	Susquehanna	{2} 9.19	2/1
4	82	Claudia OUIMET	FR	#1	Johns Hopkins	9.35	2/1
5	86	Alin AYDOGAN	FR	#5	Carnegie Mellon	9.37	12/7
6	90	Kara BROWN	JR	#8	Messiah	9.39	2/1
7	99	Kate BENDALL	SO	#13	Elizabethtown	9.41	1/25
8		Brooke HAMER	SO	#11	Salisbury	9.48	12/8
8		Breannnda DAVIS	SR	#3	Westminster (Pa)	9.48	1/17
8		Jadyn HARTNER	SR	#16	Washington & Je	9.48	12/7

Women's 200 Meters

1	12	Nancy NYADONGO	FR	#4	Goucher	24.93c	(25.31f)	1/18
2	34	Halle JENNETT	SR	#8	Messiah	25.40c	(25.79f)	2/1
3		Samantha SHARROW	JR	#2	Scranton	26.02c	(26.42f)	1/18
4		Jocelyn SMITH	SO	#2	Scranton	{2} 26.08c	(26.48f)	12/7
5		Erin OLSAVSKY	JR	#12	Dickinson	26.10c	(26.51f)	2/1
6		Kiara WHITE	FR	#6	Grove City	26.36		2/1
7		Karia FORVIL	JR	#11	Salisbury	26.46c	(26.87f)	12/8
8		Lianne SAUSSY	JR	#1	Johns Hopkins	26.49c	(26.90f)	1/18
9		Olivia BARBACCI	JR	#23	Juniata	26.52c	(26.93f)	12/13
10		Ava MATTER	FR	#7	Lebanon Valley	26.56c	(26.97f)	1/18

Women's 400 Meters

1	36	Nancy NYADONGO	FR	#4	Goucher	58.34		12/7
2	37	Annie HUANG	SR	#1	Johns Hopkins	58.38c	(59.15f)	1/18
3	40	Halle JENNETT	SR	#8	Messiah	58.41c	(59.18f)	2/1
4	68	Kelty OASTER	SR	#13	Elizabethtown	59.05		1/25
5	79	Lianne SAUSSY	JR	#1	Johns Hopkins	{2}59.29		1/25
6		Jadyn HARTNER	SR	#16	Washington & Je	59.84c	(1:00.63f)	12/7
7		Terrica THORNTON-FILLYAW	FR	#4	Goucher	{2}1:00.08		12/7
8		Imogen DEBLOIS	FR		Thiel	1:00.21		2/1
9		Emma SMYSER	FR	#11	Salisbury	1:00.37c	(1:01.17f)	2/1
10		Olivia BARBACCI	JR	#23	Juniata	1:00.44		2/1

Women's 800 Meters

1	1	Annie HUANG	SR	#1	Johns Hopkins	2:09.41	1/25
2	9	Tanise THORNTON-FILLYAW	JR	#4	Goucher	2:12.71c	(2:14.24f) 1/18
3	11	Kelty OASTER	SR	#13	Elizabethtown	2:14.05c	(2:15.59f) 1/18
4	54	Audrey KARWOWSKI	JR	#6	Grove City	2:18.65 OT	1/25
5	66	Grace MORNINGSTAR	SO	#17	Misericordia	2:19.43c	(2:21.03f) 2/1
6	79	Jacqueline LIU	JR	#5	Carnegie Mellon	2:20.19 OT	1/25
7	81	Diana VALENTINI	SO	#1	Johns Hopkins	{2} 2:20.26c	(2:21.87f) 1/18
8	90	Elana PINEDA	FR	#8	Messiah	2:20.57c	(2:22.19f) 2/1
9	91	Emily ROSKOWSKI	FR	#1	Johns Hopkins	{3} 2:20.60c	(2:22.22f) 1/18
10		Lily TREMBA	SO	#1	Johns Hopkins	{4} 2:21.55c	(2:23.18f) 1/18

Women's Mile

1	17	Mackenzie SETTON	JR	#1	Johns Hopkins	4:58.00	1/25
2	23	Lydia BENNETT	SR	#6	Grove City	4:59.34	2/1
3	30	Harrinee SENTHILKUMAR	SR	#1	Johns Hopkins	{2} 5:01.31	1/24
4	31	Emma KOTHARI	JR	#1	Johns Hopkins	{3} 5:01.34	1/25
5	39	Emma PUETZ	SR	#1	Johns Hopkins	{4} 5:03.76c	(5:06.76f) 1/18
6	43	Elena BLODNIKAR	FR	#1	Johns Hopkins	{5} 5:05.09c	(5:08.11f) 1/18
7	45	Diana VALENTINI	SO	#1	Johns Hopkins	{6} 5:05.43	1/25
8	54	Carter BROTHERTON	FR	#1	Johns Hopkins	{7} 5:06.50c	(5:09.53f) 1/18
9	70	Miranda CINCOTTA	SO	#25	Saint Vincent	5:08.79 OT	1/25
9	70	Anna BODMER	SO	#11	Salisbury	5:08.79c	(5:11.84f) 12/8

Women's 3000 Meters

1	15	Adriana CATALANO	JR	#1	Johns Hopkins	9:55.84	1/25
2	16	Elena BLODNIKAR	FR	#1	Johns Hopkins	{2} 9:55.88	1/25
3	17	Emma PUETZ	SR	#1	Johns Hopkins	{3} 9:56.63	1/25
4	24	Carter BROTHERTON	FR	#1	Johns Hopkins	{4} 9:58.24	1/25
5	43	Mackenzie SETTON	JR	#1	Johns Hopkins	{5} 10:05.75	12/7
6	45	Aisling CALLAHAN	JR	#1	Johns Hopkins	{6} 10:06.33	12/7
7	50	Lydia BENNETT	SR	#6	Grove City	10:07.87	2/1
8	59	Ananya DEVPURA	SO	#5	Carnegie Mellon	10:11.16 OT	1/25
9	76	Maya DUCKER	SO	#5	Carnegie Mellon	{2} 10:15.40 OT	1/25
10	88	Samantha HOFFMANN	SR	#2	Scranton	10:18.61c	(10:23.91f) 2/1

Women's 5000 Meters

1	18	Triya ROY	SR	#1	Johns Hopkins	17:17.23c	(17:25.17f) 2/1
2	23	Jamie STELNIK	SR	#1	Johns Hopkins	{2} 17:22.49c	(17:30.47f) 2/1
3	26	Carter BROTHERTON	FR	#1	Johns Hopkins	{3} 17:27.01c	(17:35.02f) 2/1
4	31	Elena BLODNIKAR	FR	#1	Johns Hopkins	{4} 17:37.55c	(17:45.64f) 2/1
5	32	Sydney SHOCK	FR	#1	Johns Hopkins	{5} 17:38.34c	(17:46.44f) 12/7
6	33	Aisling CALLAHAN	JR	#1	Johns Hopkins	{6} 17:38.48c	(17:46.58f) 2/1
7	34	Claire ANDERSON	JR	#16	Washington & Je	17:38.94 OT	12/6
8	35	Cooper BROTHERTON	JR	#1	Johns Hopkins	{7} 17:40.45c	(17:48.57f) 12/7
9	52	Izzy NOBILLI	JR	#1	Johns Hopkins	{8} 17:54.07c	(18:02.29f) 12/7
10	58	Grace NEUBERT	FR	#25	Saint Vincent	17:56.58 OT	1/17



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Mid-Atlantic

as of 2/3/2025 11:51:30 PM ET

Women's 4x400 Relay

1	17	Annie Huang, Lianne Saussy, Ryan Bigelow, Lorna Arcese	#1 Johns Hopkins	3:59.23	1/25
2	28	Terrica Thornton-Fillyaw, Imaya Edmonds, Nancy Nyadongo, Tanise Thornton-Fillyaw	#4 Goucher	4:02.84	12/7
3	72	Lilly Williams, Marlyse Haack, Karia Forvil, Emma Smyser	#11 Salisbury	4:10.52c (4:13.84f)	2/1
4	75	Abbe Kitchin, Marley Kurey, Lily Swain, Madison Brown	#12 Dickinson	4:11.05c (4:14.38f)	1/18
5	92	Abigail Reed, Darrian Berkheimer, Charleigh Seifert, Mileyska Calderon	#7 Lebanon Valley	4:13.60c (4:16.96f)	1/10
6	94	Cara Doyle, Mary Grasso, Emily Krevey, Grace Morningstar	#17 Misericordia	4:13.74c (4:17.10f)	1/25
7		Nadine Lauffer, Audrey Karwowski, Annie Herrmann, Megan Marchand	#6 Grove City	4:15.07 OT	1/25
8		Abby Bachman, Jordyn Collie, Emily Jones, Annalise Kauffman	#14 Franklin & Marsh	4:15.39c (4:18.78f)	12/6
9		Clara Benner, Elana Pineda, Meagan Kime, Halle Jennett	#8 Messiah	4:16.20	1/24
10		Isabella Delgado, Jocelyn Smith, Isabella Fay, Vincentia McDonough	#2 Scranton	4:16.30c (4:19.70f)	2/1

Women's Distance Medley Relay

1	2	Harrinee Senthilkumar, Lily Tremba, Emily Roskowski, Mackenzie Setton	#1 Johns Hopkins	12:05.43c(12:13.20f)	1/18
2	12	#Type!	#8 Messiah	12:44.98c(12:53.17f)	2/1
3	15	Kyrianna Nemitz, Sierra Kapsos, Emily Miller, Autumn Garges	#7 Lebanon Valley	12:52.56c(13:00.83f)	1/18
4	17	Maria Gilles, Lainey Hartner, Cali LaRue, Claire Anderson	#16 Washington & Je	12:55.93	2/1
5	23	Katie Scott, Annalise Kauffman, Jordyn Collie, Tara Silverman	#14 Franklin & Marsh	13:05.80c(13:14.21f)	1/18
6	35	Emily Hopkins, Alexandra Roueche, Katherine Harren, Sophia Abbott	#2 Scranton	13:30.33c(13:39.01f)	1/18
7	46	Mi'Leah Cotton, Avery Arrizi, Macy Woroniecki, Madison Kingsley	#18 St. Mary's (Md.)	14:02.50	1/10
8	49	Paige Redman, Abby Megotz, Abigail Adamsky, Milana Straub	#20 Marywood	14:09.78c(14:18.88f)	1/18
9	51	Sydney Querry, Liza Levin, Gabby Howe, Katie Wojton	#9 Susquehanna	14:15.96c(14:25.13f)	1/18
10	52	Lindsey Eyer, Sarah Hartzell, Julia Johnson, Cecilia Chipriano	#10 King's College (P	14:20.43c(14:29.64f)	1/18

Women's High Jump

1	30	Breannnda DAVIS	SR	#3 Westminster (Pa	1.62m	5-3¾	2/1
2	38	Jaclyn DONOHO	JR	#1 Johns Hopkins	1.61m	5-3¾	2/1
3	48	Elly BRUNER	SO	#6 Grove City	1.60m	5-3	12/7
4	61	Aurielle BRUNNER	SR	#15 Chatham	1.59m	5-2½	1/25
5	84	Anna SAWICKI	FR	#7 Lebanon Valley	1.57m	5-1¾	12/6
5	84	Madison ARMITAGE	SR	#10 King's College (P	1.57m	5-1¾	2/1
7		Molly WHITE	JR	#2 Scranton	1.56m	5-1¼	12/7
7		Ryann ESSEY	JR	#3 Westminster (Pa){2}	1.56m	5-1¼	12/6
9		Grace IWIG	FR	#3 Westminster (Pa){3}	1.55m	5-1	1/25
9		Melena KOUTCH	SR	#7 Lebanon Valley {2}	1.55m	5-1	1/18
9		Abigail LOVELACE	SO	#1 Johns Hopkins {2}	1.55m	5-1	2/1
9		Kendall CODDINGTON	SO	#6 Grove City {2}	1.55m	5-1	1/25
9		Olivia SEETOO	FR	#19 Geneva	1.55m	5-1	2/1



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Mid-Atlantic

as of 2/3/2025 11:51:30 PM ET

Women's Pole Vault

1	18	Madison CONLEY	SR	#3 Westminster (Pa)	3.60m	11-9¾	2/1
2	26	Hannah WITTER	JR	#8 Messiah	3.56m	11-8	2/1
3	37	Clarissa NEWMAN	FR	#1 Johns Hopkins	3.50m	11-5¾	12/7
4	39	Ava BARNES	FR	#5 Carnegie Mellon	3.49m	11-5¼	2/1
5	47	Missy TREHARN	JR	#3 Westminster (Pa){2}	3.45m	11-3¾	2/1
5	47	Grace IWIG	FR	#3 Westminster (Pa){2}	3.45m	11-3¾	1/25
7	57	Alaina GATTO	FR	#3 Westminster (Pa){4}	3.40m	11-1¾	12/6
7	57	Hazel BUONOPANE	SO	#5 Carnegie Mellon {2}	3.40m	11-1¾	12/7
9	89	Olivia BARBACCI	JR	#23 Juniata	3.33m	10-11	1/25
10	93	Sarah BOWER	SR	#9 Susquehanna	3.30m	10-9¾	12/13

Women's Long Jump

1	11	Aurielle BRUNNER	SR	#15 Chatham	5.67m	18-7¼	1/31
2	23	Samantha SHARROW	JR	#2 Scranton	5.54m	18-2¼	2/1
3	35	Mia HILL	JR	#11 Salisbury	5.45m	17-10¾	12/8
4	40	Marlyse HAACK	JR	#11 Salisbury {2}	5.43m	17-9¾	1/24
5	43	Annie LEDER	SR	#12 Dickinson	5.42m	17-9½	12/13
6	45	Hannah ALDERFER	SR	#9 Susquehanna	5.41m	17-9	1/25
7	47	Breannnda DAVIS	SR	#3 Westminster (Pa)	5.40m	17-8¾	2/1
8	52	Chloe ZHANG	SO	#1 Johns Hopkins	5.39m	17-8¼	1/25
9	62	Claudia OUIMET	FR	#1 Johns Hopkins {2}	5.34m	17-6¼	12/7
10	81	Sara BARTLETT	SR	#1 Johns Hopkins {3}	5.30m	17-4¾	1/25

Women's Triple Jump

1	4	Aurielle BRUNNER	SR	#15 Chatham	12.31m	40-4¾	1/18
2	7	Sara BARTLETT	SR	#1 Johns Hopkins	11.96m	39-3	1/24
3	13	Aryanna PAULENA	FR	#4 Goucher	11.72m	38-5½	1/10
4	18	Remi ACORD	SR	#9 Susquehanna	11.46m	37-7¼	1/25
4	18	Mylina CASTILLO	SR	#22 Alvernia	11.46m	37-7¼	1/24
6	37	Annie LEDER	SR	#12 Dickinson	11.18m	36-8¼	2/1
7	54	Molly WHITE	JR	#2 Scranton	10.98m	36-¼	2/1
8	62	Jocelyn KIEFEL	SR	#5 Carnegie Mellon	10.91m	35-9½	12/7
9	65	Emma CHRISTMAN	JR	#11 Salisbury	10.89m	35-8¾	1/24
10	83	Iniyaa MOHANRAJ	JR	#5 Carnegie Mellon {2}	10.78m	35-4½	1/25
10	83	Eva CARACHIOLO	FR	#2 Scranton {2}	10.78m	35-4½	12/7

Women's Shot Put

1	30	Brandy VARNER	JR	#10 King's College (P	12.83m	42-1¼	1/24
2	35	Erika EZUMBA	JR	#1 Johns Hopkins	12.75m	41-10	1/18
3	46	Rosalyn PAGE	SR	#20 Marywood	12.60m	41-4¼	12/7
4	62	Lexi SHIDERLY	SR	#3 Westminster (Pa	12.39m	40-7¾	1/25
5		Shelby RAMBO	JR	#3 Westminster (Pa){2}	12.02m	39-5¼	1/17
6		Kathleen MONAHAN	JR	#5 Carnegie Mellon	11.94m	39-2¼	12/7
7		Mylea NEIDIG	SR	#13 Elizabethtown	11.86m	38-11	12/6
8		Jillian ZUKLEY	SO	#18 St. Mary's (Md.)	11.83m	38-9¾	12/7
9		Allison STANDISH	JR	#19 Geneva	11.48m	37-8	2/1
10		Megan WISE	JR	#6 Grove City	11.33m	37-2¼	12/7

Women's Weight Throw

1	23	Erika EZUMBA	JR	#1 Johns Hopkins	16.26m	53-4¼	12/7
2	35	Katelyn SHOEMAKER	JR	#10 King's College (P	15.76m	51-8½	1/24
3	48	Alexis MAHAFFEY	SR	#24 Bethany (W.Va.)	15.47m	50-9¼	2/1
4	56	Delaney HILFERTY	SR	#10 King's College (P{2}	15.38m	50-5½	2/1
5	97	Lauren ASSANTE	SR	#7 Lebanon Valley	14.87m	48-9½	12/6
6	100	Brandy VARNER	JR	#10 King's College (P{3}	14.83m	48-8	1/24
7		Allison STANDISH	JR	#19 Geneva	14.63m	48-0	2/1
8		Phoebe WILLIAMS	JR	#1 Johns Hopkins {2}	14.60m	47-10¾	1/24
9		Danika SUDAR	SR	#6 Grove City	14.23m	46-8¼	1/17
10		Hailey SHERWOOD	SO	#21 York (Pa.)	14.17m	46-6	12/6

Women's Pentathlon

1	8	Aurielle BRUNNER	SR	#15 Chatham	3,413		2/1
2	13	Hannah ALDERFER	SR	#9 Susquehanna	3,320		2/1
3	17	Anna SAWICKI	FR	#7 Lebanon Valley	3,235		1/31
4	19	Breannnda DAVIS	SR	#3 Westminster (Pa	3,209		2/1
5	29	Molly WHITE	JR	#2 Scranton	3,097		2/1
6	41	Claudia OUIMET	FR	#1 Johns Hopkins	2,974		2/1
7	43	Jaclyn DONOHO	JR	#1 Johns Hopkins {2}	2,971		2/1
8	48	Alin AYDOGAN	FR	#5 Carnegie Mellon	2,913		12/7
9	51	Leah BIWOTT	SR	#12 Dickinson	2,872		12/13
10	52	Abigail LOVELACE	SO	#1 Johns Hopkins {3}	2,871		2/1



Regional TFRI Event Summary



Mideast

as of 2/3/2025 11:51:30 PM ET

Women's 60 Meters

1	5	Rachel ARTHUR	SR	#1 Williams	7.63	2/1
2	22	Jillian STRYNAR	FR	#11 Trinity (Conn.)	7.74	1/26
3	66	Heloise HUGHES	SO	#2 Amherst	7.88	1/26
4	73	Tayshia CARY	SO	#8 Rhode Island Col	7.89	1/25
4	73	Bella KING-HARVEY	SO	#1 Williams	{2} 7.89	1/26
6		Alaina STONEBRAKER	JR	#4 Coast Guard	8.00	1/18
7		Ella SUKUP	JR	#1 Williams	{3} 8.04	1/26
8		Trinity HAYES	SR	#8 Rhode Island Col	{2} 8.05	12/7
9		Katie BRUNO	JR	#3 Middlebury	8.06	1/17
9		Mackenzie DAGGITT	SR	#3 Middlebury	8.06	1/11
9		Rachel HUBLEY	SO	#2 Amherst	{2} 8.06	1/17

Women's 60 Meter Hurdles

1	22	Eliza CARDWELL	SR	#2 Amherst	8.99	1/26
2	27	Katherine DEFOSSE	SO	#6 Springfield (Mas)	9.08	1/25
3	34	Cali LEONARD	JR	#10 Hartford	9.13	12/7
4	35	Jahmilia DENNIS	JR	#7 Vassar	9.14	12/7
5	46	Emma MCGUINN	JR	#5 RPI	9.18	2/1
6	53	Ioanna TSONI	SO	#15 Mount Holyoke	9.21	1/25
7	54	Arissa GRACE MCGOWAN	JR	#2 Amherst	{2} 9.22	1/26
8	61	Emily RUBIO	JR	#3 Middlebury	9.25	1/26
9	90	Olivia LABELLE	FR	#1 Williams	9.39	1/26
10		Tamara GREENE	FR	#10 Hartford	{2} 9.48	12/13

Women's 200 Meters

1	19	Heloise HUGHES	SO	#2 Amherst	25.09	1/26
2	20	Bella KING-HARVEY	SO	#1 Williams	25.12	1/26
2	20	Jillian STRYNAR	FR	#11 Trinity (Conn.)	25.12	1/26
4	26	Rachel ARTHUR	SR	#1 Williams	{2} 25.26	2/1
5	67	Ella SUKUP	JR	#1 Williams	{3} 25.65	2/1
6	71	Trinity HAYES	SR	#8 Rhode Island Col	25.68	2/1
7	81	Alaina STONEBRAKER	JR	#4 Coast Guard	25.74	12/7
8		Maggie NICHOLS	FR	#1 Williams	{4} 25.94	2/1
9		Juliette SULLIVAN	SO	#12 Wesleyan (Conn.)	25.96	1/26
10		Christine MALLETTE	SR	#5 RPI	26.02c (26.42f)	1/17

Women's 400 Meters

1	3	Bella KING-HARVEY	SO	#1 Williams	55.75	2/1
2	30	Cate DONALDSON	SO	#1 Williams	{2} 58.00	1/26
3	53	Trinity HAYES	SR	#8 Rhode Island Col	58.79	2/1
4	57	Annika PALUSKA	FR	#1 Williams	{3} 58.84	2/1
5	60	Anna KROUSE	SR	#3 Middlebury	58.85c (59.63f)	1/11
6	64	Mary ELLIOT	JR	#3 Middlebury	{2} 58.95c (59.73f)	2/1
7	71	Claire JENSEN	SO	#1 Williams	{4} 59.11	12/7
8	72	Ella BESANT	SO	#4 Coast Guard	59.12	2/1
9	85	Grace FLYNN	SR	#4 Coast Guard	{2} 59.40	2/1
10	97	Lauren SZALKOWSKI	SO	#5 RPI	59.68c (1:00.47f)	12/7

Women's 800 Meters

1	5	Annika PALUSKA	FR	#1 Williams	2:11.52	2/1
2	6	Alexa ESTES	JR	#9 Connecticut Coll	2:11.56	2/1
3	16	Piper LENTZ	JR	#2 Amherst	2:15.05	1/26
4	18	Lily YAMPOLSKY	FR	#1 Williams	{2} 2:15.32	1/26
5	20	Zoe MARCUS	SO	#2 Amherst	{2} 2:15.46	12/7
6	22	Kate TUTTLE	FR	#1 Williams	{3} 2:15.99	2/1
7	24	Grace MCDONOUGH	JR	#9 Connecticut Coll	{2} 2:16.05	1/26
8	38	Haley SCHOENEGGE	SO	#7 Vassar	2:16.99c (2:18.57f)	2/1
9	39	Makenna TOPP	SO	#4 Coast Guard	2:17.24	12/7
10	41	Erin VONHOUSEN	FR	#5 RPI	2:17.49c (2:19.07f)	1/17

Women's Mile

1	2	Jules BLESKOSKI	SO	#5 RPI	4:52.00	2/1
2	6	Grace MCDONOUGH	JR	#9 Connecticut Coll	4:53.24	2/1
3	7	Kate TUTTLE	FR	#1 Williams	4:53.91	1/26
4	8	Erin VONHOUSEN	FR	#5 RPI	{2} 4:54.12	2/1
5	10	Pria PARKER	SR	#14 Smith	4:55.00	2/1
6	13	Paige PHILLIPS	SR	#4 Coast Guard	4:57.09	2/1
7	27	Lily YAMPOLSKY	FR	#1 Williams	{2} 5:00.71	12/7
8	29	Claire SEMEROD	JR	#4 Coast Guard	{2} 5:01.06	2/1
9	34	Flora BIRO	FR	#2 Amherst	5:02.35	1/26
10	36	Catherine DACEY	SR	#18 Union (N.Y.)	5:02.55c (5:05.54f)	12/7

Women's 3000 Meters

1	2	Haley SCHOENEGGE	SO	#7 Vassar	9:38.73	12/7
2	8	Paige PHILLIPS	SR	#4 Coast Guard	9:45.83	1/25
3	9	Kate TUTTLE	FR	#1 Williams	9:47.31	2/1
4	20	Blakeley BUCKINGHAM	SR	#1 Williams	{2} 9:57.11	1/26
5	22	Morgan EIGEL	SO	#1 Williams	{3} 9:57.25	2/1
6	26	Hannah STEPHENSON	FR	#2 Amherst	9:59.46	1/17
7	27	Claire SEMEROD	JR	#4 Coast Guard	{2} 9:59.53	1/25
8	30	Grace MCDONOUGH	JR	#9 Connecticut Coll	10:00.95	1/11
9	32	Julia SCHOR	SR	#2 Amherst	{2} 10:01.47	12/7
10	39	Jordan LISS-RIORDAN	SO	#1 Williams	{4} 10:04.61	2/1

Women's 5000 Meters

1	11	Stephanie AGER	JR	#12 Wesleyan (Conn.)	17:01.92c (17:09.74f)	12/7
2	15	Claire SEMEROD	JR	#4 Coast Guard	17:08.37	12/7
3	19	Flora BIRO	FR	#2 Amherst	17:18.51c (17:26.46f)	12/7
4	22	Paige PHILLIPS	SR	#4 Coast Guard	{2} 17:21.98	12/7
5	25	Kate SWANN	JR	#1 Williams	17:25.35	12/7
6	28	Morgan EIGEL	SO	#1 Williams	{2} 17:35.25	12/7
7	30	Tamar BYL-BRANN	SO	#1 Williams	{3} 17:36.33	2/1
8	36	Charlene PENG	SO	#1 Williams	{4} 17:40.93	12/7
9	39	Abby WILLIAMS	SO	#9 Connecticut Coll	17:42.14	2/1
10	40	Bea PARR	SR	#3 Middlebury	17:42.21	1/26



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Midwest

as of 2/3/2025 11:51:30 PM ET

Women's 4x400 Relay

1	4	Bella King-Harvey, Annika Paluska, Claire Jensen, Cate Donaldson	#1 Williams	3:51.27	12/7
2	9	Ella Besant, Grace Flynn, Sophia White, Makenna Topp	#4 Coast Guard	3:55.70	2/1
3	30	#Type!	#3 Middlebury	4:03.10c (4:06.32f)	1/11
4	42	Anoua Carrie, Lauren Szalkowski, Emma McGuinn, Ava Marcucci	#5 RPI	4:06.02c (4:09.28f)	12/14
5	44	Piper Lentz, Zoe Marcus, Leila Bata, Hannah Adhikari	#2 Amherst	4:06.67	12/7
6	63	Alexa Estes, LK Tucker, Katie Keating, Abby Ilusorio	#9 Connecticut Coll	4:09.68	2/1
7	82	Lena Baker, Ada Fisher, Sofia Jurusz, Shams Ferver	#14 Smith	4:12.26	2/1
8	87	Natalia Marchand, Madison Mulas, Maeve D'Darcy, Julia Brillo	#6 Springfield (Mas:	4:12.83c (4:16.18f)	2/1
9	93	Sophia Henderson, Adelaide Nyhan, Norah Reade, Lizzie Lowe	#7 Vassar	4:13.72c (4:17.08f)	2/1
10	99	Isabella Scott, Emma Mahoney, Brianna Wise, Grace Yarkosky	#22 SUNY Plattsburg	4:14.40c (4:17.77f)	1/25

Women's Distance Medley Relay

1	3	Abby Fernald, LK Tucker, Alexa Estes, Grace McDonough	#9 Connecticut Coll	12:07.89	1/26
2	6	Sheldyn Fisher, Lily Bulczynski, Caroline VanSchaick, Mary Cestaro	#3 Middlebury	12:37.35	1/26
3	7	Elanora Smith, Juliette Sullivan, Stella Loezos, Jordan Walter	#12 Wesleyan (Conn.	12:38.34	1/26
4	8	Julia Schor, Leila Bata, Maya Levine, Sylvan Wold	#2 Amherst	12:38.62	1/17
5	16	Vivian Jacobs-townsley, Jillian Strynar, Paige Orr, Maggie Furer	#11 Trinity (Conn.)	12:53.20	1/26
6	18	Quinn Sirgany, Cameran Stone, Adriana Cecchetelli, Avery Blanchard	#19 St. Lawrence	12:57.38c(13:05.70f)	1/25

Women's High Jump

1	1	Allie WILDSMITH	JR	#4 Coast Guard	1.80m	5-10¾	1/18
2	18	Emily RUBIO	JR	#3 Middlebury	1.65m	5-5	1/17
3	26	Jordan MURPHY	SO	#10 Hartford	1.63m	5-4¼	12/7
4	38	Autumn BACIK	FR	#6 Springfield (Mas:	1.61m	5-3¼	12/7
4	38	Ashley SHELDON	SO	#18 Union (N.Y.)	1.61m	5-3¼	1/25
6	61	Anaya THOMAS	SR	#2 Amherst	1.59m	5-2½	1/17
7	84	Amelie JAMANKA	JR	#1 Williams	1.57m	5-1¾	2/1
7	84	Lauren GRATTAN	FR	#11 Trinity (Conn.)	1.57m	5-1¾	1/17
9		Angelina TACCOGNA	FR	#17 Eastern Connect	1.53m	5-¼	12/7
10		Gabrieanna CHERY	FR	#11 Trinity (Conn.)	{2} 1.52m	4-11¾	1/17

Women's Pole Vault

1	24	Jae YU	SR	#1 Williams	3.58m	11-9	2/1
2	27	Poppy MILLER	SR	#1 Williams	{2} 3.55m	11-7¾	1/26
2	27	Zoe WANG	SR	#3 Middlebury	3.55m	11-7¾	1/17
2	27	Ellie FITZGERALD	JR	#1 Williams	{2} 3.55m	11-7¾	1/26
5	57	Natasha FRISCH	FR	#17 Eastern Connect	3.40m	11-1¾	12/7
6	70	Mollie BRINKER	JR	#4 Coast Guard	3.35m	10-11¾	2/1
6	70	Jillian SCOTT	SR	#6 Springfield (Mas:	3.35m	10-11¾	2/1
8		Payton SORENSEN	SR	#2 Amherst	3.25m	10-8	12/7
8		Autumn BACIK	FR	#6 Springfield (Mas:{2}	3.25m	10-8	12/7
8		Cadence SORENSEN	FR	#14 Smith	3.25m	10-8	1/18

Women's Long Jump

1	33	Mackenzie DAGGITT	SR	#3 Middlebury	5.47m	17-11½	1/17
2	57	Quiana PEZZA	FR	#8 Rhode Island Col	5.37m	17-7½	12/7
3	88	Ioanna TSONI	SO	#15 Mount Holyoke	5.29m	17-4¼	12/7
3	88	Emily RUBIO	JR	#3 Middlebury	{2} 5.29m	17-4¼	1/26
5	94	Eliza CARDWELL	SR	#2 Amherst	5.28m	17-4	1/26
6	98	Alice BRAMBATI	FR	#5 RPI	5.27m	17-3½	1/17
7		Leah SMITH	SO	#2 Amherst	{2} 5.19m	17-½	1/17
8		Kelsey TARBY	SO	#1 Williams	5.16m	16-11¼	2/1
8		Eliza LEE	JR	#13 Westfield State	5.16m	16-11¼	1/25
10		Sophia FORD	FR	#2 Amherst	{3} 5.09m	16-8½	1/17

Women's Triple Jump

1	23	Alice BRAMBATI	FR	#5 RPI	11.43m	37-6	2/1
2	24	Rafaela DELGADO	SO	#1 Williams	11.42m	37-5¾	1/26
3	26	Samantha PAUL	SR	#6 Springfield (Mas:	11.38m	37-4	1/18
4	31	Mireya KING	FR	#1 Williams	{2} 11.25m	36-11	1/26
5	36	Jahmilia DENNIS	JR	#7 Vassar	11.19m	36-8½	2/1
6	38	Ioanna TSONI	SO	#15 Mount Holyoke	11.17m	36-7¾	1/25
7	61	Eliza LEE	JR	#13 Westfield State	10.92m	35-10	1/25
8	68	Sophia FORD	FR	#2 Amherst	10.87m	35-8	1/26
9	73	Grace HALL	FR	#3 Middlebury	10.85m	35-7¼	1/26
10	78	Quiana PEZZA	FR	#8 Rhode Island Col	10.82m	35-6	2/1



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Mideast

as of 2/3/2025 11:51:30 PM ET

Women's Shot Put

1	26	Maureen HAMMOND	SR	#4 Coast Guard	12.90m	42-4	12/7
2	56	Julia TULIMIERI	JR	#3 Middlebury	12.43m	40-9½	1/26
3	59	Katelynn TAYLOR	SR	#6 Springfield (Mas:	12.42m	40-9	2/1
4	73	Samantha SAINRISTILL	SR	#8 Rhode Island Col	12.25m	40-2¼	2/1
5	79	KayInn STEVENSON	SO	#16 Castleton	12.21m	40-¾	1/25
6		Maria FARETI	FR	#1 Williams	11.96m	39-3	1/26
7		Lillian WURTZ	JR	#3 Middlebury {2}	11.76m	38-7	1/26
8		Hannah DEBIAN	FR	#6 Springfield (Mas:{2}	11.71m	38-5	12/7
9		Lily MEADOWS	FR	#2 Amherst	11.43m	37-6	1/26
10		Madison DIPASQUALE	JR	#10 Hartford	11.36m	37-3¼	1/31

Women's Weight Throw

1	30	Chloe SCHNEEBERG	SR	#1 Williams	15.97m	52-4¾	1/26
2	47	Maria FARETI	FR	#1 Williams {2}	15.51m	50-10¾	12/7
3	77	Samantha SAINRISTILL	SR	#8 Rhode Island Col	15.13m	49-7¾	1/11
4		Madison DIPASQUALE	JR	#10 Hartford	14.67m	48-1¾	1/31
5		Katie LYNCH	JR	#5 RPI	14.54m	47-8½	12/14
6		Katelynn TAYLOR	SR	#6 Springfield (Mas:	14.51m	47-7¼	1/18
7		Lillian WURTZ	JR	#3 Middlebury	14.19m	46-6¾	1/26
8		KayInn STEVENSON	SO	#16 Castleton	13.80m	45-3½	12/14
9		Hannah DEBIAN	FR	#6 Springfield (Mas:{2}	13.51m	44-4	2/1
10		Karli MARTIN	SO	#16 Castleton {2}	13.49m	44-3¼	12/7

Women's Pentathlon

1	53	Faye STEVENS	SR	#7 Vassar	2,848		12/7
2	63	Eliza LEE	JR	#13 Westfield State	2,734		1/25
3	70	Tara JESSEN	SO	#4 Coast Guard	2,625		12/5
4	85	Elana PUKEL	FR	#7 Vassar {2}	2,461		12/7
5		Lilly O'BRIEN	JR	#20 Mount Saint Mar	1,996		12/7
6		Jillian BARRY	SO	#6 Springfield (Mas:	1,683		1/25
7		Abbe COLGAN	JR	#7 Vassar {3}	1,568		12/7



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Midwest

as of 2/3/2025 11:51:30 PM ET

Women's 60 Meters

1	2	Alyssa BUSKER	SR	#4 Elmhurst	7.45	12/7
2	3	Emma SEIPEL	SR	#5 Loras	7.61	12/7
2	3	Jasmine WRIGHT	JR	#1 Washington (Mo.	7.61	12/7
4	9	Lauren MARSHALL	SR	#4 Elmhurst {2}	7.67	1/18
4	9	De'Andranay CHISM	FR	#15 Millikin	7.67	12/7
6	13	McKenzie RESER	SR	#8 Augustana (Ill.)	7.69	12/7
7	18	Lindsey NOVAK	SR	#6 North Central (Ill	7.71	1/18
8	20	Gabri MESCHINO	SR	#2 Chicago	7.73	12/6
9	22	Riana HAYES	JR	#10 North Park	7.74	1/18
10	46	Lauren GAY	SR	#1 Washington (Mo.{2}	7.83	1/18

Women's 60 Meter Hurdles

1	4	Ren BROWN	SR	#2 Chicago	8.75	1/18
2	11	Lauren GAY	SR	#1 Washington (Mo.	8.86	12/7
2	11	JoJo TYNISMAA	JR	#3 Wartburg	8.86	2/1
4	13	Nakala NADEAU	SR	#4 Elmhurst	8.87	1/25
5	14	Tiana GRADY	SO	#4 Elmhurst {2}	8.88	12/13
6	18	Claire SCHROEDER	FR	#18 Buena Vista	8.93	1/25
7	24	Grace BRADEN	SO	#3 Wartburg {2}	9.03	1/24
8	29	Keeley HOURIGAN	SR	#9 Nebraska Wesley	9.09	1/18
8	29	Thea RING	JR	#10 North Park	9.09	12/7
10	35	Olivia BOHLEN	JR	#7 Central (Iowa)	9.14	1/24

Women's 200 Meters

1	4	De'Andranay CHISM	FR	#15 Millikin	24.42c	(24.80f) 1/18
2	5	Alyssa BUSKER	SR	#4 Elmhurst	24.51	12/13
3	6	Lindsey NOVAK	SR	#6 North Central (Ill	24.59c	(24.97f) 1/18
4	15	McKenzie RESER	SR	#8 Augustana (Ill.)	25.00c	(25.38f) 1/18
5	16	Thea RING	JR	#10 North Park	25.01c	(25.39f) 12/7
6	17	Lauren GAY	SR	#1 Washington (Mo.	25.06c	(25.45f) 12/7
7	24	Lauren MARSHALL	SR	#4 Elmhurst {2}	25.19	1/25
8	30	Jasmine WRIGHT	JR	#1 Washington (Mo.{2}	25.35	1/25
9	31	Riana HAYES	JR	#10 North Park {2}	25.36	12/13
10	40	Nicole STEWART	SR	#1 Washington (Mo.{3}	25.46	1/25

Women's 400 Meters

1	8	Lindsey NOVAK	SR	#6 North Central (Ill	56.42c	(57.16f) 2/1
2	9	Ren BROWN	SR	#2 Chicago	56.50c	(57.25f) 1/10
3	16	Hailey WEIR	FR	#1 Washington (Mo.	57.30c	(58.06f) 12/7
4	22	Thea RING	JR	#10 North Park	57.61 OT	1/31
5	25	Julia CORIC	SO	#1 Washington (Mo.{2}	57.85	1/25
6	27	De'Andranay CHISM	FR	#15 Millikin	57.88	1/31
7	28	Kylie SPYTEK	JR	#1 Washington (Mo.{3}	57.93c	(58.69f) 12/7
8	37	Catherine CHRISTOPHER	SO	#1 Washington (Mo.{4}	58.38	1/25
9	43	Carmela WOODS	SO	#4 Elmhurst	58.54c	(59.31f) 12/7
10	47	Quinn BIRD	FR	#1 Washington (Mo.{5}	58.65	1/25

Women's 800 Meters

1	10	Claudia HARNETT	SR	#2 Chicago	2:12.81 OT	1/18
2	12	Lina MAATOUK	SR	#8 Augustana (Ill.)	2:14.53c	(2:16.08f) 12/7
3	14	Izzy GORTON	SR	#1 Washington (Mo.	2:14.89	1/31
4	27	Elisabeth CAMIC	SR	#2 Chicago {2}	2:16.33c	(2:17.90f) 1/10
4	27	Caroline ECHOLS	SO	#1 Washington (Mo.{2}	2:16.33	1/25
6	31	Elly BURDS	JR	#5 Loras	2:16.48c	(2:18.05f) 1/18
7	34	Emma KELLY	JR	#2 Chicago {3}	2:16.76	1/25
8	35	Ren BROWN	SR	#2 Chicago {4}	2:16.78 OT	1/18
9	42	Haley MEYER	JR	#3 Wartburg	2:17.52 OT	1/24
10	43	Ava CLAUSSEN-TUBBS	JR	#16 Cornell College	2:17.58c	(2:19.16f) 1/25

Women's Mile

1	3	Claudia HARNETT	SR	#2 Chicago	4:52.31	1/25
2	4	Deyanneira COLON MALDONADO	SR	#11 Aurora	4:52.70	1/25
3	15	Jillian HETH	JR	#1 Washington (Mo.	4:57.67	1/25
4	16	Elisabeth CAMIC	SR	#2 Chicago {2}	4:57.94 OT	1/18
5	18	Virginia PRIDGEN	SR	#1 Washington (Mo.{2}	4:58.15	1/25
6	19	Evelyn BATTLESON-GUNKEL	SR	#2 Chicago {3}	4:58.28 OT	1/18
7	21	Peyton STEFFEN	JR	#7 Central (Iowa)	4:58.75	1/24
8	28	Nora HOLMES	JR	#2 Chicago {4}	5:00.95	1/25
9	35	Frankie CHAIDEZ	SR	#5 Loras	5:02.36c	(5:05.35f) 12/7
10	42	Maggie HORN	FR	#2 Chicago {5}	5:04.94	1/25

Women's 3000 Meters

1	3	Deyanneira COLON MALDONADO	SR	#11 Aurora	9:38.90 OT	2/1
2	6	Peyton STEFFEN	JR	#7 Central (Iowa)	9:40.35 OT	12/14
3	11	Addy PARROTT	SR	#7 Central (Iowa) {2}	9:52.46 OT	12/14
4	13	Nora HOLMES	JR	#2 Chicago	9:54.64 OT	1/18
5	14	Jillian HETH	JR	#1 Washington (Mo.	9:55.54c	(10:00.64f) 1/18
6	31	Anna WATSON	SR	#2 Chicago {2}	10:01.10 OT	1/18
7	34	Estelle SNIDER	SO	#2 Chicago {3}	10:01.65 OT	1/18
8	55	Teghan BOOTH	SR	#20 Simpson (Iowa)	10:08.89 OT	1/24
9	57	Maggie HORN	FR	#2 Chicago {4}	10:10.13 OT	1/18
10	87	Sofia SHELDON	FR	#1 Washington (Mo.{2}	10:18.55c	(10:23.85f) 1/18

Women's 5000 Meters

1	5	Deyanneira COLON MALDONADO	SR	#11 Aurora	16:47.72 OT	12/6
2	21	Emma ODLE	SR	#8 Augustana (Ill.)	17:21.29c	(17:29.26f) 12/7
3	42	Ellie MEYER	SR	#3 Wartburg	17:45.21c	(17:53.36f) 12/7
4	56	Karle KRAMER	JR	#3 Wartburg {2}	17:56.10c	(18:04.34f) 12/7
5	61	Lydia MAAS	FR	#3 Wartburg {3}	17:58.95c	(18:07.21f) 12/7
6	72	Haley MEYER	JR	#3 Wartburg {4}	18:08.19c	(18:16.52f) 12/7
7	90	Alyza KOPPES	JR	#16 Cornell College	18:18.45c	(18:26.86f) 12/7
8	98	Kelly GIARDINA	JR	#3 Wartburg {5}	18:21.90c	(18:30.33f) 1/18
9		Madeline LEE	FR	#1 Washington (Mo.	18:33.66	1/31
10		Julia BENES	SR	#6 North Central (Ill	18:34.00c	(18:42.53f) 1/18



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Midwest

as of 2/3/2025 11:51:30 PM ET

Women's 4x400 Relay

1	2	Hailey Weir, Kylie Spytek, Catherine Christopher, Izzy Gorton	#1 Washington (Mo.)	3:50.15	1/25
2	11	Sophia Stahle, Leah Cherry, Ryann Decker, JoJo Tynnismaa	#3 Wartburg	3:55.80c (3:58.93f)	2/1
3	12	Chloe Hayden, Ava Hagwell, Christin Facey, Ren Brown	#2 Chicago	3:56.13	1/25
4	15	Lizzy Van Utrecht, Emily McMartin, Peyton Steffen, Ava Parkins	#7 Central (Iowa)	3:58.00c (4:01.16f)	2/1
5	19	Cora Deemer, McKenzie Reser, Jordyn VanSanten, Lina Maatouk	#8 Augustana (Ill.)	3:59.82c (4:03.00f)	1/18
6	24	Isabella Gonzalez, Adriana Crabtree, Alexandra Reinhart, Jordynn Griffin	#12 Illinois Wesleyan	4:01.90c (4:05.11f)	1/24
7	32	Elly Burds, Layla Hughes, Emma Seipel, Harmony Creasy	#5 Loras	4:03.41c (4:06.64f)	12/7
8	34	Natalie Cummins, Keeley Hourigan, Raegan Levi, Chloe Mooberry	#9 Nebraska Wesley	4:04.04	12/13
9	43	Kami Rhoades, Apiphany Patterson, Aleese Trimmingham, Brooke Oakley	#19 Illinois College	4:06.06c (4:09.32f)	2/1
10	50	Jenna Thornburg, Ava Carder, Emma Cooper, Chloe Wiersen	#20 Simpson (Iowa)	4:07.76c (4:11.04f)	2/1

Women's Distance Medley Relay

1	13	Nadia Bowden, Caitlin Benesh, Ellie Meyer, Haley Meyer	#3 Wartburg	12:48.63c (12:56.86f)	2/1
2	34	Elly Burds, Layla Hughes, Emily Delamora, Natalia Wrobel	#5 Loras	13:24.64c (13:33.26f)	1/24
3	40	Julia Benes, Riley Landsverk, Emma Cecich, Brianna Ruiz	#6 North Central (Ill)	13:37.41c (13:46.16f)	2/1
4	45	Esther Brown, Elizabeth Jones, Sabrina Kadow, Jessica Solar	#4 Elmhurst	13:59.64c (14:08.63f)	2/1
5	66	Alora Huver, Brianna Krantz, Novalee Lackey, Olivia Letkey	#21 Lyon (Ark.)	15:29.40c (15:39.35f)	1/25

Women's High Jump

1	3	Ebunoluwa OPATA	SR	#1 Washington (Mo.)	1.70m	5-7	12/7
1	3	Sara HOSKINS	SR	#5 Loras	1.70m	5-7	12/7
1	3	Olivia THEISEN	SO	#1 Washington (Mo.)	1.70m	5-7	1/31
4	6	Hailey CAROLAN	JR	#16 Cornell College	1.69m	5-6½	12/14
5	18	Hailey CARAWAY	FR	#4 Elmhurst	1.65m	5-5	12/7
5	18	Sammi DUNN	SR	#2 Chicago	1.65m	5-5	1/18
5	18	Elizabeth MULVANEY	SO	#2 Chicago	1.65m	5-5	1/18
8	26	Faith LADIN	SR	#6 North Central (Ill)	1.63m	5-4¼	1/24
9	30	Grace CROWDER	SO	#23 Wheaton (Ill.)	1.62m	5-3¾	12/7
10	48	Samantha NIELSEN	JR	#3 Wartburg	1.60m	5-3	1/24
10	48	Jaden GATTS	SO	#17 Dubuque	1.60m	5-3	1/25
10	48	Julia KLEIN	JR	#5 Loras	{2} 1.60m	5-3	1/18

Women's Pole Vault

1	1	Yasmin RUFF	SR	#1 Washington (Mo.)	4.08m	13-4½	1/31
2	4	Gwen BERENYI	JR	#6 North Central (Ill)	3.86m	12-8	2/1
3	27	Kenzie KURDYS	SO	#13 Greenville	3.55m	11-7¾	12/7
3	27	Natalie JOHNSON	SR	#6 North Central (Ill){2}	3.55m	11-7¾	1/18
5	35	Reece BAKER	JR	#2 Chicago	3.51m	11-6¼	2/1
5	35	Celeste TAYLOR	JR	#2 Chicago	3.51m	11-6¼	2/1
7	47	Amber VROMAN	SR	#7 Central (Iowa)	3.45m	11-3¾	12/13
7	47	Meredyth BARR	SO	#1 Washington (Mo.){2}	3.45m	11-3¾	1/25
7	47	Emily DRUSE	SR	#9 Nebraska Wesley	3.45m	11-3¾	2/1
7	47	Miranda HURSEY	JR	#14 Monmouth (Ill.)	3.45m	11-3¾	2/1

Women's Long Jump

1	1	Emma SEIPEL	SR	#5 Loras	5.98m	19-7½	12/7
2	3	Paulina TINAJERO	SO	#4 Elmhurst	5.85m	19-2½	2/1
3	7	Lauren MARSHALL	SR	#4 Elmhurst	{2} 5.75m	18-10½	12/13
4	13	Marina SEMPLE	JR	#2 Chicago	5.65m	18-6½	2/1
5	15	Ebunoluwa OPATA	SR	#1 Washington (Mo.)	5.62m	18-5¼	1/25
6	19	Harmony CREASY	SR	#5 Loras	{2} 5.59m	18-4¼	12/7
7	25	Chloe SELMER	FR	#4 Elmhurst	{3} 5.53m	18-1¾	1/25
8	37	Deja ANDERSON	SO	#19 Illinois College	5.44m	17-10¼	1/25
9	43	Faith LADIN	SR	#6 North Central (Ill)	5.42m	17-9½	1/18
10	47	Natalie CUMMINS	SR	#9 Nebraska Wesley	5.40m	17-8¾	1/31
10	47	Vanessa CARR	JR	#4 Elmhurst	{4} 5.40m	17-8¾	12/7

Women's Triple Jump

1	1	Ebunoluwa OPATA	SR	#1 Washington (Mo.)	12.54m	41-1¾	1/25
2	5	Imani OGUNRIBIDO	SO	#12 Illinois Wesleyan	12.28m	40-3½	1/24
3	14	Paulina TINAJERO	SO	#4 Elmhurst	11.57m	37-11½	12/7
4	16	Chloe SELMER	FR	#4 Elmhurst	{2} 11.51m	37-9¼	1/25
5	22	Jazmyn HARMON	SO	#13 Greenville	11.44m	37-6½	12/7
6	25	Emma SEIPEL	SR	#5 Loras	11.40m	37-5	1/18
7	33	Madelyn (Maddie) MUCCI	FR	#5 Loras	{2} 11.22m	36-9¾	1/18
8	45	Shaniah JOHNSON	SR	#3 Wartburg	11.10m	36-5	1/31
9	56	Sofia ROSENZWEIG	SO	#1 Washington (Mo.){2}	10.96m	35-11½	1/25
10	75	Francesca SMITH	SR	#12 Illinois Wesleyan{2}	10.84m	35-6¾	12/7



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Midwest

as of 2/3/2025 11:51:31 PM ET

Women's Shot Put

1	2	Jenae BOTHE	JR	#1 Washington (Mo.)	14.44m	47-4½	12/7
2	4	Heather MICHALSKI	SR	#8 Augustana (Ill.)	13.86m	45-5¾	1/18
3	6	Maddie BOLEY	SR	#14 Monmouth (Ill.)	13.66m	44-9¾	1/24
4	10	Chloe REISER	SO	#17 Dubuque	13.60m	44-7½	1/25
5	13	Talahiva TALANOA	SR	#13 Greenville	13.50m	44-3½	1/18
6	15	Nai'lah ANDERS	SO	#17 Dubuque	{2}13.33m	43-8¾	2/1
7	21	Emmilly BERGLUND	SO	#9 Nebraska Wesley	13.03m	42-9	1/17
8	22	Taylor FLAIG	SR	#5 Loras	13.01m	42-8¼	1/18
9	25	Courtney JOHNSON	SR	#18 Buena Vista	12.91m	42-4¼	12/7
10	33	Payton SCHERMERHORN	SO	#18 Buena Vista	{2}12.77m	41-10¾	1/25

Women's Weight Throw

1	2	Caitlyn COX	JR	#5 Loras	19.08m	62-7¼	12/7
2	4	Emma TRUE	SR	#3 Wartburg	18.40m	60-4½	2/1
3	8	Taylor FLAIG	SR	#5 Loras	{2}17.95m	58-10¾	1/18
3	8	Maddie BOLEY	SR	#14 Monmouth (Ill.)	17.95m	58-10¾	1/24
5	14	Talahiva TALANOA	SR	#13 Greenville	17.63m	57-10¼	1/18
6	16	Carlyssa KING	SR	#12 Illinois Wesleyan	17.01m	55-9¾	1/24
7	21	Kaelyn MEANS	SO	#9 Nebraska Wesley	16.46m	54-0	12/13
8	22	Gabrielle HARDING	SR	#6 North Central (Ill)	16.36m	53-8¼	1/18
9	25	Ja'Dein MADISON	JR	#9 Nebraska Wesley	{2}16.13m	52-11	2/1
10	37	Tara JOCHUMSEN	SR	#3 Wartburg	{2}15.71m	51-6½	2/1

Women's Pentathlon

1	2	Thea RING	JR	#10 North Park	3,576		12/7
2	5	Olivia BOHLEN	JR	#7 Central (Iowa)	3,476		1/31
3	16	Hailey CAROLAN	JR	#16 Cornell College	3,258		12/14
4	22	Grace BRADEN	SO	#3 Wartburg	3,161		2/1
5	57	Anna COTTER	SR	#6 North Central (Ill)	2,793		2/1
6	58	Caitlin BENESH	SO	#3 Wartburg	{2}2,783		2/1
7	66	Brooke SHAFER	SR	#3 Wartburg	{3}2,687		2/1
8	79	Ava MILLS	FR	#18 Buena Vista	2,503		2/1
9	80	Isabella VALENTIN	FR	#6 North Central (Ill)	{2}2,488		2/1
10	90	Sage AUSTIN	FR	#7 Central (Iowa)	{2}2,426		1/31



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Niagara

as of 2/3/2025 11:51:31 PM ET

Women's 60 Meters

1	5	Victoria BREWSTER	SO	#13 Houghton	7.63	2/1
2	7	Khia LASTER	SR	#10 Buffalo State	7.65	2/1
3	13	Brynn MOONEY	JR	#1 SUNY Geneseo	7.69	1/25
4	24	Shaesha JOHNSON		#16 SUNY Delhi	7.75	12/7
5	29	Aynisha MCQUILLAR	FR	#2 Ithaca	7.77	2/1
6	35	Autumn PITTMAN	SR	#6 SUNY Cortland	7.79	2/1
7	37	Laura SUPPA	JR	#2 Ithaca {2}	7.80	12/7
8	89	Alaina MORLEY	JR	#9 Nazareth	7.93	12/6
9		Kendall SOBCZYK	JR	#6 SUNY Cortland {2}	7.96	12/7
9		Miranda COLE	JR	#16 SUNY Delhi {2}	7.96	12/7

Women's 60 Meter Hurdles

1	6	Laura SUPPA	JR	#2 Ithaca	8.80	12/7
2	8	Rachel LARSON	JR	#2 Ithaca {2}	8.81	1/18
3	18	Jill AMBLER	SO	#1 SUNY Geneseo	8.93	1/30
4	27	Natalia SAWYER	JR	#10 Buffalo State	9.08	1/25
5	33	Ava BAGLEY	SO	#1 SUNY Geneseo {2}	9.12	12/6
6	49	Jaiden SCHRAG	FR	#14 SUNY Oneonta	9.19	2/1
7	59	Lainey FLAITZ	SO	#1 SUNY Geneseo {3}	9.24	1/30
8	69	Nora CHEN	SO	#5 Rochester (N.Y.)	9.30	1/25
9	74	Allison REGNANTE	SR	#7 RIT	9.32	1/30
10	82	Dasha JACKSON	JR	#3 NYU	9.35	12/6

Women's 200 Meters

1	2	Sadie SCHREINER	JR	#7 RIT	24.09c	(24.46f)	1/30
2	33	Khia LASTER	SR	#10 Buffalo State	25.38		2/1
3	58	Caroline HILL	SR	#7 RIT {2}	25.60c	(25.99f)	1/17
4	60	Nora CHEN	SO	#5 Rochester (N.Y.)	25.61c	(26.00f)	1/30
5	77	Laura SUPPA	JR	#2 Ithaca	25.72c	(26.12f)	2/1
6	79	Victoria BREWSTER	SO	#13 Houghton	25.73c	(26.13f)	1/25
7	82	Aynisha MCQUILLAR	FR	#2 Ithaca {2}	25.76c	(26.16f)	1/25
7	82	Autumn PITTMAN	SR	#6 SUNY Cortland	25.76c	(26.16f)	1/25
9	85	Marykate RUDNICKI	FR	#2 Ithaca {3}	25.78c	(26.18f)	1/25
10		Zoe RODI	JR	#16 SUNY Delhi	26.08c	(26.48f)	12/7

Women's 400 Meters

1	1	Sadie SCHREINER	JR	#7 RIT	55.18c	(55.91f)	1/17
2	6	Megan BELL	SR	#5 Rochester (N.Y.)	56.03c	(56.77f)	1/25
3	13	Nora CHEN	SO	#5 Rochester (N.Y.) {2}	57.18c	(57.93f)	1/30
4	19	Brynn MOONEY	JR	#1 SUNY Geneseo	57.48c	(58.24f)	12/6
5	44	Ava BAGLEY	SO	#1 SUNY Geneseo {2}	58.62c	(59.39f)	12/6
6	48	Eva CIUFFETELLI	SO	#5 Rochester (N.Y.) {3}	58.69c	(59.47f)	12/6
7	49	Marissa WISE	SR	#4 SUNY Brockport	58.71c	(59.49f)	1/17
8	62	Caroline HILL	SR	#7 RIT {2}	58.91c	(59.69f)	12/6
9	65	Zoe RODI	JR	#16 SUNY Delhi	58.96c	(59.74f)	2/1
10	99	Lexi RODRIGUEZ	JR	#4 SUNY Brockport {2}	59.72c	(1:00.51f)	1/17

Women's 800 Meters

1	2	Megan BELL	SR	#5 Rochester (N.Y.)	2:09.50	2/1
2	17	Gianna DAWSON	FR	#3 NYU	2:15.14	1/25
3	18	Oli KRAYNIK	SO	#17 Alfred State	2:15.32c	(2:16.88f) 2/1
4	45	Ethne DEGAN	FR	#4 SUNY Brockport	2:17.85c	(2:19.44f) 1/17
5	62	Mia VIZCAINO	SR	#4 SUNY Brockport {2}	2:18.98c	(2:20.58f) 1/17
6	66	Natalia SAWYER	JR	#10 Buffalo State	2:19.43	2/1
7	70	Keira ROGAN	FR	#12 Hamilton	2:19.72c	(2:21.33f) 1/17
8	78	Caitlin VOLOSHEN	JR	#8 St. John Fisher	2:20.17	1/18
9	94	Katherine SCIBELLI	JR	#12 Hamilton {2}	2:20.77c	(2:22.39f) 1/30
10	99	Natalia SWEAT	FR	#14 SUNY Oneonta	2:20.87c	(2:22.49f) 1/25

Women's Mile

1	11	Janie COOPER	JR	#3 NYU	4:56.69	1/31
2	12	Keira ROGAN	FR	#12 Hamilton	4:57.07	1/26
3	22	Stella KUTTNER	FR	#3 NYU {2}	4:58.88	1/31
4	26	Penelope GREENE	SR	#1 SUNY Geneseo	5:00.21c	(5:03.18f) 1/25
5	56	Lilly FOWLER-CONNER	SR	#1 SUNY Geneseo {2}	5:06.58c	(5:09.61f) 1/25
6	60	Daniela SEKHAR	JR	#3 NYU {3}	5:07.40	1/31
7	72	Kate COCHRAN	SR	#3 NYU {4}	5:08.99	1/31
8	76	Caitlin VOLOSHEN	JR	#8 St. John Fisher	5:09.27c	(5:12.33f) 2/1
9	88	Mia VIZCAINO	SR	#4 SUNY Brockport	5:10.55c	(5:13.62f) 2/1
10	98	Katherine CHENG	SR	#3 NYU {5}	5:11.63	1/25

Women's 3000 Meters

1	4	Janie COOPER	JR	#3 NYU	9:40.17	1/25
2	29	Josephine DZIEDZIC	SO	#3 NYU {2}	10:00.65	1/25
3	36	Lucy GOTT	JR	#3 NYU {3}	10:02.03	1/25
4	65	Kate COCHRAN	SR	#3 NYU {4}	10:11.86	1/25
5	68	Daniela SEKHAR	JR	#3 NYU {5}	10:13.62	1/25
6	74	Stella KUTTNER	FR	#3 NYU {6}	10:15.39	1/17
7	80	Ann BRENNAN	JR	#1 SUNY Geneseo	10:16.65c	(10:21.93f) 1/25
8	83	Gabriella MCCARTHY	SR	#1 SUNY Geneseo {2}	10:17.68c	(10:22.97f) 1/25
9	84	Mia VIZCAINO	SR	#4 SUNY Brockport	10:17.75	1/10
10		Olivia JACKSON	SO	#3 NYU {7}	10:24.01	1/25

Women's 5000 Meters

1	4	Penelope GREENE	SR	#1 SUNY Geneseo	16:35.83	12/7
2	12	Kate COCHRAN	SR	#3 NYU	17:02.79	12/7
3	13	Lilly FOWLER-CONNER	SR	#1 SUNY Geneseo {2}	17:03.81	12/7
4	16	Janie COOPER	JR	#3 NYU {2}	17:11.63	12/7
5	46	Gabriella MCCARTHY	SR	#1 SUNY Geneseo {3}	17:46.10c	(17:54.26f) 12/6
6	53	Jillian O'ROURKE	SO	#1 SUNY Geneseo {4}	17:54.57c	(18:02.80f) 12/6
7	62	Ann BRENNAN	JR	#1 SUNY Geneseo {5}	17:58.99c	(18:07.25f) 12/6
8	83	Annika HURLEY	JR	#1 SUNY Geneseo {6}	18:14.75c	(18:23.13f) 1/25
9		Gia ENGEL	SO	#14 SUNY Oneonta	18:34.24c	(18:42.77f) 12/7
10		Lily MURPHY	SO	#12 Hamilton	18:35.72	1/26



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



Niagara

as of 2/3/2025 11:51:31 PM ET

Women's 4x400 Relay

1	6	Eva Ciuffetelli, Nora Chen, Raquella Casserino, Megan Bell	#5 Rochester (N.Y.)	3:51.83c (3:54.90f)	1/25
2	10	Brynn Mooney, Janelle Eckl, Sophia Barclay, Nicole Gretzinger	#1 SUNY Geneseo	3:55.71c (3:58.83f)	1/25
3	21	Lexi Rodriguez, Lily Rexford, Monica Cammarota, Marissa Wise	#4 SUNY Brockport	4:00.31c (4:03.50f)	2/1
4	38	Natalie MacArthur, Marykate Rudnicki, Ava Butler, Aynisha McQuillar	#2 Ithaca	4:04.73c (4:07.97f)	2/1
5	45	Lauren Bendall, Alexis Lasher, Samantha Luba, Jordan Wagner	#9 Nazareth	4:06.70c (4:09.97f)	1/25
6	49	Alexa Thomas, Olivia Waruch, Katherine Scibelli, Claire Tratnyek	#12 Hamilton	4:07.59c (4:10.87f)	1/17
7	56	Amelia Burger, Samantha Crisci, Jorja DeCarlo, Caroline Hill	#7 RIT	4:09.01c (4:12.31f)	12/6
8	74	Izzie Bosko, Matty Lucey, Faith Nelson, Yasmine Peralta	#6 SUNY Cortland	4:10.94c (4:14.27f)	1/18
9	79	Abigail Dorunda, Sophia Leach, Allison Nickson, Grace Wright	#8 St. John Fisher	4:11.86c (4:15.20f)	1/11
10	90	Danielle Jackson, Jaiden Schrag, Eva Woodworth, Natalia Sweat	#14 SUNY Oneonta	4:13.21c (4:16.57f)	1/18

Women's Distance Medley Relay

1	4	Ella Grinnell, Ava Brogan, Dakota Limbert, Ari Reback	#1 SUNY Geneseo	12:34.62c(12:42.70f)	1/25
2	11	Ethne Degan, Marissa Wise, Mia Vizcaino, Julianne Wilson	#4 SUNY Brockport	12:44.30	1/10
3	20	Olivia Grinnell, Allison Nickson, Brienne Hurlburt, Caitlin Voloshen	#8 St. John Fisher	12:58.53	1/18
4	22	Joy Petersen, Lyla Powers, Carolina Cedraschi, Emily Johnson	#2 Ithaca	13:03.02c(13:11.40f)	1/25
5	59	Caity Strecker, Oli Kraynik, Olivia Plummer, Ava Sylvester	#17 Alfred State	14:44.77c(14:54.24f)	1/18
6	60	Catherine Manna, Caroline Young, Madalyn Haaf, Meghan Sonnacchio	#11 Utica	14:47.48c(14:56.98f)	1/25
7	62	Peach Kilroy, Irving Jiang, Mikaelle Cesar, Samantha Suriel	#15 Hunter	14:52.52c(15:02.08f)	2/2

Women's High Jump

1	24	Alexa BELANGER	FR	#13 Houghton	1.64m	5-4½	12/6
2	26	Madeleine WRIGHT	SO	#2 Ithaca	1.63m	5-4¼	2/1
2	26	Kathryn HILLYARD	FR	#8 St. John Fisher	1.63m	5-4¼	2/1
4	68	Reilly QUINN	SO	#6 SUNY Cortland	1.58m	5-2¼	2/1
4	68	Emily RICHARDSON	FR	#17 Alfred State	1.58m	5-2¼	2/1
4	68	Hannah ALLISON	SO	#11 Utica	1.58m	5-2¼	1/17
4	68	Lydia BARBER	SO	#2 Ithaca	{2} 1.58m	5-2¼	2/1
4	68	Celia RYAN	SO	#2 Ithaca	{2} 1.58m	5-2¼	1/25
4	68	Regan KAISER	SR	#6 SUNY Cortland	1.58m	5-2¼	2/1
4	68	Brayton TRIPI	FR	#18 Fredonia	1.58m	5-2¼	2/1

Women's Pole Vault

1	18	Talia HUTCHINSON	SO	#2 Ithaca	3.60m	11-9¾	1/25
1	18	Isabel MORSE	JR	#9 Nazareth	3.60m	11-9¾	12/6
1	18	Bree BOYLE	JR	#2 Ithaca	3.60m	11-9¾	1/25
4	39	Cara PELLECHIA	JR	#18 Fredonia	3.49m	11-5¼	2/1
5	42	Kiara TORNUSCIOLO	JR	#9 Nazareth	{2} 3.47m	11-4½	2/1
6	47	Erin EASTWOOD	JR	#2 Ithaca	{3} 3.45m	11-3¾	1/18
6	47	Isabel SWYERS	SO	#4 SUNY Brockport	3.45m	11-3¾	1/17
8	90	Teagan KIGER	FR	#2 Ithaca	{4} 3.32m	10-10¾	2/1
8	90	Kathryn HILLYARD	FR	#8 St. John Fisher	3.32m	10-10¾	2/1
10	93	Becca BREADY	JR	#4 SUNY Brockport	{2} 3.30m	10-9¾	1/17



Regional TFRI Event Summary



Niagara

as of 2/3/2025 11:51:31 PM ET

Women's Long Jump

1	5	Khia LASTER	SR	#10 Buffalo State	5.80m	19-½	1/17
2	17	Jill AMBLER	SO	#1 SUNY Geneseo	5.61m	18-5	1/30
3	34	Jamie RISSO	FR	#15 Hunter	5.46m	17-11	2/2
4	47	Ariana D'ONOFRIO	SO	#1 SUNY Geneseo {2}	5.40m	17-8¾	12/6
5	52	Veronica DUELL	SR	#8 St. John Fisher	5.39m	17-8¼	12/6
5	52	Sasha SCHRAMM	JR	#4 SUNY Brockport	5.39m	17-8¼	1/17
7	62	Janelle ECKL	SR	#1 SUNY Geneseo {3}	5.34m	17-6¼	1/25
8	67	Nyasia MARSH	SO	#11 Utica	5.33m	17-6	1/17
8	67	Allison REGNANTE	SR	#7 RIT	5.33m	17-6	1/24
10	72	Rachel KULP	FR	#7 RIT {2}	5.31m	17-5¼	1/24
10	72	Alaina MORLEY	JR	#9 Nazareth	5.31m	17-5¼	12/6

Women's Pentathlon

1	34	Cecelia LABONTE	JR	#2 Ithaca	3,057	2/1
2	44	Cameron TING	FR	#2 Ithaca {2}	2,966	2/1
3	76	Katie BALL	FR	#6 SUNY Cortland	2,538	2/1
4		AnJalya TALMADGE	JR	#6 SUNY Cortland {2}	2,119	2/1

Women's Triple Jump

1	20	Jamie RISSO	FR	#15 Hunter	11.45m	37-6¾	2/2
2	38	Nora DEVITT	SR	#11 Utica	11.17m	36-7¾	12/7
3	41	Elyse KLUMP	FR	#1 SUNY Geneseo	11.14m	36-6¾	12/6
4	48	Eliana BARNETT	FR	#2 Ithaca	11.07m	36-4	1/11
5	50	Sasha SCHRAMM	JR	#4 SUNY Brockport	11.05m	36-3	1/17
6	59	Areyanna MCCARTHY	JR	#3 NYU	10.95m	35-11¼	12/6
7	65	Alexis BROWN	SO	#2 Ithaca {2}	10.89m	35-8¾	1/11
8	71	Dasha JACKSON	JR	#3 NYU {2}	10.86m	35-7¾	1/31
9	75	Rania SABRI	JR	#7 RIT	10.84m	35-6¾	1/24
10	83	Allison REGNANTE	SR	#7 RIT {2}	10.78m	35-4½	1/30

Women's Shot Put

1	23	Zoe CONNER	SR	#1 SUNY Geneseo	12.96m	42-6¼	1/30
2	30	Emily DIMARCO	SR	#7 RIT	12.83m	42-1¼	1/30
3	38	Lily SEYFERT	JR	#2 Ithaca	12.71m	41-8½	2/1
4	59	Mackenzie LAWRENCE	FR	#14 SUNY Oneonta	12.42m	40-9	2/1
5	69	Lauren JAKLITSCH	JR	#1 SUNY Geneseo {2}	12.30m	40-4¼	12/6
6	75	Cora ROSE	SR	#5 Rochester (N.Y.)	12.23m	40-1½	12/6
7	79	Hannah MCMASTERS	JR	#6 SUNY Cortland	12.21m	40-¾	2/1
8	81	Ella MANELLIS	FR	#1 SUNY Geneseo {3}	12.20m	40-½	1/25
9	85	Payton MEHALICK	JR	#1 SUNY Geneseo {4}	12.16m	39-10¾	12/6
10	93	Erin MCGUINNESS	JR	#8 St. John Fisher	12.11m	39-8¾	2/1
10	93	Trinity DEES	JR	#4 SUNY Brockport	12.11m	39-8¾	1/17

Women's Weight Throw

1	10	Zoe CONNER	SR	#1 SUNY Geneseo	17.81m	58-5¼	1/30
2	15	Lauren JAKLITSCH	JR	#1 SUNY Geneseo {2}	17.11m	56-1¾	1/30
3	17	Lea RICHARD	SR	#9 Nazareth	16.93m	55-6½	12/6
4	26	Jennifer NDUKWU	JR	#6 SUNY Cortland	16.11m	52-10¼	2/1
5	39	Deziree GARRICK	SR	#5 Rochester (N.Y.)	15.66m	51-4½	1/30
6	40	Katrina CHANDLER	JR	#4 SUNY Brockport	15.65m	51-4¼	2/1
7	45	Ella MANELLIS	FR	#1 SUNY Geneseo {3}	15.56m	51-¾	1/25
8	49	Lily SEYFERT	JR	#2 Ithaca	15.45m	50-8¼	2/1
9	80	Emily DIMARCO	SR	#7 RIT	15.10m	49-6½	12/6
10		Jazelle MCINTYRE	JR	#8 St. John Fisher	14.78m	48-6	1/24



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



North

as of 2/3/2025 11:51:31 PM ET

Women's 60 Meters

1	1	Lauren JARRETT	JR	#1 UW-La Crosse	7.37	1/25
2	17	McKenna SEDLACEK	FR	#1 UW-La Crosse	{2} 7.70	1/25
3	29	Cici STENNETT	FR	#4 UW-Whitewater	7.77	1/18
4	43	Taylor MOLLING	SO	#1 UW-La Crosse	{3} 7.82	1/25
5	46	Andrea GLAZ	SR	#3 UW-Oshkosh	7.83	12/7
5	46	Julie YANG	FR	#1 UW-La Crosse	{4} 7.83	1/25
7	51	Dakota MITCHELL	FR	#4 UW-Whitewater	{2} 7.84	2/1
8	54	Kelly HUERTA	FR	#4 UW-Whitewater	{3} 7.85	1/25
9	60	Zari YOUNG	FR	#24 Saint Mary's (Mir	7.86	1/18
10	62	Hope SCHUELLER	SO	#2 UW-Eau Claire	7.87	2/1

Women's 60 Meter Hurdles

1	2	Hannah ZASTROW	SR	#5 UW-Stout	8.72	2/1
2	6	Emilee BOOKER	SR	#2 UW-Eau Claire	8.80	2/1
3	14	Regan SCOTT	FR	#1 UW-La Crosse	8.88	1/25
4	25	Olivia NAVIN	FR	#1 UW-La Crosse	{2} 9.04	1/25
5	26	Megan ZEMKE	FR	#1 UW-La Crosse	{3} 9.06	1/25
6	32	Amber GROSSE	JR	#1 UW-La Crosse	{4} 9.10	1/25
7	39	Alexys SCHEUERELL	SR	#1 UW-La Crosse	{5} 9.15	2/1
8	40	Lilly ROBERTS	JR	#5 UW-Stout	{2} 9.16	1/25
9	43	Brie ECKERMAN	SO	#1 UW-La Crosse	{6} 9.17	2/1
9	43	Andie OTTO	FR	#1 UW-La Crosse	{6} 9.17	1/25

Women's 200 Meters

1	1	Lauren JARRETT	JR	#1 UW-La Crosse	23.89c (24.26f)	1/25
2	11	Megan GERAETS	SR	#7 Gustavus Adolph	24.91c (25.30f)	2/1
3	17	Anika REILAND	SO	#1 UW-La Crosse	{2} 25.06c (25.45f)	1/25
4	25	Ariella ROGAHN-PRESS	FR	#14 Macalester	25.20c (25.59f)	1/25
5	29	Kelly HUERTA	FR	#4 UW-Whitewater	25.29c (25.68f)	2/1
6	35	Cici STENNETT	FR	#4 UW-Whitewater	{2} 25.42c (25.81f)	2/1
7	38	Sarah STELLMACH	SR	#11 Bethel (Minn.)	25.45c (25.84f)	2/1
7	38	Isabel PETERSON	JR	#13 UW-Platteville	25.45c (25.84f)	2/1
9	51	McKenna SEDLACEK	FR	#1 UW-La Crosse	{3} 25.55c (25.94f)	1/25
10	55	Jenna MILLER	JR	#1 UW-La Crosse	{4} 25.57c (25.96f)	1/25

Women's 400 Meters

1	5	Ariella ROGAHN-PRESS	FR	#14 Macalester	55.92c (56.67f)	2/1
2	7	Anna PLAUTZ	SO	#1 UW-La Crosse	56.31c (57.05f)	1/25
3	12	Allison HOOKOM	JR	#20 Augsburg	57.10c (57.86f)	2/1
4	24	Megan GERAETS	SR	#7 Gustavus Adolph	57.81c (58.57f)	1/25
5	25	Maddy LAVOI	SO	#3 UW-Oshkosh	57.85c (58.61f)	12/7
6	31	Morgan JENNINGS	JR	#1 UW-La Crosse	{2} 58.08c (58.85f)	1/25
7	32	Macy REYBROCK	FR	#1 UW-La Crosse	{3} 58.09c (58.86f)	1/25
8	37	Kyla NYGAARD	JR	#17 Concordia Moorl	58.38c (59.16f)	12/14
9	54	Kylee GRABARSKI	JR	#2 UW-Eau Claire	58.80c (59.58f)	2/1
10	57	Hannah BILODEAU	JR	#4 UW-Whitewater	58.84c (59.62f)	2/1

Women's 800 Meters

1	7	Isabel WYATT	JR	#10 St. Olaf	2:11.94c (2:13.46f)	1/18
2	8	Cyna MADIGAN	SR	#3 UW-Oshkosh	2:12.20c (2:13.72f)	12/7
3	15	Ceanna DIETZ	FR	#3 UW-Oshkosh	{2} 2:14.96c (2:16.51f)	2/1
4	25	Olivia STENZEL	JR	#3 UW-Oshkosh	{3} 2:16.07c (2:17.63f)	2/1
5	32	Alli THOMAS	FR	#1 UW-La Crosse	2:16.53c (2:18.10f)	1/25
6	33	Kylie STOCKTON	JR	#1 UW-La Crosse	{2} 2:16.61c (2:18.18f)	1/25
7	40	Shalom SULUNGAIN	SO	#11 Bethel (Minn.)	2:17.40c (2:18.98f)	2/1
8	44	Macy REYBROCK	FR	#1 UW-La Crosse	{3} 2:17.76c (2:19.34f)	2/1
9	46	Cailyn KUECHLE	SR	#12 UW-River Falls	2:18.03c (2:19.62f)	2/1
10	49	Saige PETERSON	FR	#2 UW-Eau Claire	2:18.34c (2:19.93f)	2/1

Women's Mile

1	20	Amelia LEHMAN	SR	#3 UW-Oshkosh	4:58.72c (5:01.67f)	12/7
2	47	Ari DE LA CERDA	SR	#4 UW-Whitewater	5:05.60c (5:08.62f)	1/25
3	49	Breklyn LAMMERT	SR	#5 UW-Stout	5:05.67c (5:08.69f)	1/25
4	75	Jenny CORTES	JR	#22 Ripon	5:09.26c (5:12.32f)	2/1
5	77	Aliya LARSEN	JR	#6 Carleton	5:09.30c (5:12.36f)	1/25
6	90	Libby ROWLAND	SR	#6 Carleton	{2} 5:11.22c (5:14.30f)	2/1
7	94	Keeley BEHR	JR	#2 UW-Eau Claire	5:11.33c (5:14.41f)	1/25
8	99	Kayla MARX	FR	#6 Carleton	{3} 5:11.64c (5:14.72f)	2/1
9		Lindsey JOSSIE	JR	#19 UW-Stevens Poir	5:11.66c (5:14.74f)	1/25
10		Bella HOOKER	FR	#2 UW-Eau Claire	{2} 5:12.18c (5:15.27f)	1/25

Women's 3000 Meters

1	12	Mallory REISER	FR	#1 UW-La Crosse	9:54.28c (9:59.37f)	1/25
2	18	Gwen HINZ	JR	#1 UW-La Crosse	{2} 9:56.93c (10:02.04f)	1/25
3	19	Hannah PREISSER	JR	#6 Carleton	9:57.02c (10:02.13f)	1/18
4	23	Amelia LEHMAN	SR	#3 UW-Oshkosh	9:57.65c (10:02.77f)	2/1
5	35	Brooklyn LUEBKE	JR	#1 UW-La Crosse	{3} 10:01.89c (10:07.05f)	1/25
6	37	McKayla FELTON	SR	#5 UW-Stout	10:03.53c (10:08.70f)	2/1
7	38	Ari DE LA CERDA	SR	#4 UW-Whitewater	10:04.22	2/1
8	44	Madelynn MCINTYRE	SR	#1 UW-La Crosse	{4} 10:05.76c (10:10.95f)	1/25
9	48	Lucy DUCHAC	JR	#1 UW-La Crosse	{5} 10:07.38c (10:12.58f)	1/25
10	56	Sophie MCMANUS	SR	#6 Carleton	{2} 10:09.37c (10:14.59f)	1/18

Women's 5000 Meters

1	10	Hannah PREISSER	JR	#6 Carleton	16:59.93c (17:07.74f)	1/25
2	24	Sophie MCMANUS	SR	#6 Carleton	{2} 17:23.23c (17:31.22f)	1/25
3	37	Lauren WALDA	JR	#10 St. Olaf	17:40.96c (17:49.08f)	12/7
4	45	Ainara SAINZ DE ROZAS	JR	#16 Concordia Wisco	17:45.47c (17:53.63f)	2/1
5	48	Emma AHRENS	SO	#16 Concordia Wisco	{2} 17:47.86c (17:56.03f)	2/1
6	50	Sofia CARLSON	SR	#10 St. Olaf	{2} 17:49.88c (17:58.07f)	1/25
7	84	Gwen FEITL	JR	#3 UW-Oshkosh	18:15.09c (18:23.47f)	12/7
8	96	Jamie CATANIA	JR	#3 UW-Oshkosh	{2} 18:20.95c (18:29.38f)	12/7
9	99	Molly LISTON	JR	#7 Gustavus Adolph	18:22.19c (18:30.63f)	1/25
10		Melanie ARVIS	JR	#16 Concordia Wisco	{3} 18:34.36c (18:42.89f)	2/1



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



North

as of 2/3/2025 11:51:31 PM ET

Women's 4x400 Relay

1	3	Anika Reiland, Sarah Grubbs, Andie Otto, Morgan Jennings	#1 UW-La Crosse	3:50.48c (3:53.54f)	1/25
2	16	Kylee Grabarski, Mya Cinnamo, McKenzie Kruse, Allyson Kakes	#2 UW-Eau Claire	3:58.83	1/25
3	23	Emma Boegh, Ceanna Dietz, Cyna Madigan, Olivia Stenzel	#3 UW-Oshkosh	4:00.42c (4:03.61f)	12/7
4	27	Caitlyn Wrzesien, Sarah Stellmach, Abbie Swenson, Hailey Gregg	#11 Bethel (Minn.)	4:02.50c (4:05.71f)	1/25
5	33	Emily Rengo, Emma Warner, Meg Shercliffe, Kyla Nygaard	#17 Concordia Moorl	4:03.98 OT	2/1
6	47	Eden Maranell, Cassandra Vaughn, Katie Smith, Madi Crossman	#8 St. Norbert	4:07.35c (4:10.63f)	2/1
7	48	Hadley Wilkins, Ariella Rogahn-Press, Kate Fox, Megan Worry	#14 Macalester	4:07.40c (4:10.68f)	1/25
8	55	Margaret Rusch, Lindsey Barnes, Zoe James, Leah Digmann	#13 UW-Platteville	4:08.87c (4:12.17f)	2/1
9	59	Sam Burge, Angela Dale, Lily Cooper, Hannah Bilodeau	#4 UW-Whitewater	4:09.22c (4:12.52f)	2/1
10	67	Lauren Berg, Emerson Knapp, Kalli Smith, Ava Revoir	#23 Saint Benedict	4:09.89c (4:13.20f)	1/31

Women's Distance Medley Relay

1	19	Kailyn Walukas, McKenzie Luetmer, Aubrey Mair, Mackenzie Murphy	#7 Gustavus Adolph	12:57.63c(13:05.96f)	2/1
2	27	Katie Erb, Emma Henningfeld, Kaitlyn Burke, Brinley Everson	#4 UW-Whitewater	13:16.03c(13:24.55f)	1/25
3	31	Olivia Ship, Nikki Tranel, Bijou Phillips, Kendra Troxel	#8 St. Norbert	13:19.00c(13:27.56f)	2/1

Women's High Jump

1	2	Laura BERTRANG	SO	#2 UW-Eau Claire	1.71m	5-7¼	2/1
2	6	Macie TODD	SR	#1 UW-La Crosse	1.69m	5-6½	1/25
3	8	Hailey CAMPBELL	SO	#13 UW-Platteville	1.68m	5-6	2/1
3	8	Hannah ZASTROW	SR	#5 UW-Stout	1.68m	5-6	2/1
5	30	Brynn FUERSTENBERG	JR	#4 UW-Whitewater	1.62m	5-3¾	2/1
5	30	McKailey REISEN	FR	#2 UW-Eau Claire	{2} 1.62m	5-3¾	1/18
5	30	Rachel ROMENS	SR	#21 Wisconsin Luthe	1.62m	5-3¾	2/1
5	30	Emma GRUEN	SR	#2 UW-Eau Claire	{2} 1.62m	5-3¾	2/1
5	30	Bella HOOKER	FR	#2 UW-Eau Claire	{2} 1.62m	5-3¾	1/18
5	30	Alexys SCHEUERELL	SR	#1 UW-La Crosse	{2} 1.62m	5-3¾	2/1

Women's Pole Vault

1	2	Gracie HOLLAND	SR	#4 UW-Whitewater	4.02m	13-2¼	1/25
2	7	Leah ZASTROW	JR	#5 UW-Stout	3.79m	12-5¼	2/1
3	8	Maddy HABBERSTAD	SO	#1 UW-La Crosse	3.78m	12-4¾	1/25
4	9	Araceli DE LEO LOPEZ	JR	#1 UW-La Crosse	{2} 3.76m	12-4	2/1
5	11	Annika GUNDERSON	JR	#12 UW-River Falls	3.71m	12-2	12/14
6	12	Haley BLAGDON	SR	#2 UW-Eau Claire	3.70m	12-1½	1/25
7	14	Marisa HARVEY	SO	#1 UW-La Crosse	{3} 3.68m	12-¾	1/25
8	17	Emily SHAFRON	JR	#1 UW-La Crosse	{4} 3.61m	11-10	2/1
9	39	Kalli Jo KLOCKE	SR	#12 UW-River Falls	{2} 3.49m	11-5¼	2/1
10	43	Amanda VANCALSTER	FR	#1 UW-La Crosse	{5} 3.46m	11-4¼	2/1
10	43	Jackie BERGERON	FR	#1 UW-La Crosse	{5} 3.46m	11-4¼	2/1
10	43	Alli GRAFF	SR	#7 Gustavus Adolph	3.46m	11-4¼	1/25

Women's Long Jump

1	2	Megan HUNT	SR	#3 UW-Oshkosh	5.86m	19-2¾	12/6
2	9	Maya EVANS	JR	#1 UW-La Crosse	5.72m	18-9¼	1/25
3	11	Megan GERAETS	SR	#7 Gustavus Adolph	5.67m	18-7¼	2/1
4	15	Jenna MILLER	JR	#1 UW-La Crosse	{2} 5.62m	18-5¼	2/1
5	18	Christina HALL	JR	#9 Carthage	5.60m	18-4½	1/18
6	23	Ava FOLEY	JR	#1 UW-La Crosse	{3} 5.54m	18-2¼	1/25
7	26	Ashley DAVIES	SO	#1 UW-La Crosse	{4} 5.50m	18-½	1/25
7	26	Brielle KUECHLE	FR	#12 UW-River Falls	5.50m	18-½	1/18
7	26	Alison DAUGHERTY	SO	#1 UW-La Crosse	{4} 5.50m	18-½	1/25
10	35	Gracie HOLLAND	SR	#4 UW-Whitewater	5.45m	17-10¾	1/25

Women's Triple Jump

1	9	Samantha BARRETT	JR	#1 UW-La Crosse	11.93m	39-1¾	1/25
2	10	Eden MARANELL	SO	#8 St. Norbert	11.91m	39-1	12/13
3	11	Abigail CALHOUN	SR	#9 Carthage	11.86m	38-11	12/7
4	15	Mackenzey KRONBERG	JR	#1 UW-La Crosse	{2} 11.52m	37-9½	1/25
5	31	Tara SCHAALMA	SO	#9 Carthage	{2} 11.25m	36-11	12/7
6	35	Emily BLASKOWSKI	SO	#1 UW-La Crosse	{3} 11.20m	36-9	1/25
7	45	Amereka MCPHERSON	JR	#8 St. Norbert	{2} 11.10m	36-5	12/7
8	53	Jaden HACKEL	FR	#1 UW-La Crosse	{4} 11.00m	36-1¼	1/25
9	56	Piper OSBORNE	SO	#17 Concordia Moorl	10.96m	35-11½	12/14
10	64	Anna THALER	FR	#2 UW-Eau Claire	10.90m	35-9¼	1/25



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



North

as of 2/3/2025 11:51:31 PM ET

Women's Shot Put

1	5	Vanessa Uitenbroek	SR	#15 Carroll (Wis.)	13.83m	45-4½	2/1
2	6	Brenna Masloroff	SR	#3 UW-Oshkosh	13.66m	44-9¾	12/7
3	8	Maria Falk	SR	#15 Carroll (Wis.)	{2} 13.62m	44-8¼	12/7
3	8	Brenna Noon	SR	#13 UW-Platteville	13.62m	44-8¼	1/25
5	10	Madison Payne	JR	#9 Carthage	13.60m	44-7½	12/7
6	16	Madilyn Vander Sanden	SO	#1 UW-La Crosse	13.27m	43-6½	2/1
7	19	Kayla Behnke	JR	#2 UW-Eau Claire	13.05m	42-9¾	1/18
8	24	Katrina Wawrzyn	SR	#18 MSOE	12.92m	42-4¾	1/10
9	28	Lincoln Wellsmith	JR	#5 UW-Stout	12.88m	42-3¼	2/1
10	35	Addy Moseler	FR	#1 UW-La Crosse	{2} 12.75m	41-10	1/25

Women's Weight Throw

1	3	Kayla Behnke	JR	#2 UW-Eau Claire	18.63m	61-1½	1/18
2	5	Brenna Masloroff	SR	#3 UW-Oshkosh	18.38m	60-3¾	1/25
3	6	Teagan Jones	SR	#2 UW-Eau Claire	{2} 18.28m	59-11¾	1/25
4	7	Kenni Czarnecki	SR	#4 UW-Whitewater	18.17m	59-7½	2/1
5	12	Aubree Koenings	SO	#5 UW-Stout	17.67m	57-11¾	1/25
6	13	Nicole Tarpley	SR	#9 Carthage	17.64m	57-10½	2/1
7	18	Lexi Brainer	SR	Hamline	16.83m	55-2¾	1/31
8	28	Maddie Rahman	SO	#2 UW-Eau Claire	{3} 16.00m	52-6	1/25
9	29	Anna Speratos	JR	#11 Bethel (Minn.)	15.98m	52-5¼	2/1
10	34	Kylie Crum	JR	#18 MSOE	15.77m	51-9	1/10

Women's Pentathlon

1	3	Emilee Booker	SR	#2 UW-Eau Claire	3,532		2/1
2	4	Megan Hunt	SR	#3 UW-Oshkosh	3,482		12/7
3	7	Alexys Scheuerell	SR	#1 UW-La Crosse	3,417		2/1
4	10	Elle Thorson	SR	#11 Bethel (Minn.)	3,358		1/25
5	11	Eden Maranell	SO	#8 St. Norbert	3,348		12/7
6	12	Amber Grosse	JR	#1 UW-La Crosse	{2} 3,330		2/1
7	14	Emma Gruen	SR	#2 UW-Eau Claire	{2} 3,299		2/1
8	20	Lauryn Rustad	SO	#2 UW-Eau Claire	{3} 3,181		2/1
9	21	Brielle Kuechle	FR	#12 UW-River Falls	3,165		1/25
10	23	Brooklyn Lamers	FR	#2 UW-Eau Claire	{4} 3,156		2/1



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



South

as of 2/3/2025 11:51:31 PM ET

Women's 60 Meters

1	9	Olivia FREEMAN	JR	#15 Rhodes	7.67	1/17
2	13	Jada KENNER	FR	#1 Emory	7.69	1/17
2	13	Kamiyah WOOTEN	SO	#8 North Carolina W	7.69	2/1
4	24	Ti'asia BRYANT	SO	#8 North Carolina W	7.75	1/18
4	24	Audrey JOHNSON	SR	#1 Emory	7.75	12/6
6	29	Kaya BINETTI	SR	#1 Emory	7.77	12/6
7	41	Eva CARCHIDI	SR	#1 Emory	7.81	1/17
8	46	Natashe TATE	SO	#10 Virginia Wesleya	7.83	1/31
9	60	Maura DIANNO	SR	#1 Emory	7.86	2/1
10	62	Jade BUCKLES	JR	#6 Bridgewater (Va.	7.87	1/10

Women's 60 Meter Hurdles

1	16	Betsy MOHNKERN	SR	#4 Lynchburg	8.89	2/1
2	20	Nikki BOON	SR	#1 Emory	8.97	1/17
3	46	Deziree CONKLIN	SR	#18 Marymount (Va.)	9.18	1/31
3	46	Olivia VIERS	SO	#9 Roanoke	9.18	2/1
5	54	Amanda ROMANO	SR	#2 Washington and	9.22	2/1
6	57	Rebecca CARR	SO	#9 Roanoke	9.23	2/1
7	69	Brigid BYRNES	SO	#3 Catholic (D.C.)	9.30	12/7
8	73	Ellie NUCKOLS	SO	#7 Christopher New	9.31	2/1
9	90	Macy MURDOCK	JR	#5 Berry	9.39	1/25
10		Flo TORRES	SR	#13 Southern Virgini	9.44	1/25

Women's 200 Meters

1	3	Kamiyah WOOTEN	SO	#8 North Carolina W	24.29	2/1
2	8	Eva CARCHIDI	SR	#1 Emory	24.77	2/1
3	14	Audrey JOHNSON	SR	#1 Emory	24.98	1/17
4	40	Kimona HAYNES	JR	#11 Belhaven (Miss.)	25.46	1/31
5	51	Kaya BINETTI	SR	#1 Emory	25.55	12/6
6	57	Jada KENNER	FR	#1 Emory	25.58	1/17
7	87	Natashe TATE	SO	#10 Virginia Wesleya	25.80	1/31
8		Yasmin DEANE	FR	#14 Mary Washington	25.93c	(26.33f) 2/1
9		Ashaunti JONES	SR	#11 Belhaven (Miss.)	25.97	12/6
10		Sydney TRUSSELL	SR	#7 Christopher New	26.02	1/25

Women's 400 Meters

1	4	Kamiyah WOOTEN	SO	#8 North Carolina W	55.76	1/18
2	17	Kimona HAYNES	JR	#11 Belhaven (Miss.)	57.36	1/31
3	19	Ashaunti JONES	SR	#11 Belhaven (Miss.)	57.48	1/17
4	33	Aaliyah JALLOH	FR	#1 Emory	58.20	1/17
5	42	Sydney TRUSSELL	SR	#7 Christopher New	58.48c	(59.25f) 2/1
6	61	Dashiel TAO HARRIS	SR	#1 Emory	58.87	2/1
7	63	Ellie NUCKOLS	SO	#7 Christopher New	58.93	1/25
8	68	Clare MARSH	SR	#3 Catholic (D.C.)	59.05c	(59.83f) 2/1
9		Macy MURDOCK	JR	#5 Berry	59.75	12/6
10		Zoey BROWN	SO	#3 Catholic (D.C.)	1:00.53	12/7

Women's 800 Meters

1	13	Emily MOEHRINGER	SR	#3 Catholic (D.C.)	2:14.87c	(2:16.42f) 1/18
2	21	Rowan MILLER	FR	#1 Emory	2:15.66	2/1
3	26	Aaliyah JALLOH	FR	#1 Emory	2:16.18	12/6
4	37	Hannah EDWARDS	SO	#4 Lynchburg	2:16.98 OT	2/1
5	51	Molly SILVA	SR	#4 Lynchburg	2:18.56	1/25
6	64	Sophia BRESCHI	JR	#2 Washington and	2:19.25c	(2:20.85f) 2/1
7	75	Channing BARKER	SR	#19 Brevard (N.C.)	2:20.04c	(2:21.65f) 2/1
8		Emma MITCHELL	SR	#2 Washington and	2:21.76c	(2:23.39f) 2/1
9		Heidi BARTON	JR	#13 Southern Virgini	2:24.16	2/1
10		Ellie NUCKOLS	SO	#7 Christopher New	2:24.28c	(2:25.94f) 2/1

Women's Mile

1	24	Emily MOEHRINGER	SR	#3 Catholic (D.C.)	4:59.78c	(5:02.74f) 2/1
2	40	Cassie CARR	SR	#2 Washington and	5:03.96c	(5:06.97f) 1/18
3	41	Madison TIAFFAY	JR	#1 Emory	5:04.05	2/1
4	51	Kate INGLIS	SR	#3 Catholic (D.C.)	5:06.11c	(5:09.14f) 1/18
5	64	Taylor MYERS	FR	#6 Bridgewater (Va.	5:07.85	1/10
6	74	Molly SILVA	SR	#4 Lynchburg	5:09.24 OT	2/1
7	82	Sophia BRESCHI	JR	#2 Washington and	5:09.42c	(5:12.49f) 1/18
8	93	Payton FLEMING	SO	#1 Emory	5:11.30	2/1
9		Lily HOFFMAN	FR	#14 Mary Washington	5:12.13	1/25
10		Allison DELL	JR	#4 Lynchburg	5:13.03	1/10

Women's 3000 Meters

1	21	Olivia WARR	SO	#2 Washington and	9:57.15	1/25
2	40	Liesl SCHERRER	SR	#1 Emory	10:05.16	2/1
3	41	Cassie CARR	SR	#2 Washington and	10:05.38	1/25
4	49	Allison DELL	JR	#4 Lynchburg	10:07.75 OT	2/1
5	61	Sophia BRESCHI	JR	#2 Washington and	10:11.26	1/25
6	70	Anna ROSE	SR	#5 Berry	10:14.46	12/6
7	86	Ashlyn PALLOTTA	FR	#1 Emory	10:18.52	2/1
8	98	Emma MITCHELL	SR	#2 Washington and	10:20.98	1/25
9		Kate INGLIS	SR	#3 Catholic (D.C.)	10:21.62c	(10:26.95f) 1/18
10		Lily HOFFMAN	FR	#14 Mary Washington	10:22.02c	(10:27.35f) 1/18

Women's 5000 Meters

1	2	Brigid HANLEY	SR	#1 Emory	16:25.03	12/7
2	17	Olivia WARR	SO	#2 Washington and	17:13.79	2/1
3	20	Liesl SCHERRER	SR	#1 Emory	17:20.18	12/7
4	43	Kate INGLIS	SR	#3 Catholic (D.C.)	17:45.29c	(17:53.44f) 2/1
5	44	Taylor MYERS	FR	#6 Bridgewater (Va.	17:45.40c	(17:53.56f) 1/18
6	80	Lily HOFFMAN	FR	#14 Mary Washington	18:12.04c	(18:20.40f) 1/18
7	94	Georgia NUSSEY	SR	#3 Catholic (D.C.)	18:20.03c	(18:28.45f) 2/1
8		Makenna THRUSH	SR	#12 Shenandoah	18:31.00c	(18:39.50f) 1/18
9		Lydia HARVEY	SO	#2 Washington and	18:31.66	2/1
10		Sarah DAKE	SO	#7 Christopher New	18:38.58	1/25



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



South

as of 2/3/2025 11:51:32 PM ET

Women's 4x400 Relay

1	8	Audrey Johnson, Eva Carchidi, Rowan Miller, Nikki Boon	#1 Emory	3:55.30	2/1
2	26	Mae Kaufman, Lindsey Hobin, Ophelia Ladner, Maryrose Molina-Shuman	#9 Roanoke	4:02.22c (4:05.44f)	2/1
3	36	Mia McConnell, Alexa Grassi, Emily Moehringer, Clare Marsh	#3 Catholic (D.C.)	4:04.63c (4:07.87f)	1/18
4	41	Betsy Mohnkern, Rylee Turner, Hannah Edwards, Molly Silva	#4 Lynchburg	4:05.77	1/25
5	46	Ana Hodneland, Lucie Graziano, Amanda Romano, Jesma Evans	#2 Washington and	4:07.34	1/25
6	76	Mesiyah Howell, Katelyn Lentz, Ryan Germain, Jada Thomas	#23 Pfeiffer	4:11.23c (4:14.56f)	12/8
7		Alexis Hubbard, Mackenzie Plowman, Emma Nicely, Grace Semow	#12 Shenandoah	4:16.19c (4:19.59f)	2/1
8		Ashley Eley, Sydney Trussell, Kendal Brown, Ellie Nuckols	#7 Christopher New	4:17.41c (4:20.82f)	12/8
9		#Type!	#16 Oglethorpe	4:19.62	1/18
10		Emma Christensen, Sophia Velleco, Daehla Smith, Josephine Swinburnson	#25 Covenant	4:25.11c (4:28.62f)	1/25

Women's Distance Medley Relay

1	1	#Type!	#2 Washington and	12:04.50c (12:12.26f)	2/1
2	9	Avery McAdams, Paige Murdock, Elise Picard, Elizabeth Csikai	#1 Emory	12:39.27	2/1
3	29	Josie Blanton, Erin Graffeo, Page Wells, Cece Cherry	#21 Univ. of the Sout	13:18.46c (13:30.37u)	2/1
4	33	Megan Wimmer, Molly Williamson, Izzy Green, Paige Hiserman	#6 Bridgewater (Va.	13:24.09c (13:32.70f)	1/18
5	36	Ava Wray, Eyaya Fletcher, Katherine Armstrong, Addy Wallin	#14 Mary Washington	13:30.63c (13:39.31f)	2/1
6	41	Allie Gallaher, McKenna Riolo, Evelyn Magee, Savannah Reid	#9 Roanoke	13:47.18c (13:56.05f)	1/18
7	64	Mia Viccora, Electra McPherson, Alia Peets, Carolina Wilson	Sweet Briar	15:16.59c (15:26.41f)	1/18

Women's High Jump

1	12	Camille GILLUM	JR	#2 Washington and	1.67m	5-5¾	2/1
2	38	Kris WILLIAMS	SO	#5 Berry	1.61m	5-3¾	1/25
3	68	Ashley ELEY	SO	#7 Christopher New	1.58m	5-2¼	12/8
3	68	Norah CIANO	SR	#10 Virginia Wesleya	1.58m	5-2¼	1/31
5	84	Mikki PROWS	JR	#13 Southern Virgini	1.57m	5-1¾	2/1
6		Nikki BOON	SR	#1 Emory	1.56m	5-1¼	1/17
7		Summer WALLACE	SO	#6 Bridgewater (Va.	1.55m	5-1	1/10
7		Katya HOOVER	SR	#12 Shenandoah	1.55m	5-1	12/8
7		Marin SIMONS	FR	#13 Southern Virgini{2}	1.55m	5-1	1/18
7		Kym YOUNG	SR	#15 Rhodes	1.55m	5-1	12/6

Women's Pole Vault

1	16	Ashley D'AMBROSIA	SR	#2 Washington and	3.65m	11-11¾	1/18
2	33	Hannah RILEY	SO	#1 Emory	3.53m	11-7	2/1
3	37	Allison BOBST	SR	#4 Lynchburg	3.50m	11-5¾	12/6
4	55	Madi FUERST	FR	#3 Catholic (D.C.)	3.43m	11-3	2/1
5	56	Layla KEADLE	FR	#2 Washington and {2}	3.41m	11-2¼	2/1
6	57	Erin MAKHANIAN	FR	#1 Emory	{2} 3.40m	11-1¾	12/6
7	70	Surraiya MAHMUD	FR	#13 Southern Virgini	3.35m	10-11¾	1/18
7	70	Cameron WEBER	SO	#4 Lynchburg	{2} 3.35m	10-11¾	1/18
9		Ella PINE	SO	#5 Berry	3.25m	10-8	12/6
9		Madeline HUBBERT	SR	#5 Berry	3.25m	10-8	12/6



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



South

as of 2/3/2025 11:51:32 PM ET

Women's Long Jump

1	21	Nikki BOON	SR	#1 Emory	5.55m	18-2½	2/1
2	59	Macy MURDOCK	JR	#5 Berry	5.36m	17-7	1/25
3	62	Kennedy CHAPMAN	SO	#10 Virginia Wesleya	5.34m	17-6¼	1/17
4		Summer WALLACE	SO	#6 Bridgewater (Va.	5.25m	17-2¾	1/25
5		Alexis HUBBARD	SR	#12 Shenandoah	5.18m	17-0	2/1
6		Margo FOX	JR	#4 Lynchburg	5.16m	16-11¼	2/1
7		Ellie NUCKOLS	SO	#7 Christopher New	5.14m	16-10½	1/25
8		Deziree CONKLIN	SR	#18 Marymount (Va.)	5.12m	16-9¾	1/18
9		Jade BUCKLES	JR	#6 Bridgewater (Va.)	5.07m	16-7¾	1/10
10		Madelyn VENABLE	SR	#2 Washington and	5.06m	16-7¼	2/1

Women's Triple Jump

1	42	Amaya GRANT	FR	#1 Emory	11.13m	36-6¼	12/6
2	47	Audrey JOHNSON	SR	#1 Emory	{2} 11.09m	36-4¾	2/1
3	67	Olivia BATES	JR	#6 Bridgewater (Va.	10.88m	35-8½	1/25
4	68	Angel DAVID	SO	#17 Eastern Mennoni	10.87m	35-8	12/6
5	73	Caroline HANSEN	SR	#1 Emory	{3} 10.85m	35-7¼	12/6
6	79	Amirah ALI	FR	#16 Oglethorpe	10.81m	35-5¾	2/2
7	88	Jakia JOINER	SO	#11 Belhaven (Miss.)	10.74m	35-3	12/6
8	91	Arianna GOMEZ	FR	#22 Hollins	10.72m	35-2	1/18
9	98	Keri EDWARDS	FR	#16 Oglethorpe	{2} 10.69m	35-1	2/2
10		KeSondra PICKETT	FR	#8 North Carolina V	10.66m	34-11¾	12/6

Women's Shot Put

1	33	Abby MIKOLAY	SO	#6 Bridgewater (Va.	12.77m	41-10¾	1/10
2	53	Sarah FINEMAN	SR	#1 Emory	12.47m	40-11	2/1
3	62	Katherine STEVENS	SR	#7 Christopher New	12.39m	40-7¾	12/8
3	62	Nikki BOON	SR	#1 Emory	{2} 12.39m	40-7¾	12/6
5	75	Ciara DONEGAN	SR	#3 Catholic (D.C.)	12.23m	40-1½	12/7
6	85	Midajah DAVIS	SR	#24 Gallaudet	12.16m	39-10¾	12/7
7		Jeanette HYDUKOVICH	FR	#1 Emory	{3} 11.92m	39-1¼	2/1
8		Kenzie SWICEGOOD	SO	#4 Lynchburg	11.86m	38-11	12/8
9		Onoyeme EGURE	SO	#5 Berry	11.82m	38-9½	2/1
10		Christian VAN NORDEN	SR	#8 North Carolina V	11.69m	38-4¼	1/11

Women's Weight Throw

1	24	Bailey HEDGEMON	JR	#2 Washington and	16.17m	53-¾	1/18
2	27	Katherine STEVENS	SR	#7 Christopher New	16.04m	52-7½	2/1
3	64	Abby MIKOLAY	SO	#6 Bridgewater (Va.	15.26m	50-¾	2/1
4	75	Kiersten ALLING	SO	#20 Randolph	15.14m	49-8¼	1/18
5	77	Daryl TUCKER	JR	#10 Virginia Wesleya	15.13m	49-7¾	1/17
6	85	Onoyeme EGURE	SO	#5 Berry	15.05m	49-4½	2/1
7		Malysha WINSTON	JR	#5 Berry	{2} 14.50m	47-7	2/1
8		Avery JONES	JR	#5 Berry	{3} 14.38m	47-2¼	2/1
9		Abbey COX	FR	Maryville (Tenn.)	14.33m	47-¼	1/18
10		Brianna MORGAN	JR	#6 Bridgewater (Va.)	{2} 14.29m	46-10¾	1/18

Women's Pentathlon

1	1	Nikki BOON	SR	#1 Emory	3,715	12/6
2	24	Ellie NUCKOLS	SO	#7 Christopher New	3,150	2/1
3	39	Margo FOX	JR	#4 Lynchburg	2,981	2/1
4	59	Macy MURDOCK	JR	#5 Berry	2,778	1/17
5	71	Alicia VO	SO	#3 Catholic (D.C.)	2,621	2/1
6	84	Edith TOMASEK	SO	#3 Catholic (D.C.)	{2} 2,464	2/1
7	96	Anna MILLER	SO	#4 Lynchburg	{2} 2,393	12/6
8		Cortney BROWN	SR	#5 Berry	{2} 2,178	1/17
9		Haylea Layne MILLER	SR	#19 Brevard (N.C.)	1,923	2/1
10		Mikaylea HARPER-LOUIS	FR	#7 Christopher New	{2} 1,874	2/1



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



West

as of 2/3/2025 11:51:32 PM ET

Women's 60 Meters

1	27	Josephine JETT	SO	#6 Claremont-Mudc	7.76	(0.0)	1/25
2	29	Kyrstin WILSON	JR	#10 Puget Sound	7.77		12/14
3	35	Jordyn LUNGO	SR	#1 Whitworth	7.79		2/1
4	43	Kira HAWAABOO	SO	#9 Linfield	7.82		1/17
5		Sabrina SEMMERE	JR	#2 Redlands (Calif.)	7.98c	(7.94A)	1/31
5		Kylah WASHINGTON	SO	#13 Hardin-Simmons	7.98		12/7
7		Quadetra WILBURN	FR	#7 St. Thomas (Tex)	8.02		2/1
8		Mikayla KIDNEY	FR	#11 Texas Lutheran	8.07		1/17
9		Dawson BELL	SR	#18 La Verne	8.08c	(8.06A)	1/25
10		Isabella PEREIRA	SO	#1 Whitworth	{2} 8.10		2/1
10		Brianna TIRA	SO	#1 Whitworth	{2} 8.10		1/18

Women's 60 Meter Hurdles

1	3	Allyson HAMMOND	JR	#12 Pacific (Ore.)	8.73		2/1
2	21	Eleanor BACHMEIER	SR	#2 Redlands (Calif.)	8.98		12/7
3	40	Josephine JETT	SO	#6 Claremont-Mudc	9.16	(0.0)	1/25
4	57	Naj CAMPBELL	SR	#5 McMurry	9.23		2/1
5	80	Elisabeth EICHINGER	JR	#2 Redlands (Calif.)	{2} 9.34c	(9.34A)	1/31
6		Kira HAWAABOO	SO	#9 Linfield	9.45		2/1
7		Kaitlyn CREIGHTON	FR	#6 Claremont-Mudc	{2} 9.46	(0.0)	1/25
8		Emily JACKSON	FR	#5 McMurry	{2} 9.51		12/7
9		Danya SELBER	SR	#3 Trinity (Texas)	9.53		1/25
10		Taylor NORRELL	SR	#11 Texas Lutheran	9.57		1/25

Women's 200 Meters

1	22	Allyson HAMMOND	JR	#12 Pacific (Ore.)	25.13		2/1
2	37	Kyrstin WILSON	JR	#10 Puget Sound	25.44		12/14
3	51	Trinity PROVOST	JR	#7 St. Thomas (Tex)	25.55		2/1
4		Clara LIPPERT	JR	#4 Colorado College	25.98c OT	(25.91A)	2/1
5		Sabrina SEMMERE	JR	#2 Redlands (Calif.)	26.05c OT	(25.91A)	1/31
6		Arden NEFF	SR	#8 Southwestern (T	26.06c	(26.46f)	1/31
7		Kaela SAWYERS	SR	#7 St. Thomas (Tex)	{2} 26.32		2/1
8		Josephine JETT	SO	#6 Claremont-Mudc	26.36	(0.0)	1/25
9		Jordyn LUNGO	SR	#1 Whitworth	26.37		2/1
10		Kylah WASHINGTON	SO	#13 Hardin-Simmons	26.42		12/7

Women's 400 Meters

1	21	Elizabeth BEISWANGER	SO	#10 Puget Sound	57.50 OT		2/1
2	29	Nelsy VERA	JR	#7 St. Thomas (Tex)	57.97		2/1
3	34	CC GRAY	SR	#3 Trinity (Texas)	58.25 OT		12/6
4	74	Emily BROWN	SO	#1 Whitworth	59.20		12/14
5	80	Trinity PROVOST	JR	#7 St. Thomas (Tex)	{2} 59.31		2/1
6	92	Christina STINSON	SR	#7 St. Thomas (Tex)	{3} 59.63		2/1
7		Arden NEFF	SR	#8 Southwestern (T	1:00.63		1/25
8		Clara LIPPERT	JR	#4 Colorado College	1:00.67c	(1:01.26fA)	1/25
9		Randi BECKHAM	SO	#19 UT Dallas	1:01.04c	(1:01.85f)	1/31
10		Madelyn GOLLIHAR	JR	#5 McMurry	1:01.49c	(1:02.30f)	1/31

Women's 800 Meters

1	4	Ellie RISING	SR	#16 George Fox	2:11.48 OT		2/1
2	72	Allison BARKER	SO	#4 Colorado College	2:19.74c OT	(2:20.64A)	2/1
3	73	Erin SCHMIDLIN	SO	#10 Puget Sound	2:19.89 OT		2/1
4		Breanna STEELE	JR	#8 Southwestern (T	2:21.55		1/25
5		Emerson VOLDAN	FR	#3 Trinity (Texas)	2:21.89		1/25
6		Annette SMITH	SO	#3 Trinity (Texas)	{2} 2:22.06		1/25
7		Lulu BRADY	SR	#1 Whitworth	2:24.07		2/1
8		Halle HAMILTON	JR	#3 Trinity (Texas)	{3} 2:24.11		1/25
9		Chloe JOHNSON	FR	#4 Colorado College	{2} 2:24.38c OT	(2:25.31A)	2/1
10		Eleanor BACHMEIER	SR	#2 Redlands (Calif.)	2:24.94c	(2:26.61f)	12/7

Women's Mile

1	33	Breanna STEELE	JR	#8 Southwestern (T	5:01.65c	(5:04.63f)	1/31
2	50	Josette GURULE	JR	#3 Trinity (Texas)	5:05.71		1/25
3	62	Chloe BULLOCK	SR	#2 Redlands (Calif.)	5:07.44c OT	(5:19.03A)	1/31
4		Malia HEIEN	JR	#15 Lewis & Clark	5:13.80 OT		1/26
5		Elliot SINGER	SR	#4 Colorado College	5:16.14c OT	(5:24.04A)	2/1
6		Erin SCHMIDLIN	SO	#10 Puget Sound	5:21.14 OT		1/26
7		Alison MUELLER-HICKLER	JR	#4 Colorado College	{2} 5:23.23c	(5:37.05fA)	1/25
8		Chloe MCLELLAN	JR	#5 McMurry	5:23.99c	(5:27.19f)	2/1
9		Madeleine BOYLE	JR	#15 Lewis & Clark	{2} 5:28.88 OT		1/26
10		Natalie TAYLOR	SR	#12 Pacific (Ore.)	5:29.05 OT		1/26

Women's 3000 Meters

1	64	Sadie DRUCKER	SO	#6 Claremont-Mudc	10:11.41		1/25
2	78	Charlie FLINT	SO	#4 Colorado College	10:15.57c OT	(10:33.12A)	2/1
3	90	Sydney RANKIN	SR	#4 Colorado College	{2} 10:19.15c OT	(10:36.81A)	2/1
4		Gianna KEENA	JR	#3 Trinity (Texas)	10:28.19		1/25
5		Britt HELGAAS	SR	#4 Colorado College	{3} 10:31.68c OT	(10:49.69A)	2/1
6		Abby GOODFRIED	JR	#4 Colorado College	{4} 10:32.54c OT	(10:50.58A)	2/1
7		Elliot SINGER	SR	#4 Colorado College	{5} 10:35.91c OT	(10:54.04A)	2/1
8		Jie YI DENISE CHEN	FR	#6 Claremont-Mudc	{2} 10:36.51		1/25
9		Alison MUELLER-HICKLER	JR	#4 Colorado College	{6} 10:37.05c OT	(10:55.22A)	2/1
10		Angela GUSHUE	SR	#6 Claremont-Mudc	{3} 10:37.73		1/25

Women's 5000 Meters

1	3	Riley BUESE	SR	#15 Lewis & Clark	16:31.51		12/7
2		Alejandra RAMON	SO	#7 St. Thomas (Tex)	19:25.12		2/1



USTFCCA NCAA Division III Indoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



West

as of 2/3/2025 11:51:32 PM ET

Women's 4x400 Relay

1	20	Selest Edwards, Christina Stinson, Makayla Powell, Trinity Provost	#7 St. Thomas (Tex)	3:59.94	2/1
2	40	Ella Frerichs, Emily Brown, Jordyn Lungo, Marlee Paget	#1 Whitworth	4:05.74	1/18
3	53	Clara Lippert, Ella Fullerton, Gabriela Lues, Alina Miranda	#4 Colorado College	4:08.68c (4:08.24A)	2/1
4	54	Halle Hamilton, Emerson Voldan, Lilly Broussard, Annette Smith	#3 Trinity (Texas)	4:08.79	1/25
5	84	Kaitlyn Creighton, Lily Dyre, Mia Voce, Shriya Velichala	#6 Claremont-Mudc	4:12.66	1/25
6		Kathryn Kostelnik, Sage Bartlett, Natalie Garcia, Hazel Bowman	#11 Texas Lutheran	4:17.21	1/25
7		Triniti Gray, Keren- Elia Gnao-Guei, Lauren Penders, Arden Neff	#8 Southwestern (T	4:18.87c (4:22.30f)	1/31
8		Elizabeth Cunningham, Annika Frank, Emily Jackson, Naj Campbell	#5 McMurry	4:22.16 OT	12/7
9		Kooper Bogenschutz, Madelyn DeLosSantos, Heather Shaw, Felice Mullinax	#17 LeTourneau	4:27.56	1/25
10		Katrina Brisbois, Lauren Ortega, Megan Feitz, Angelica Gatica Gomez	#12 Pacific (Ore.)	4:28.95 OT	1/26

Women's Distance Medley Relay

1	26	Lulu Brady, Ella Frerichs, Lily Jones, Ashlyn Dary	#1 Whitworth	13:08.75	1/18
---	----	--	--------------	----------	------

Women's High Jump

1	12	Brianna TIRA	SO	#1 Whitworth	1.67m	5-5¾	2/1
2	38	Abigail CAPRYE	SO	#14 Pacific Lutheran	1.61m	5-3¼	12/14
3	84	Kira HAWAABOO	SO	#9 Linfield	1.57m	5-1¾	2/1
3	84	Breanne RAWLS	SR	#1 Whitworth	{2} 1.57m	5-1¾	2/1
5		Emily JACKSON	FR	#5 McMurry	1.55m	5-1	2/1
5		Mari EVONUK	FR	#2 Redlands (Calif.)	1.55mA	5-1	1/31
5		Madison EATON	JR	#2 Redlands (Calif.)	1.55mA	5-1	1/31
8		Cadence LORENZ	FR	#1 Whitworth	{3} 1.52m	4-11¾	2/1
9		Avalon GRIGGS	SO	#13 Hardin-Simmons	1.51m	4-11½	1/17
9		Madisyn TAYLOR	FR	#13 Hardin-Simmons	1.51m	4-11½	1/17

Women's Pole Vault

1	18	Brenna STELL	SO	#5 McMurry	3.60m	11-9¾	1/31
2	66	Analissa PARESA	FR	#9 Linfield	3.36m	11-¼	2/1
3		Evie BRADBURY	FR	#1 Whitworth	3.21m	10-6¼	1/18
4		Kaelin LEISHMAN	JR	#3 Trinity (Texas)	3.20m	10-6	1/25
4		Addison DOSS	FR	#3 Trinity (Texas)	3.20m	10-6	1/25
6		Madeline SEIFERT	JR	#6 Claremont-Mudc	3.19m	10-5½	1/25
7		Kiana NEIR	FR	#14 Pacific Lutheran	3.01m	9-10½	12/14
8		Madeline SUMIEN	FR	#5 McMurry	{2} 3.00m	9-10	1/31
9		Olivia AMEN	FR	#1 Whitworth	{2} 2.91m	9-6½	2/1
10		Josephine LOUIS	SO	#4 Colorado College	2.77mA	9-1	12/13

Women's Long Jump

1	14	Kira HAWAABOO	SO	#9 Linfield	5.63m	18-5¾	2/1
2	31	Maigan ADAMS	SR	#2 Redlands (Calif.)	5.48m	17-11¾	12/6
3	40	Brianna TIRA	SO	#1 Whitworth	5.43m	17-9¾	2/1
4		Joy AREOLA	SR	#3 Trinity (Texas)	5.25m	17-2¾	1/25
5		Ella LEWIS	SO	#8 Southwestern (T	5.19m	17-½	1/25
6		Haley SMITH	FR	#13 Hardin-Simmons	5.15m	16-10¾	12/7
7		Elisabeth EICHINGER	JR	#2 Redlands (Calif.)	{2} 5.14mA	16-10½	1/31
8		Eleanor BACHMEIER	SR	#2 Redlands (Calif.)	{3} 5.08m	16-8	12/7
9		Emily JACKSON	FR	#5 McMurry	5.03m	16-6	1/31
10		Victoria WILSON	JR	#17 LeTourneau	4.91m	16-1½	1/31

Women's Triple Jump

1	8	Maigan ADAMS	SR	#2 Redlands (Calif.)	11.94m	39-2¼	1/31
2	20	Joy AREOLA	SR	#3 Trinity (Texas)	11.45m	37-6¾	1/25
3	44	Isabella PEREIRA	SO	#1 Whitworth	11.11m	36-5½	12/14
4	51	Ella LEWIS	SO	#8 Southwestern (T	11.03m	36-2¼	1/31
5		Kyleigh ARCHER	SO	#14 Pacific Lutheran	10.67m	35-¼	12/14
6		Ciandra CARRICO	SO	#3 Trinity (Texas)	{2} 10.52m	34-6¼	1/25
7		Myla WOLF	SO	#8 Southwestern (T	{2} 10.50m	34-5½	1/31
8		Christen WILEY	SR	#2 Redlands (Calif.)	{2} 10.47mA	34-4¼	1/31
9		Madison DOWNEY	SO	#14 Pacific Lutheran	{2} 10.46m	34-4	12/14
10		Jonette SINGH	SO	#12 Pacific (Ore.)	10.39m	34-1¼	2/1

Women's Shot Put

1	3	Amblessed OKEMGBO	JR	#1 Whitworth	13.99m	45-10¾	2/1
2	32	Kendra HUMPHRIES	SO	#5 McMurry	12.82m	42-¾	1/31
3	67	Tori COLMAN	SO	#5 McMurry	{2} 12.34m	40-6	12/7
4	75	Madison CARR	SO	#1 Whitworth	{2} 12.23m	40-1½	1/18
5	85	Erin CAPELL	SR	#4 Colorado College	12.16mA	39-10¾	1/25
6		Jaycee GREEN	FR	#8 Southwestern (T	11.93m	39-1¾	1/31
7		Kylie LOVELESS	SO	#1 Whitworth	{3} 11.88m	38-11¾	2/1
8		Elana SUTTON	SO	#4 Colorado College	{2} 11.61mA	38-1¼	2/1
9		Izzy BOYD	SO	#1 Whitworth	{4} 11.58m	38-0	2/1
10		Julissa RODRIGUEZ	SR	#11 Texas Lutheran	11.47m	37-7¾	1/17



USTFCCA NCAA Division III Indoor Track & Field
Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #2, February 4



West

as of 2/3/2025 11:51:32 PM ET

Women's Weight Throw

1	19	Gilbert DOMINGUEZ	SR	#11 Texas Lutheran	16.75m	54-11½	1/17
2	67	Tori COLMAN	SO	#5 McMurry	15.21m	49-11	1/31
3		Izzy CARPENTER	JR	#1 Whitworth	13.84m	45-5	2/1
4		Kendra HUMPHRIES	SO	#5 McMurry {2}	13.37m	43-10½	1/31
5		Jaycee GREEN	FR	#8 Southwestern (T	13.35m	43-9¾	1/31
6		Kenna KUBENKA	JR	#11 Texas Lutheran {2}	13.33m	43-8¾	1/25
7		Elizabeth CUNNINGHAM	JR	#5 McMurry {3}	12.89m	42-3½	1/31
8		Sophie HULKE	FR	#9 Linfield	12.83m	42-1¼	2/1
9		Julissa RODRIGUEZ	SR	#11 Texas Lutheran {3}	12.73m	41-9¼	1/17
10		Antonia HEKSTER	SR	#6 Claremont-Mudc	12.50m	41-¼	1/25

Women's Pentathlon

1	14	Eleanor BACHMEIER	SR	#2 Redlands (Calif.)	3,299		12/7
2	25	Kira HAWAABOO	SO	#9 Linfield	3,149	OT	1/25
3	35	Elisabeth EICHINGER	JR	#2 Redlands (Calif.) {2}	3,047		12/7
4	91	Mari EVONUK	FR	#2 Redlands (Calif.) {3}	2,423		12/7
5	100	Elana SUTTON	SO	#4 Colorado Colleg	2,368cu	(2368A)	2/1