



Conference TFRI Team Summary



WOMEN — 2025 Checkpoint #6, March 4

AMERICAN RIVERS			
Current	Team	Score	Last Week
1	Wartburg	682.21	1
2	Loras	497.24	2
3	Central (Iowa)	443.39	3
4	Nebraska Wesleyan	260.78	4
5	Dubuque	214.21	5
6	Simpson (Iowa)	161.88	6
7	Buena Vista	84.76	7
8	Luther	68.24	8
9	Coe	26.70	9

C2C			
Current	Team	Score	Last Week
1	Christopher Newport	677.79	1
2	Salisbury	559.72	2
3	UC Santa Cruz	540.59	3
4	Mary Washington	219.75	4

CCIW			
Current	Team	Score	Last Week
1	Elmhurst	489.72	1
2	North Central (Ill.)	451.41	2
3	Augustana (Ill.)	306.67	3
4	Illinois Wesleyan	286.59	4
5	Carthage	268.93	5
6	Wheaton (Ill.)	251.80	6
7	Millikin	153.85	8 ▲ 1
8	North Park	147.28	9 ▲ 1
9	Carroll (Wis.)	143.78	7 ▼ 2

CCS			
Current	Team	Score	Last Week
1	Piedmont	452.35	2 ▲ 1
2	Covenant	441.50	1 ▼ 1
3	Belhaven (Miss.)	340.57	3
4	Huntingdon (Ala.)	165.33	4

CENTENNIAL			
Current	Team	Score	Last Week
1	Johns Hopkins	1108.46	1
2	Dickinson	291.51	2
3	Swarthmore	252.80	4 ▲ 1
4	Ursinus	237.85	3 ▼ 1
5	Muhlenberg	141.47	5
6	Franklin & Marshall	141.10	6
7	Gettysburg	128.86	8 ▲ 1
8	Haverford	122.07	7 ▼ 1
9	Bryn Mawr	91.38	9
10	McDaniel	63.83	10

CUNYAC			
Current	Team	Score	Last Week
1	Medgar Evers	590.95	1
2	Hunter	569.42	2
3	Lehman	88.15	3
4	York (N.Y.)	13.09	4

EMPIRE 8			
Current	Team	Score	Last Week
1	SUNY Geneseo	979.33	1
2	SUNY Brockport	407.74	2
3	Nazareth	343.66	3
4	St. John Fisher	322.87	4
5	Utica	235.00	5
6	Houghton	127.23	6
7	Alfred	50.08	7
8	Hartwick	8.24	8
9	Sage Colleges	7.19	9

GNAC			
Current	Team	Score	Last Week
1	Suffolk	725.90	1
2	Emmanuel (Mass.)	505.01	2
3	Saint Joseph's (Maine)	285.07	3
4	Regis (Mass.)	214.98	4
5	Colby-Sawyer	164.01	6 ▲ 1
6	Simmons	159.20	5 ▼ 1
7	Lasell	128.48	7

HCAC			
Current	Team	Score	Last Week
1	Rose-Hulman	434.02	1
2	Berea (Ky.)	421.34	2
3	Hanover	375.53	3
4	Manchester	358.34	4
5	Transylvania	271.99	5
6	Mount St. Joseph	133.50	6
7	Earlham	94.55	7
8	Bluffton	52.60	9 ▲ 1
9	Franklin	50.45	10 ▲ 1
10	Anderson (Ind.)	48.94	8 ▼ 2

INDEPENDENT			
Current	Team	Score	Last Week
1	MIT	403.04	1
2	Williams	370.28	2
3	Tufts	213.93	3
4	Amherst	171.44	4
5	Middlebury	133.70	8 ▲ 3
6	Colby	131.77	5 ▼ 1
7	Coast Guard	117.19	6 ▼ 1
8	Redlands (Calif.)	89.18	7 ▼ 1
9	Whitworth	80.30	9
10	Connecticut College	69.04	10
11	Bowdoin	67.90	16 ▲ 5
12	Springfield (Mass.)	62.78	13 ▲ 1
13	Hamilton	55.47	12 ▼ 1
14	Gordon (Mass.)	54.85	17 ▲ 3
15	Trinity (Texas)	53.55	11 ▼ 4
16	Bates	51.89	15 ▼ 1
17	Linfield	47.16	14 ▼ 3
18	Lewis & Clark	45.30	18
19	Claremont-Mudd-Scri	44.45	19
20	Hartford	41.06	21 ▲ 1
21	George Fox	38.72	22 ▲ 1
22	Pacific (Ore.)	37.64	25 ▲ 3
23	McMurry	37.58	20 ▼ 3
24	Thomas (Maine)	36.05	31 ▲ 7
25	Puget Sound	34.99	23 ▼ 2
26	Trinity (Conn.)	33.18	24 ▼ 2
27	Wheaton (Mass.)	33.14	28 ▲ 1
28	Smith	23.85	27 ▼ 1
29	Wesleyan (Conn.)	23.30	30 ▲ 1
30	Mount Holyoke	16.73	32 ▲ 2
31	St. Thomas (Texas)	16.58	29 ▼ 2
32	Chapman	11.95	33 ▲ 1
33	Marywood	9.68	34 ▲ 1
34	Babson	8.80	36 ▲ 2
35	Pacific Lutheran	6.67	35
36	WPI	5.24	41 ▲ 5
37	Southwestern (Texas)	4.99	40 ▲ 3
38	UMaine Farmington	4.61	38
39	Texas Lutheran	4.45	37 ▼ 2
40	Asbury (Ky.)	3.26	43 ▲ 3
41	Husson	2.55	45 ▲ 4
42	Marymount (Va.)	2.39	39 ▼ 3
43	Colorado College	2.12	46 ▲ 3
44	Roger Williams	1.65	44
45	Maryville (Tenn.)	0.83	48 ▲ 3
46	Endicott	0.77	49 ▲ 3
47	Wentworth (Mass.)	0.52	50 ▲ 3
48	Wellesley	0.40	47 ▼ 1
49	Cal Lutheran	0.36	51 ▲ 2



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50	Univ. of New England	0.28	55	▲ 5
51	Hardin-Simmons	0.23	56	▲ 5
52	LeTourneau	0.11	52	
53	Willamette	0.10	57	▲ 4
54	Johnson & Wales (R.I.)	0.02	54	
55	Merchant Marine Aca	0.02	58	▲ 3

LANDMARK

Current	Team	Score	Last Week
1	Moravian	501.58	1
2	Catholic (D.C.)	471.58	2
3	Scranton	391.44	3
4	Susquehanna	309.03	4
5	Elizabethtown	269.59	5
6	Goucher	199.22	6
7	Drew	148.31	7
8	Juniata	110.84	8

LIBERTY LEAGUE

Current	Team	Score	Last Week
1	Ithaca	697.29	1
2	Rochester (N.Y.)	496.18	2
3	RPI	397.84	3
4	Vassar	333.91	5 ▲ 1
5	RIT	308.67	4 ▼ 1
6	Union (N.Y.)	141.64	6
7	St. Lawrence	100.84	7
8	Bard	8.16	8

LITTLE EAST

Current	Team	Score	Last Week
1	Southern Maine	460.66	1
2	Keene State	402.25	2
3	Eastern Connecticut S	274.13	5 ▲ 2
4	UMass Dartmouth	269.67	3 ▼ 1
5	Rhode Island College	256.20	4 ▼ 1
6	Plymouth State	224.29	6
7	UMass Boston	222.80	7
8	Castleton	128.99	8
9	Western Connecticut	23.67	9

MAC

Current	Team	Score	Last Week
1	Widener	418.09	1
2	Lebanon Valley	401.70	2
3	Stevens	262.17	3
4	Messiah	219.20	4
5	DeSales	218.27	5
6	King's College (Pa.)	200.01	6
7	Misericordia	195.97	7
8	Eastern (Pa.)	177.79	8
9	Arcadia	105.94	9
10	York (Pa.)	99.43	10
11	Alvernia	92.94	11
12	FDU Florham	57.89	12
13	Delaware Valley	51.62	13
14	Stevenson	16.55	14
15	Hood	12.96	15
16	Albright	0.99	16

MASCAC

Current	Team	Score	Last Week
1	Westfield State	649.64	1
2	Bridgewater State	478.91	2
3	Worcester State	387.36	3
4	Fitchburg State	199.20	4

MIAA

Current	Team	Score	Last Week
1	Calvin	676.24	2 ▲ 1
2	Trine	622.98	1 ▼ 1
3	Hope	469.63	3
4	Albion	191.52	4
5	Olivet	171.66	5
6	Adrian	122.47	7 ▲ 1
7	Alma	121.70	6 ▼ 1

MIAC

Current	Team	Score	Last Week
1	Bethel (Minn.)	436.84	1
2	Saint Benedict	327.53	5 ▲ 3
3	St. Olaf	323.85	4 ▲ 1
4	Concordia Moorhead	311.79	2 ▼ 2
5	Gustavus Adolphus	292.26	3 ▼ 2
6	Carleton	264.86	6
7	Macalester	198.55	7
8	Saint Mary's (Minn.)	142.97	8
9	Hamline	126.21	9
10	St. Scholastica	92.06	10
11	Augsburg	31.50	11
12	St. Catherine (Minn.)	7.86	12

MWC

Current	Team	Score	Last Week
1	Illinois College	422.79	1
2	Monmouth (Ill.)	387.58	3 ▲ 1
3	Grinnell	384.76	2 ▼ 1
4	Ripon	342.68	4
5	Cornell College	257.45	5
6	Lawrence	248.96	6
7	Beloit	114.75	7
8	Lake Forest	104.38	8
9	Knox	36.84	9

NACC

Current	Team	Score	Last Week
1	St. Norbert	797.16	1
2	Concordia Wisconsin	402.62	3 ▲ 1
3	Aurora	381.81	2 ▼ 1
4	MSOE	254.57	4
5	Illinois Tech	179.50	5
6	Concordia Chicago	121.37	6
7	Wisconsin Lutheran	98.63	7
8	Edgewood	56.93	9 ▲ 1
9	Benedictine (Ill.)	45.58	8 ▼ 1
10	Dominican (Ill.)	18.97	10
11	Lakeland (Wis.)	1.34	11
12	Marian (Wis.)	0.81	12

NCAC

Current	Team	Score	Last Week
1	DePauw	639.10	1
2	Wittenberg	584.34	2
3	Ohio Wesleyan	474.61	3
4	Denison	241.08	4
5	Kenyon	200.67	5
6	Wooster	157.97	6
7	Oberlin	130.75	7
8	Hiram	84.02	8

NJAC

Current	Team	Score	Last Week
1	TCNJ	611.39	1
2	Rowan	587.21	2
3	Stockton	414.01	3
4	Montclair State	270.16	4
5	Ramapo	210.21	5
6	New Jersey City	111.43	6
7	Farmingdale State	80.12	7
8	Rutgers-Newark	67.22	8
9	Rutgers-Camden	18.95	9



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OAC			
Current	Team	Score	Last Week
1	Mount Union	620.54	1
2	Ohio Northern	615.57	2
3	John Carroll	450.17	3
4	Baldwin Wallace	249.01	4
5	Wilmington (Ohio)	148.63	5
6	Otterbein	112.03	6
7	Marietta	85.15	8 ▲ 1
8	Muskingum	82.32	7 ▼ 1
9	Heidelberg	76.70	9
10	Capital	10.60	10

ODAC			
Current	Team	Score	Last Week
1	Washington and Lee	647.98	1
2	Lynchburg	449.83	2
3	Bridgewater (Va.)	346.42	3
4	Roanoke	285.26	4
5	Virginia Wesleyan	248.23	5
6	Shenandoah	190.05	6
7	Randolph	81.56	7
8	Eastern Mennonite	81.50	8
9	Hollins	70.84	9
10	Sweet Briar	12.40	10
11	Ferrum	2.72	11
12	Averett	1.38	12
13	Guilford	0.15	13

PAC			
Current	Team	Score	Last Week
1	Grove City	547.06	1
2	Westminster (Pa.)	374.42	3 ▲ 1
3	Allegheny (Pa.)	370.90	2 ▼ 1
4	Geneva	218.24	4
5	Saint Vincent	181.25	6 ▲ 1
6	Washington & Jeffers	177.11	5 ▼ 1
7	Franciscan	128.05	8 ▲ 1
8	Chatham	123.68	7 ▼ 1
9	Waynesburg	78.42	11 ▲ 2
10	Thiel	75.52	9 ▼ 1
11	Bethany (W.Va.)	69.16	10 ▼ 1

SAA			
Current	Team	Score	Last Week
1	Centre	768.89	1
2	Berry	717.78	2
3	Rhodes	308.67	3
4	Oglethorpe	245.99	4
5	Univ. of the South	157.17	5
6	Millsaps	20.03	6

SLIAC			
Current	Team	Score	Last Week
1	Greenville	761.27	1
2	Principia	330.04	2
3	Mississippi Univ. for W	287.54	3
4	Spalding	219.51	4
5	Webster	202.19	5
6	Lyon (Ark.)	133.47	6
7	Westminster (Mo.)	64.58	7
8	Eureka	40.37	8
9	Blackburn	22.09	9
10	Fontbonne	5.73	10

SUNYAC			
Current	Team	Score	Last Week
1	SUNY Cortland	802.70	1
2	SUNY Oneonta	485.22	2
3	SUNY Delhi	276.72	NR
4	SUNY Plattsburgh	181.35	3 ▼ 1
5	Buffalo State	154.64	4 ▼ 1
6	Penn State Behrend	119.97	6
7	Fredonia	118.23	5 ▼ 2
8	Alfred State	74.91	7 ▼ 1
9	SUNY Cobleskill	65.55	NR
10	SUNY Oswego	63.45	9 ▼ 1
11	SUNY Potsdam	55.64	8 ▼ 3
12	SUNY Morrisville	1.86	10 ▼ 2

UAA			
Current	Team	Score	Last Week
1	Washington (Mo.)	631.09	1
2	Chicago	560.36	2
3	Emory	469.36	3
4	Case Western Reserve	213.02	4
5	Brandeis	199.89	6 ▲ 1
6	NYU	184.78	5 ▼ 1
7	Carnegie Mellon	171.97	7

UEC			
Current	Team	Score	Last Week
1	St. Mary's (Md.)	663.48	1
2	Lancaster Bible	356.65	2
3	Carlow (Pa.)	308.34	3
4	Penn State Harrisbur	271.23	4
5	Gallaudet	58.94	5

UMAC			
Current	Team	Score	Last Week
1	UW-Superior	524.74	1
2	Northwestern-St. Pau	356.36	2
3	Crown	296.36	4 ▲ 1
4	Martin Luther	282.34	3 ▼ 1
5	Minnesota Morris	258.05	5
6	Bethany Lutheran	233.21	6
7	North Central (Minn.)	154.75	7

USA SOUTH			
Current	Team	Score	Last Week
1	Southern Virginia	568.17	1
2	Brevard (N.C.)	268.61	2
3	Pfeiffer	251.92	3
4	North Carolina Wesle	217.93	4
5	Meredith	213.64	7 ▲ 2
6	Methodist	169.75	5 ▼ 1
7	Mary Baldwin	146.16	6 ▼ 1

WIAC			
Current	Team	Score	Last Week
1	UW-La Crosse	1094.51	1
2	UW-Eau Claire	407.32	2
3	UW-Stout	283.31	4 ▲ 1
4	UW-Oshkosh	281.06	3 ▼ 1
5	UW-Whitewater	217.53	5
6	UW-Platteville	141.35	6
7	UW-River Falls	129.76	7
8	UW-Stevens Point	65.18	8