



Conference TFRI Team Summary



WOMEN — 2025 Checkpoint #7, March 11

AMERICAN RIVERS			
Current	Team	Score	Last Week
1	Wartburg	700.08	1
2	Loras	489.55	2
3	Central (Iowa)	437.41	3
4	Nebraska Wesleyan	271.58	4
5	Dubuque	214.73	5
6	Simpson (Iowa)	158.55	6
7	Buena Vista	83.56	7
8	Luther	63.95	8
9	Coe	26.59	9

C2C			
Current	Team	Score	Last Week
1	Christopher Newport	675.43	1
2	Salisbury	563.95	2
3	UC Santa Cruz	540.22	3
4	Mary Washington	216.26	4

CCIW			
Current	Team	Score	Last Week
1	Elmhurst	486.87	1
2	North Central (Ill.)	449.99	2
3	Augustana (Ill.)	308.55	3
4	Illinois Wesleyan	285.35	4
5	Carthage	269.71	5
6	Wheaton (Ill.)	251.08	6
7	North Park	150.77	8 ▲ 1
8	Millikin	150.24	7 ▼ 1
9	Carroll (Wis.)	147.45	9

CCS			
Current	Team	Score	Last Week
1	Piedmont	446.74	1
2	Covenant	434.50	2
3	Belhaven (Miss.)	359.37	3
4	Huntingdon (Ala.)	203.89	4

CENTENNIAL			
Current	Team	Score	Last Week
1	Johns Hopkins	1099.58	1
2	Dickinson	286.68	2
3	Swarthmore	261.57	3
4	Ursinus	244.52	4
5	Franklin & Marshall	147.97	6 ▲ 1
6	Muhlenberg	137.56	5 ▼ 1
7	Gettysburg	126.22	7
8	Haverford	119.81	8
9	Bryn Mawr	89.17	9
10	McDaniel	66.51	10

CUNYAC			
Current	Team	Score	Last Week
1	Medgar Evers	591.34	1
2	Hunter	569.07	2
3	Lehman	88.12	3
4	York (N.Y.)	13.09	4

EMPIRE 8			
Current	Team	Score	Last Week
1	SUNY Geneseo	982.55	1
2	SUNY Brockport	408.51	2
3	Nazareth	331.40	3
4	St. John Fisher	330.42	4
5	Utica	233.28	5
6	Houghton	127.83	6
7	Alfred	49.95	7
8	Hartwick	8.23	8
9	Sage Colleges	7.18	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	5
6	Simmons	159.20	6
7	Lasell	128.48	7

HCAC			
Current	Team	Score	Last Week
1	Rose-Hulman	431.84	1
2	Berea (Ky.)	423.06	2
3	Hanover	373.05	3
4	Manchester	358.27	4
5	Transylvania	274.99	5
6	Mount St. Joseph	133.18	6
7	Earlham	94.53	7
8	Bluffton	52.12	8
9	Franklin	50.27	9
10	Anderson (Ind.)	48.94	10

INDEPENDENT			
Current	Team	Score	Last Week
1	MIT	393.35	1
2	Williams	375.81	2
3	Tufts	231.40	3
4	Amherst	152.63	4
5	Middlebury	141.70	5
6	Colby	135.23	6
7	Coast Guard	132.54	7
8	Redlands (Calif.)	93.96	8
9	Bowdoin	76.48	11 ▲ 2
10	Whitworth	75.82	9 ▼ 1
11	Springfield (Mass.)	68.01	12 ▲ 1
12	Connecticut College	61.37	10 ▼ 2
13	Gordon (Mass.)	52.47	14 ▲ 1
14	Hamilton	52.17	13 ▼ 1
15	Bates	51.85	16 ▲ 1
16	Trinity (Texas)	49.20	15 ▼ 1
17	Lewis & Clark	44.20	18 ▲ 1
18	Linfield	43.95	17 ▼ 1
19	Wheaton (Mass.)	43.76	27 ▲ 8
20	Hartford	39.76	20
21	Claremont-Mudd-Scri	39.72	19 ▼ 2
22	George Fox	38.88	21 ▼ 1
23	McMurry	36.35	23
24	Thomas (Maine)	36.05	24
25	Pacific (Ore.)	33.12	22 ▼ 3
26	Puget Sound	32.35	25 ▼ 1
27	Trinity (Conn.)	29.23	26 ▼ 1
28	Smith	23.03	28
29	Wesleyan (Conn.)	19.14	29
30	Mount Holyoke	18.85	30
31	St. Thomas (Texas)	14.07	31
32	Chapman	11.49	32
33	Marywood	9.68	33
34	Babson	8.75	34
35	Southwestern (Texas)	6.25	37 ▲ 2
36	Pacific Lutheran	5.81	35 ▼ 1
37	WPI	4.84	36 ▼ 1
38	Texas Lutheran	4.44	39 ▲ 1
39	UMaine Farmington	4.39	38 ▼ 1
40	Marymount (Va.)	2.37	42 ▲ 2
41	Husson	2.30	41
42	Asbury (Ky.)	2.27	40 ▼ 2
43	Colorado College	2.10	43
44	Roger Williams	1.65	44
45	Maryville (Tenn.)	0.83	45
46	Endicott	0.52	46
47	Wentworth (Mass.)	0.52	47
48	Cal Lutheran	0.36	49 ▲ 1
49	Wellesley	0.30	48 ▼ 1



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WOMEN — 2025 Checkpoint #7, March 11

50	Univ. of New England	0.28	50
51	Hardin-Simmons	0.18	51
52	Willamette	0.10	53 ▲ 1
53	Johnson & Wales (R.I.)	0.02	54 ▲ 1
54	Merchant Marine Acad	0.02	55 ▲ 1
55	LeTourneau	0.01	52 ▼ 3

LANDMARK

Current	Team	Score	Last Week
1	Moravian	499.51	1
2	Catholic (D.C.)	463.36	2
3	Scranton	391.60	3
4	Susquehanna	311.32	4
5	Elizabethtown	271.38	5
6	Goucher	198.74	6
7	Drew	146.81	7
8	Juniata	110.75	8

LIBERTY LEAGUE

Current	Team	Score	Last Week
1	Ithaca	679.45	1
2	Rochester (N.Y.)	504.92	2
3	RPI	404.45	3
4	Vassar	343.67	4
5	RIT	306.50	5
6	Union (N.Y.)	135.50	6
7	St. Lawrence	99.64	7
8	Bard	8.16	8

LITTLE EAST

Current	Team	Score	Last Week
1	Southern Maine	466.46	1
2	Keene State	401.68	2
3	Eastern Connecticut S	273.72	3
4	UMass Dartmouth	265.35	4
5	Rhode Island College	256.17	5
6	Plymouth State	225.11	6
7	UMass Boston	221.58	7
8	Castleton	128.94	8
9	Western Connecticut	23.67	9

MAC

Current	Team	Score	Last Week
1	Widener	418.26	1
2	Lebanon Valley	402.08	2
3	Stevens	263.05	3
4	Messiah	218.77	4
5	DeSales	213.05	5
6	Misericordia	201.50	7 ▲ 1
7	King's College (Pa.)	199.93	6 ▼ 1
8	Eastern (Pa.)	178.07	8
9	Arcadia	105.89	9
10	York (Pa.)	99.20	10
11	Alvernia	92.84	11
12	FDU Florham	57.86	12
13	Delaware Valley	51.57	13
14	Stevenson	16.55	14
15	Hood	12.89	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	686.89	1
2	Trine	621.13	2
3	Hope	469.74	3
4	Albion	191.51	4
5	Olivet	171.52	5
6	Alma	123.94	7 ▲ 1
7	Adrian	122.46	6 ▼ 1

MIAC

Current	Team	Score	Last Week
1	Bethel (Minn.)	436.82	1
2	Saint Benedict	327.63	2
3	St. Olaf	323.64	3
4	Concordia Moorhead	312.78	4
5	Gustavus Adolphus	293.94	5
6	Carleton	264.68	6
7	Macalester	196.39	7
8	Saint Mary's (Minn.)	142.88	8
9	Hamline	126.18	9
10	St. Scholastica	92.01	10
11	Augsburg	31.48	11
12	St. Catherine (Minn.)	7.84	12

MWC

Current	Team	Score	Last Week
1	Illinois College	423.28	1
2	Monmouth (Ill.)	387.69	2
3	Grinnell	382.34	3
4	Ripon	348.55	4
5	Cornell College	256.92	5
6	Lawrence	249.07	6
7	Beloit	114.38	7
8	Lake Forest	104.17	8
9	Knox	36.80	9

NACC

Current	Team	Score	Last Week
1	St. Norbert	786.05	1
2	Concordia Wisconsin	397.09	2
3	Aurora	379.30	3
4	MSOE	231.60	4
5	Illinois Tech	178.89	5
6	Wisconsin Lutheran	140.42	7 ▲ 1
7	Concordia Chicago	120.06	6 ▼ 1
8	Edgewood	55.79	8
9	Benedictine (Ill.)	43.89	9
10	Dominican (Ill.)	18.94	10
11	Lakeland (Wis.)	1.34	11
12	Marian (Wis.)	0.81	12

NCAC

Current	Team	Score	Last Week
1	DePauw	638.83	1
2	Wittenberg	584.50	2
3	Ohio Wesleyan	474.44	3
4	Denison	241.05	4
5	Kenyon	200.55	5
6	Wooster	157.93	6
7	Oberlin	131.28	7
8	Hiram	83.96	8

NJAC

Current	Team	Score	Last Week
1	TCNJ	600.40	1
2	Rowan	583.79	2
3	Stockton	407.54	3
4	Montclair State	272.53	4
5	Ramapo	205.29	5
6	New Jersey City	120.05	6
7	Rutgers-Newark	78.14	8 ▲ 1
8	Farmingdale State	78.04	7 ▼ 1
9	Rutgers-Camden	18.90	9



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WOMEN — 2025 Checkpoint #7, March 11

OAC			
Current	Team	Score	Last Week
1	Ohio Northern	621.44	2 ▲ 1
2	Mount Union	612.65	1 ▼ 1
3	John Carroll	448.26	3
4	Baldwin Wallace	251.00	4
5	Wilmington (Ohio)	154.80	5
6	Otterbein	110.32	6
7	Marietta	82.87	7
8	Muskingum	80.38	8
9	Heidelberg	76.45	9
10	Capital	10.55	10

ODAC			
Current	Team	Score	Last Week
1	Washington and Lee	639.18	1
2	Lynchburg	450.44	2
3	Bridgewater (Va.)	349.37	3
4	Roanoke	278.23	4
5	Virginia Wesleyan	242.24	5
6	Shenandoah	196.93	6
7	Randolph	80.38	7
8	Eastern Mennonite	79.28	8
9	Hollins	68.67	9
10	Sweet Briar	12.50	10
11	Ferrum	2.72	11
12	Averett	1.28	12
13	Guilford	0.14	13

PAC			
Current	Team	Score	Last Week
1	Grove City	549.53	1
2	Allegheny (Pa.)	381.71	3 ▲ 1
3	Westminster (Pa.)	375.19	2 ▼ 1
4	Geneva	211.48	4
5	Saint Vincent	189.70	5
6	Washington & Jeffers	166.28	6
7	Franciscan	123.16	7
8	Chatham	122.87	8
9	Waynesburg	78.37	9
10	Thiel	75.47	10
11	Bethany (W.Va.)	69.05	11

SAA			
Current	Team	Score	Last Week
1	Centre	782.95	1
2	Berry	712.03	2
3	Rhodes	301.99	3
4	Oglethorpe	246.20	4
5	Univ. of the South	154.45	5
6	Millsaps	18.99	6

SLIAC			
Current	Team	Score	Last Week
1	Greenville	761.18	1
2	Principia	328.22	2
3	Mississippi Univ. for W	300.60	3
4	Spalding	216.32	4
5	Webster	202.06	5
6	Lyon (Ark.)	130.47	6
7	Westminster (Mo.)	64.53	7
8	Eureka	40.37	8
9	Blackburn	22.08	9
10	Fontbonne	4.69	10

SUNYAC			
Current	Team	Score	Last Week
1	SUNY Cortland	798.80	1
2	SUNY Oneonta	484.69	2
3	SUNY Delhi	280.36	3
4	SUNY Plattsburgh	179.53	4
5	Buffalo State	154.38	5
6	Penn State Behrend	122.08	6
7	Fredonia	118.17	7
8	Alfred State	74.84	8
9	SUNY Cobleskill	65.48	9
10	SUNY Oswego	63.45	10
11	SUNY Potsdam	55.59	11
12	SUNY Morrisville	1.86	12

UAA			
Current	Team	Score	Last Week
1	Washington (Mo.)	630.59	1
2	Chicago	560.32	2
3	Emory	472.10	3
4	Case Western Reserve	215.88	4
5	Brandeis	204.51	5
6	NYU	188.03	6
7	Carnegie Mellon	167.53	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 Harrisburg	271.23	4
5	Gallaudet	58.94	5

UMAC			
Current	Team	Score	Last Week
1	UW-Superior	530.18	1
2	Northwestern-St. Pau	354.23	2
3	Crown	296.27	3
4	Martin Luther	282.21	4
5	Minnesota Morris	257.88	5
6	Bethany Lutheran	233.30	6
7	North Central (Minn.)	154.75	7

USA SOUTH			
Current	Team	Score	Last Week
1	Southern Virginia	570.71	1
2	Brevard (N.C.)	266.44	2
3	Pfeiffer	251.66	3
4	North Carolina Wesley	217.93	4
5	Meredith	213.62	5
6	Methodist	169.75	6
7	Mary Baldwin	146.08	7

WIAC			
Current	Team	Score	Last Week
1	UW-La Crosse	1063.57	1
2	UW-Eau Claire	422.01	2
3	UW-Stout	283.54	3
4	UW-Oshkosh	274.28	4
5	UW-Whitewater	255.94	5
6	UW-Platteville	132.62	6
7	UW-River Falls	129.44	7
8	UW-Stevens Point	64.16	8