



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's 60 Meters

as of 2/11/25 10:47 AM ET

1	Barton (Kan.) CC	30.57	
LW: 1	Region 6	average 7.64	
2	Keliza SMITH	SO 7.33	1/18 Thane Baker In
22	Kayda AUSTIN	FR 7.68	1/25 NAIA / JUCO Inv
28	Asharria ULETT	FR 7.75	1/25 NAIA / JUCO Inv
33	Takelia WILLIAMS	FR 7.81	1/25 NAIA / JUCO Inv
2	Indian Hills (Iowa) CC	30.61	
LW: 2	Region 11	average 7.65	
7	Destiny MITCHELL	SO 7.55	2/8 Iowa State Clas
15	Avia LANE	FR 7.60	12/14 Iowa State Holi
17	Zekira SNOW	SO 7.62	2/8 Iowa State Clas
41	Nyla NORMAN	SO 7.84	1/18 Graduate Class
3	New Mexico JC	30.89	
LW: 3	Region 5	average 7.72	
5	Kamaria KNIGHT	SO 7.51c	(7.49A) 2/1 Texas Tech Sta
12	Nandy KIHUYU	SO 7.57c	(7.55A) 2/1 Texas Tech Sta
39	Amari PRATT	SO 7.83c	(7.81A) 2/1 Texas Tech Sta
74	Nalicia GLEN	FR 7.98c	(7.96A) 1/18 Corky Classic
4	Coffeyville (Kan.) CC	30.98	
LW: 4	Region 6	average 7.74	
5	Royanah FARMER	SO 7.51	2/1 Washburn Oper
17	Linya GEDEON	SO 7.62	1/17 Ark Inv
51	Tierra WILLIAMS	FR 7.89	2/1 Washburn Oper
68	Dhakiya BLAKE	SO 7.96	2/1 Washburn Oper
5	Hinds (Miss.) CC	31.09	
LW: 6	Region 23	average 7.77	
11	La'Nica LOCKER	SO 7.56	2/8 UAB Green and
21	Trinity MONTGOMERY	SO 7.66	2/8 UAB Green and
30	Ritorion VIGNE	SO 7.79	2/8 UAB Green and
92	Seanna GAYE-LESLIE	FR 8.08	1/17 Purple Tiger
6	Iowa Western CC	31.17	
LW: 5	Region 11	average 7.79	
7	Serena GRACE	FR 7.55	1/11 Scott Nisely Me
23	Judith KOUMEDZINA	SO 7.69	2/8 Bearcat Invite (
64	Mercy HONESTY	SO 7.95	1/18 Thane Baker In
74	Taeja BARTEE	FR 7.98	2/1 SDSU D2/NAIA C
7	Highland (Kan.) CC	31.28	
LW: 8	Region 6	average 7.82	
19	Shanteria WASHINGTON	SO 7.64	2/8 Bearcat Invite (
33	Alexia LEWIS	SO 7.81	1/25 NAIA / JUCO Inv
51	DiaMonae THOMAS	SO 7.89	2/8 Bearcat Invite (
60	J'Na DEMMING	SO 7.94	2/8 Bearcat Invite (
8	Richard Bland (Va.)	31.42	
LW: 7	Region 10	average 7.86	
27	Michaelyn FISHER	FR 7.74	12/8 Christopher Ne
37	Jayla WERTS	SO 7.82	2/8 VMI Winter Clas
57	Breshauna MILLER	FR 7.92	1/25 Keydet Invitati
60	Anijah JAMES	FR 7.94	12/8 Christopher Ne
9	Iowa Central CC	31.48	
LW: 10	Region 11	average 7.87	
4	Zariah GREAVES	FR 7.46	2/8 Sevigne Husker
45	Mechak Linda BULA BULA	FR 7.86	1/25 Jack Johnson
60	Maeva GOUNE TIBBOLO	FR 7.94	2/1 SDSU D2/NAIA C
	Destiny DAVIS	FR 8.22	1/25 Jack Johnson
10	Allen (Kan.) CC	31.49	
LW: --	Region 6	average 7.87	
7	Adetutu ALADELOYE	SO 7.55	2/8 Bearcat Invite (
12	Kayveonna JACKSON	SO 7.57	2/1 Washburn Oper
24	Ranayla MOTEN	FR 7.72	2/1 Washburn Oper
	Leah WRIGHT	FR 8.65	2/8 Bearcat Invite (
11	Bismarck State (N.D.)	31.54	
LW: 9	Region 13	average 7.88	
20	Privilage BOWER	FR 7.65	12/7 Mike Thorson O
45	Tiana CULMER	SO 7.86	12/7 Mike Thorson O
79	Aliya SCHOCK	SO 7.99	1/25 U-Mary Winter C
89	Makayla WHITFIELD	FR 8.04	1/25 U-Mary Winter C
11	Ranger (Texas)	31.54	
LW: 12	Region 5	average 7.88	
30	Chasity RAYFORD	FR 7.79	2/8 FasTrak Colleg
45	Charity RAYFORD	FR 7.86	12/7 Washburn Alun
60	Ki'Sha TYNER	FR 7.94	12/7 Washburn Alun
64	Tania MILES	FR 7.95	12/7 Washburn Alun
13	Fort Scott (Kan.) CC	31.57	
LW: 11	Region 6	average 7.89	
41	Crystal CHAMBERS	SO 7.84	2/1 Washburn Oper
44	Samarrah WILLIAMS	FR 7.85	1/18 Bumble Rumble
57	Jayden PIPER	FR 7.92	1/18 Bumble Rumble
68	Ivana ODONKOR	SO 7.96	1/25 NAIA / JUCO Inv
14	Essex County (N.J.)	31.66	
LW: 13	Region 19	average 7.92	
39	Ma-Avian WILLIAMS	SO 7.83	2/8 Big Apple Invit
48	Ashia MARTIN	SO 7.87	1/25 Coach "I" Open
64	Kimberly BAKER	SO 7.95	1/17 NYC Gotham Cu
83	Shermalee FREEMAN	FR 8.01	1/3 Wagner Invitati



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Women's 60 Meters

as of 2/11/25 10:47 AM ET

15	Colby (Kan.) CC	31.78	1	Region 6	average 7.94
LW: 14					
1	Anita AFRIFA	SO 7.30	1/18	Thane Baker In	
26	Beatrice BOAKYE	FR 7.73	1/18	Thane Baker In	
33	Falicia AWUDI	FR 7.81	1/25	NAIA / JUCO Inv	
	Isabelle GILLHAM	FR 8.94	1/18	Thane Baker In	
16	Monroe-New Rochelle (N.	32.77	1	Region 15	average 8.19
LW: 15					
41	Kettia AMBROSE	SO 7.84	1/10	St. Thomas Aqu	
74	Brinel THOMAS	FR 7.98	2/1	John Thomas T	
	Aleisha CLARKE	FR 8.31	1/3	Wagner Invitati	
	Jazmiene FERGUSON	FR 8.64	1/3	Wagner Invitati	
17	South Plains (Texas)	32.95	1	Region 5	average 8.24
LW: 16					
14	Ruth AGADAMA	SO 7.59c	(7.57A)	1/18	Corky Classic
87	Juwonna WHITEHORN	FR 8.03c	(8.01A)	1/18	Corky Classic
	Yukari FULLER	FR 8.16c	(8.14A)	1/18	Corky Classic
	Brittney MCCORMACK	FR 9.17c	(9.15A)	1/18	Corky Classic
18	Pima (Ariz.) CC	32.96	1	Region 1	average 8.24
LW: 17					
74	J'layah SPELLMAN COLLINS	SO 7.98	2/1	Central Arizona	
	Julus YOUNG	FR 8.16	2/1	Central Arizona	
	Maylee THOMPSON	SO 8.32	1/18	Al Shirley Invita	
	Tatiyanna WHITE	FR 8.50	2/8	Gaucha "Indoor	
19	DuPage (Ill.)	33.39		Region 4	average 8.35
LW: 19					
83	Ellie LOGSDON	SO 8.01	1/31	Walter Cramer	
	Victoria TARPEH	FR 8.38	2/8	Lints/GVSU	
	Klaudia SZTAFKA	FR 8.47	1/25	Aurora Grand P	
	Molly MORRIS	SO 8.53	1/31	Walter Cramer	
20	State Fair (Mo.)	33.44	2	Region 16	average 8.36
LW: 18					
	Layisha FREEMAN	FR 8.29	2/8	Bearcat Invite (
	Nora MORENO	FR 8.29	1/18	Richard Alsup C	
	Jocelyn NUNEZ	FR 8.40	1/24	Central Missour	
	Williams STAHR	FR 8.46	1/24	Central Missour	
21	Glendale (Ariz.) CC	33.76	1	Region 1	average 8.44
LW: 20					
90	Lailah CAMPBELL	SO 8.05	2/8	Gaucha "Indoor	
	Aaliyah PERKINS	FR 8.29c	(8.25A)	1/31	Ron Mann Class
	Oyindamola ADETUTU	SO 8.51c	(8.47A)	1/31	Ron Mann Class
	Petra ONWUMERE	FR 8.91c	(8.87A)	1/31	Ron Mann Class
21	Muskegon (Mich.) CC	33.76		Region 12	average 8.44
LW: 21					
92	Natalie ERICKSON	JR 8.08	1/11	John Flaminio C	
	Brianna SMITH	SO 8.31	1/25	Hillsdale Wide	
	Ava CROWELL	FR 8.60	2/8	Lints/GVSU	
	Sage VANDERWALL	FR 8.77	1/25	Hillsdale Wide	
23	Cuyahoga (Ohio) CC	33.94		Region 12	average 8.48
LW: 23					
33	Keyonna MCGILL	SO 7.81	1/18	Muskie Meet #1	
	Jacarla BLACK	SO 8.53	1/25	Hillsdale Wide	
	Franceta DWEH	FR 8.64	1/25	Hillsdale Wide	
	Ciara MAY	FR 8.96	2/8	Jud Logan Ligh	
24	Marion Military Institute (33.94	2	Region 22	average 8.49
LW: 22					
68	Makenzey GLASS	SO 7.96	1/19	KMS Indoor Inv	
	Sirinity GLASPER	FR 8.38	2/1		
	Aujada ERVIN	FR 8.80	2/1	UAB Green and	
	Kyla PAYTON	FR 8.80	1/19	KMS Indoor Inv	
25	Neosho County (Kan.) CC	34.08	1	Region 6	average 8.52
LW: 24					
97	Paula DEL POZO	FR 8.11	2/1	Herm Wilson In	
	Rhea FLANDERS	FR 8.21	1/18	Richard Alsup C	
	Vaiolita LUKA	FR 8.43	2/8	Bearcat Invite (
	Katsiaryna KALESNIK	FR 9.33	2/1	Herm Wilson In	
26	Cowley (Kan.)	34.44		Region 6	average 8.61
LW: --					
	Grace KNIGHT	FR 8.50	2/1	Herm Wilson In	
	Karma SINGLETON	SO 8.50	1/25	NAIA / JUCO Inv	
	Daynel CALVO	FR 8.56	2/1	Herm Wilson In	
	Makayla GAY	SO 8.88	2/8	Bearcat Invite (
27	North Iowa Area CC	34.71		Region 11	average 8.68
LW: --					
	Gift GONPUE	SO 8.47	2/7	Wartburg Frida	
	Suzanne GUEDEYI	FR 8.53	2/1	Mark Schuck O	
	Emily USHER	SO 8.77	2/7	Wartburg Frida	
	Kordai LUTEN	SO 8.94	2/7	Wartburg Frida	



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Women's 60 Meter Hurdles

as of 2/11/25 10:47 AM ET

1	Barton (Kan.) CC	35.93
LW: 1	Region 6	average 8.98
2	Asharria ULETT	FR 8.48c (8.48A) 2/1 Texas Tech Stai
8	Ty'yanah ADAMS	FR 8.72 1/25 NAIA / JUCO Inv
25	Alexia WALKER	FR 9.19 1/25 NAIA / JUCO Inv
37	Wildlife VERMILUS	SO 9.54 1/25 NAIA / JUCO Inv
2	South Plains (Texas)	36.02
LW: 2	Region 5	average 9.00
6	Rashema LINDO	FR 8.70c (8.70A) 2/1 Texas Tech Stai
10	Tumi SANYAOLU	FR 8.79c (8.79A) 2/1 Texas Tech Stai
28	Juwonna WHITEHORN	FR 9.26c (9.26A) 2/1 Texas Tech Stai
29	Abril OKON	SO 9.27c (9.27A) 2/1 Texas Tech Stai
3	Cloud County (Kan.) CC	36.73
LW: 3	Region 6	average 9.18
7	Chenessa DAVIS	SO 8.71 1/25 NAIA / JUCO Inv
18	Tahlia LIENERT	FR 9.11 2/8 Sevigne Husker
27	Nanhi PANNU	FR 9.22 1/18 Thane Baker In
44	Carlie CARLGREN	FR 9.69 2/1 Washburn Oper
4	Richard Bland (Va.)	36.82
LW: 4	Region 10	average 9.20
14	Jada HATCHER	FR 9.00 12/8 Christopher Nei
19	Shyla COOPER	FR 9.12 1/25 Keydet Invitatic
21	Anijah JAMES	FR 9.13 12/8 Christopher Nei
38	Erin SMITH	SO 9.57 2/8 VMI Winter Clas
5	Pima (Ariz.) CC	38.30
LW: 5	Region 1	average 9.57
30	Hannah DROEG	FR 9.30 2/1 Central Arizona
39	Layla KONSKI	FR 9.58 2/8 Gaucho "Indoor
40	Tyler WASHINGTON	SO 9.61 2/8 Gaucho "Indoor
46	Maylee THOMPSON	SO 9.81 1/17 Jim Mielke Men
6	Iowa Central CC	38.58
LW: 6	Region 11	average 9.64
35	Hannah QUANG	FR 9.49 2/8 Iowa State Clas
36	Ella HOMAWOO	FR 9.52 2/8 Iowa State Clas
45	Eden BROUWERS	FR 9.74 1/25 Jack Johnson
49	Addison (Addi) HINDT	FR 9.83 1/25 Jack Johnson
7	Fort Scott (Kan.) CC	40.45
LW: 7	Region 6	average 10.11
15	Damaria BELL	FR 9.02 2/1 Washburn Oper
55	Jakouria JAMERSON	SO 10.31 2/1 Washburn Oper
60	Marcy MONELL	SO 10.48 1/18 Bumble Rumble
62	Jazz DILWORTH	SO 10.64 2/1 Washburn Oper



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Women's 200 Meters

as of 2/11/25 10:47 AM ET

1	New Mexico JC	1:38.90
LW: 1	Region 5	average 24.72
4	Nandy KIHUYU	SO 24.13c (24.06A) 2/1 Texas Tech Stai
10	Kamaria KNIGHT	SO 24.56c (24.49A) 2/1 Texas Tech Stai
18	Tuwana MCLEAN	FR 24.89c (24.82A) 1/25 MLK Inv
35	Nalicia GLEN	FR 25.32c (25.25A) 2/1 Texas Tech Stai

2	Indian Hills (Iowa) CC	1:39.95
LW: 2	Region 11	average 24.99
12	Kenyatta GRATE	SO 24.68 1/18 Graduate Class
19	Nyla NORMAN	SO 24.94 12/7 Washburn Alun
22	Zekira SNOW	SO 25.05 OT 12/14 Iowa State Holi
28	Laurie LOUIS	SO 25.28 OT 12/14 Iowa State Holi

3	Allen (Kan.) CC	1:40.07
LW: 3	Region 6	average 25.02
5	Adetutu ALADELOYE	SO 24.34 2/1 Washburn Oper
21	Kayveonna JACKSON	SO 25.01 2/1 Washburn Oper
23	Ranayla MOTEN	FR 25.06 2/8 Bearcat Invite (
52	Ala' Jah BROOKS	SO 25.66 2/1 Washburn Oper

4	Western Texas	1:40.19
LW: 5	Region 5	average 25.05
8	Charlize FRASER	FR 24.46c (24.39A) 1/25 MLK Inv
24	Shagay SHEPPY	FR 25.08 2/8 Charlie Thomas
28	Christiana BOYD	FR 25.28c (25.21A) 1/25 MLK Inv
37	Brianna BOYCE	SO 25.37c (25.30A) 2/1 Texas Tech Stai

5	Barton (Kan.) CC	1:40.42
LW: 4	Region 6	average 25.10
7	Keliza SMITH	SO 24.40 OT 1/25 NAIA / JUCO Inv
12	Kayda AUSTIN	FR 24.68c (24.61A) 2/1 Texas Tech Stai
51	Kialia CLAIBORNE	SO 25.63c (25.56A) 2/1 Texas Tech Stai
54	Kennidra SPIGNER	FR 25.71 1/18 Thane Baker In

6	Fort Scott (Kan.) CC	1:41.02
LW: 6	Region 6	average 25.26
26	Ivana ODONKOR	SO 25.14c (25.53f) 1/18 Bumble Rumble
30	Jayden PIPER	FR 25.29c (25.68f) 1/18 Bumble Rumble
30	Crystal CHAMBERS	SO 25.29 2/1 Washburn Oper
33	Dayjonique CATO	SO 25.30 OT 1/25 NAIA / JUCO Inv

7	Coffeyville (Kan.) CC	1:41.06
LW: 7	Region 6	average 25.26
11	Royanah FARMER	SO 24.63 2/7 Steve Miller Inv.
33	Tierra WILLIAMS	FR 25.30 2/1 Washburn Oper
44	Dhakiya BLAKE	SO 25.53 2/7 Steve Miller Inv.
48	Amalinaly PEMBERTON	SO 25.60 2/7 Steve Miller Inv.

8	Richard Bland (Va.)	1:41.84
LW: 8	Region 10	average 25.46
9	Jayla WERTS	SO 24.51 2/8 VMI Winter Clas
47	Michaelyn FISHER	FR 25.58 2/8 VMI Winter Clas
48	J'Miaya MUSE	FR 25.60 2/8 VMI Winter Clas
75	Breshauna MILLER	FR 26.15 2/8 VMI Winter Clas

9	Highland (Kan.) CC	1:42.81
LW: 16	Region 6	average 25.70
37	Alexia LEWIS	SO 25.37 2/8 Bearcat Invite (
43	Shanteria WASHINGTON	SO 25.52 2/8 Bearcat Invite (
59	J'Na DEMMING	SO 25.81 2/8 Bearcat Invite (
74	Jola FELIX	SO 26.11 2/1 Washburn Oper

10	Colby (Kan.) CC	1:43.45
LW: 11	Region 6	average 25.86
1	Anita AFRIFA	SO 23.28 2/7 Steve Miller Inv.
46	Beatrice BOAKYE	FR 25.55 2/1 Washburn Oper
94	Falicia AWUDI	FR 26.67 1/18 Thane Baker In
	Ashly THARP	SO 27.95 OT 1/25 NAIA / JUCO Inv

11	Cloud County (Kan.) CC	1:43.65
LW: 9	Region 6	average 25.91
2	Maimuna JALLOW	FR 23.69 2/1 Washburn Oper
6	Rafiatu NUHU	SO 24.37 2/1 Washburn Oper
100	Nele GOESL	FR 26.73 1/18 Thane Baker In
	Maeva CURE	SO 28.86 2/8 Sevigne Husker

12	Iowa Central CC	1:43.69
LW: 10	Region 11	average 25.92
19	Zariah GREAVES	FR 24.94 OT 2/1 SDSU D2/NAIA C
42	Mechak Linda BULA BULA	FR 25.46 1/18 Hawkeye Inv
83	Maeva GOUNE TIBBOLO	FR 26.30 OT 2/1 SDSU D2/NAIA C
	Rubi HERNANDEZ HILL	FR 26.99c (27.41f) 1/25 Jack Johnson

13	Essex County (N.J.)	1:43.98
LW: 14	Region 19	average 25.99
39	Kimberly BAKER	SO 25.41 1/31 Mets Indoor
72	Paula ORUSEDE	SO 26.08 1/31 Mets Indoor
76	Ma-Avian WILLIAMS	SO 26.16 2/8 Big Apple Invitc
84	Shermalee FREEMAN	FR 26.33 1/17 NYC Gotham Cu

14	Ranger (Texas)	1:44.24
LW: 15	Region 5	average 26.06
41	Charity RAYFORD	FR 25.44 2/8 FasTrak Colleg
72	Chasity RAYFORD	FR 26.08c (26.01A) 1/25 MLK Inv
78	Tania MILES	FR 26.22c (26.15A) 1/25 MLK Inv
88	Victoria JEFFERY	FR 26.50 12/7 Washburn Alun



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15	Bismarck State (N.D.)	1:44.30
LW: 12 ▼ 3	Region 13	average 26.08
45	Privilage BOWER	FR 25.54c (25.94f) 12/14 Dakota Alumni
79	Alexia ANDERSON	SO 26.23 OT 2/1 North Dakota Ir
81	Makayla WHITFIELD	FR 26.24c (26.64f) 1/25 U-Mary Winter C
82	Aliya SCHOCK	SO 26.29c (26.69f) 12/7 Mike Thorson O
16	Monroe-New Rochelle (N.	1:44.51
LW: 13 ▼ 3	Region 15	average 26.13
17	Kettia AMBROSE	SO 24.83 2/1 John Thomas T
30	Brinel THOMAS	FR 25.29 2/1 John Thomas T
67	Kaliyah JONES	FR 26.02 2/1 John Thomas T
	Julihanna JOHNSON	SO 28.37 1/10 St. Thomas Aqu
17	Pima (Ariz.) CC	1:47.06
LW: 17	Region 1	average 26.76
55	J'layah SPELLMAN COLLINS	SO 25.74 2/1 Central Arizona
	Julus YOUBENGUE	FR 26.87 2/8 Gaucho "Indoo
	Tristin DURON	SO 27.18 (0.6) 1/18 Al Shirley Invita
	Maylee THOMPSON	SO 27.27 2/1 Central Arizona
18	Paradise Valley (Ariz.) CC	1:47.45
LW: 18	Region 1	average 26.86
77	Chloe CANNON	FR 26.19 1/18 Puma "Indoor"
	Ava WILSON	FR 26.74 2/8 Gaucho "Indoo
	Aleksandra RENO	FR 26.82 2/8 Gaucho "Indoo
	Jaylee SPIVEY	FR 27.70 1/25 Paradise Valley
19	Hutchinson (Kan.) CC	1:48.27
LW: 19	Region 6	average 27.07
89	Azariah DAWES	FR 26.52 1/17 Washburn Rust
94	Kemisha WILLIAMS-DOMINQUE	SO 26.67c (27.08f) 2/1 Herm Wilson Im
	Taniyah COX	SO 27.42c (27.84f) 2/1 Herm Wilson Im
	Sierra BROOKS	FR 27.66 1/17 Washburn Rust
20	Meridian (Miss.) CC	1:48.32
LW: --	Region 23	average 27.08
92	Nakirsten HUGHES	FR 26.63 2/7 UAB Vulcan Invi
	Mykala CARTER	FR 27.18 1/18 Samford Janua
	Amirah NOCK	FR 27.20 1/18 Samford Janua
	Jakhia MARTIN	FR 27.31 2/7 UAB Vulcan Invi
21	Glendale (Ariz.) CC	1:48.33
LW: 21	Region 1	average 27.08
	Lailah CAMPBELL	SO 26.85 2/8 Gaucho "Indoo
	Aaliyah PERKINS	FR 26.86 2/8 Gaucho "Indoo
	Kaelyn GIARRUSSO	SO 27.23 1/25 Paradise Valley
	Oyindamola ADETUTU	SO 27.39 2/8 Gaucho "Indoo
22	Dodge City (Kan.) CC	1:49.73
LW: 20 ▼ 2	Region 6	average 27.43
70	Bianca GLEIM	SO 26.05cu (26.72u) 1/31 Charlie Foster C
	Caylee MAY	SO 27.04 OT 1/18 Richard Alsup C
	Olivia LEATHERMAN	FR 27.90cu (28.61u) 1/31 Charlie Foster C
	Zyria THOMPSON	FR 28.74cu (29.48u) 1/31 Charlie Foster C
23	DuPage (Ill.)	1:50.88
LW: 22 ▼ 1	Region 4	average 27.72
89	Ellie LOGSDON	SO 26.52c (26.93f) 1/31 Walter Cramer.
	Klaudia SZTAFA	FR 27.98 OT 2/8 Lints/GVSU
	Molly MORRIS	SO 28.19c (28.63f) 1/31 Walter Cramer.
	Fonida KHAMISSI	SO 28.19 OT 2/8 Lints/GVSU
24	Cuyahoga (Ohio) CC	1:50.92
LW: 23 ▼ 1	Region 12	average 27.73
58	Keyonna MCGILL	SO 25.75c (26.15f) 1/25 Hillsdale Wide
	Jacarla BLACK	SO 27.36 OT 2/8 Jud Logan Ligh
	Naomi COLLINS	28.67 OT 12/7 Saginaw Valley
	Ciara MAY	FR 29.14 OT 2/8 Jud Logan Ligh
25	Harper (Ill.)	1:51.15
LW: 26 ▲ 1	Region 4	average 27.79
	Natalia POCICA	SO 27.28c (27.70f) 2/8 Tadd Metzger I
	Delaney GALE	SO 27.90c (28.33f) 2/8 Tadd Metzger I
	Caitlin BASCO	FR 27.90c (28.33f) 2/8 Tadd Metzger I
	Perla VARGAS	SO 28.07c (28.50f) 2/8 Tadd Metzger I
26	Cowley (Kan.)	1:51.62
LW: 27 ▲ 1	Region 6	average 27.90
	Riannon ST. CLAIR	SO 27.25 2/8 Bearcat Invite (
	Grace KNIGHT	FR 27.89 OT 1/25 NAIA / JUCO Inv
	Mahalee BILHIMER	SO 28.05 2/8 Bearcat Invite (
	Karma SINGLETON	SO 28.43c (28.87f) 2/1 Herm Wilson Im
27	Muskegon (Mich.) CC	1:52.30
LW: 24 ▼ 3	Region 12	average 28.08
93	Natalie ERICKSON	JR 26.66c (27.07f) 1/11 John Flaminio C
	Brianna SMITH	SO 27.39c (27.81f) 1/25 Hillsdale Wide
	Steffanie MCGUFFEY	SO 29.04c (29.49f) 1/11 John Flaminio C
	Sage VANDERWALL	FR 29.21 OT 1/18 GVSU Bob Euba
28	State Fair (Mo.)	1:52.70
LW: 25 ▼ 3	Region 16	average 28.18
	Layisha FREEMAN	FR 27.67 2/8 Bearcat Invite (
	Nora MORENO	FR 27.73cu (28.44u) 1/11 Redhawks Invt
	Williams STAHR	FR 28.53c (28.97f) 1/24 Central Missou
	Bethany SLOVENS	FR 28.77c (29.21f) 1/24 Central Missou



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Women's 200 Meters

as of 2/11/25 10:47 AM ET

29	Marion Military Institute (1:54.25
LW: 28 ▼ 1	Region 22	average 28.56
Kiliyah TAYLOR	SO 26.96	2/8 UAB Green and
Sirinity GLASPER	FR 27.61	2/8 UAB Green and
Courtney TEESDALE	FR 29.63	2/8 UAB Green and
Raeya TOWNSEND	FR 30.05	2/1
30	North Iowa Area CC	1:55.33
LW: --	Region 11	average 28.83
Taja CONLEY	SO 28.28c	(28.72f) 2/1 Mark Schuck Op
Gift GONPUE	SO 28.36c	(28.80f) 2/1 Mark Schuck Op
Suzanne GUEDEYI	FR 28.81	2/7 Wartburg Frida
Emily USHER	SO 29.88c	(30.34f) 2/1 Mark Schuck Op
31	Triton (Ill.)	1:58.49
LW: --	Region 4	average 29.62
Jayla GARNER	FR 28.87c	(29.31f) 2/8 Falcon Winter C
Joaliz RODRIGUEZ	SO 29.25c	(29.70f) 2/8 Falcon Winter C
Kinga ANTOLAK	FR 29.88c	(30.34f) 1/24 ONU Invitationc
Ava CONNERTY	SO 30.49c	(30.96f) 1/24 ONU Invitationc
32	Joliet (Ill.) JC	2:00.37
LW: 29 ▼ 3	Region 4	average 30.09
Regan FURMANKIEWICZ	SO 27.55c	(27.98f) 1/24 ONU Invitationc
Hailey OSTROM	SO 28.93c	(29.38f) 1/31 Walter Cramer
Kamsiyochuk ONWUSOWULU	FR 31.91c	(32.40f) 1/31 Walter Cramer
Brooklyn STUCKEY	SO 31.98c	(32.47f) 2/8 Keck Invitationc
33	Queensborough (N.Y.) CC	2:04.10
LW: 30 ▼ 3	Region 15	average 31.02
Medina SCRIBNER	FR 29.98	1/17 Ramapo Season
Kayla HERNANDEZ	SO 30.90	1/17 Ramapo Season
Chelsea RATCLIFF	FR 31.08	1/17 Ramapo Season
Beverly BLAKE	FR 32.14	1/17 Ramapo Season



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's 400 Meters

as of 2/11/25 10:47 AM ET

1	Western Texas	3:47.77
LW: --	Region 5	average 56.94
7	Janae DAWES	FR 56.56 2/8 Charlie Thomas
9	Brieanna BOYCE	SO 56.75c (56.64A) 1/25 MLK Inv
10	Lovina EWUSI	SO 56.78 2/8 Charlie Thomas
18	Shagay SHEPPY	FR 57.68 2/8 Charlie Thomas

2	Hinds (Miss.) CC	3:48.50
LW: 3 ▲ 1	Region 23	average 57.12
4	Queen USUNOBUN	FR 56.11 2/8 UAB Green and
5	Twyshanna HUIE	SO 56.23 2/8 UAB Green and
13	Caydence BREWER	SO 57.54 2/8 UAB Green and
29	T'kyla BENNETT	SO 58.62c (59.39f) 1/17 Purple Tiger

3	Coffeyville (Kan.) CC	3:52.76
LW: 1 ▼ 2	Region 6	average 58.19
16	Tierra WILLIAMS	FR 57.61 2/1 Washburn Oper
19	Amalinaly PEMBERTON	SO 57.78 OT 1/25 NAIA / JUCO Inv
30	Dhakiya BLAKE	SO 58.64 OT 1/25 NAIA / JUCO Inv
31	Ja'Kheria KELSER	FR 58.73 1/17 Ark Inv

4	Barton (Kan.) CC	3:52.90
LW: 2 ▼ 2	Region 6	average 58.22
3	Natasha FOX	FR 56.04c (55.93A) 2/1 Texas Tech Stai
21	Narissa MCPHERSON	FR 57.92c (57.81A) 2/1 Texas Tech Stai
28	Kialia CLAIBORNE	SO 58.60 OT 1/25 NAIA / JUCO Inv
45	Alexia WALKER	FR 1:00.34 1/25 NAIA / JUCO Inv

5	Essex County (N.J.)	3:56.86
LW: 5	Region 19	average 59.22
22	Kimberly BAKER	SO 57.95 1/31 Mets Indoor
33	Aaliyah MORGAN	FR 59.36 1/31 Mets Indoor
36	Shermalee FREEMAN	FR 59.46 1/25 Sander Chal.
42	Paula ORUSEDE	SO 1:00.09 2/8 Big Apple Invita

6	Richard Bland (Va.)	3:57.66
LW: 4 ▼ 2	Region 10	average 59.42
6	Jayla WERTS	SO 56.28 1/31 Marlin Invitatio
26	Breshauna MILLER	FR 58.49 1/25 Keydet Invitatic
46	J'Miaya MUSE	FR 1:00.38c (1:01.18f) 12/8 Christopher Nei
63	Michaelyn FISHER	FR 1:02.51 2/8 VMI Winter Clas

7	Monroe-New Rochelle (N.	4:05.98
LW: 6 ▼ 1	Region 15	average 1:01.50
11	Kettia AMBROSE	SO 56.99 1/25 Sander Chal.
47	Kaliyah JONES	FR 1:00.41 2/1 John Thomas T
83	Jazmiene FERGUSON	FR 1:03.97 2/7 Fastrack Natio
90	Julihanna JOHNSON	SO 1:04.61 1/17 Ramapo Season

8	Meridian (Miss.) CC	4:08.97
LW: --	Region 23	average 1:02.24
40	Cshanti PIERCE	SO 59.76 2/7 UAB Vulcan Inv
62	Jakhia MARTIN	FR 1:02.48 1/18 Samford Janua
70	Taitiana JONES	FR 1:02.95 2/7 UAB Vulcan Inv
80	Mykala CARTER	FR 1:03.78 2/7 UAB Vulcan Inv

9	Cuyahoga (Ohio) CC	4:11.58
LW: 9	Region 12	average 1:02.89
26	Keyonna MCGILL	SO 58.49 OT 2/8 Jud Logan Ligh
51	Jacarla BLACK	SO 1:01.57 2/8 Jud Logan Ligh
93	Naomi COLLINS	1:04.97 12/7 Saginaw Valley
	Ciara MAY	FR 1:06.55c (1:07.43f) 2/1 Muskie Meet #3

10	Fort Scott (Kan.) CC	4:13.35
LW: 7 ▼ 3	Region 6	average 1:03.34
49	Jakouria JAMERSON	SO 1:00.55 1/25 NAIA / JUCO Inv
66	Marcy MONELL	SO 1:02.66 1/25 NAIA / JUCO Inv
79	Kaliyah SMITH	FR 1:03.68c (1:04.52f) 1/18 Bumble Rumble
	Sanaa NALLS	FR 1:06.46c (1:07.34f) 1/18 Bumble Rumble

11	Neosho County (Kan.) CC	4:15.19
LW: 8 ▼ 3	Region 6	average 1:03.80
42	Vilorina TUILAWAKI	SO 1:00.09c (1:00.88f) 1/24 Central Missou
77	Melania TURAGA	FR 1:03.44c (1:04.28f) 1/24 Central Missou
91	Rhea FLANDERS	FR 1:04.62c (1:05.47f) 2/1 Herm Wilson In
	Paula DEL POZO	FR 1:07.04c (1:07.93f) 2/1 Herm Wilson In

12	Pima (Ariz.) CC	4:16.84
LW: 11 ▼ 1	Region 1	average 1:04.21
53	Tristin DURON	SO 1:01.86 1/18 Al Shirley Invita
56	Carissa HINTON	FR 1:02.22 2/1 Central Arizona
	Elsie IBARRA	FR 1:06.14 2/8 Gaucho "Indoor
	Janiya ROSS	SO 1:06.62 2/8 Gaucho "Indoor

13	Paradise Valley (Ariz.) CC	4:18.93
LW: 10 ▼ 3	Region 1	average 1:04.73
44	Chloe CANNON	FR 1:00.23 2/1 Central Arizona
88	Aleksandra RENO	FR 1:04.49 1/18 Puma "Indoor"
	Jaylee SPIVEY	FR 1:05.74 2/1 Central Arizona
	Chloe HANCOCK	FR 1:08.47 1/18 Puma "Indoor"

14	DuPage (Ill.)	4:20.22
LW: 12 ▼ 2	Region 4	average 1:05.05
32	Ellie LOGSDON	SO 59.03 OT 2/8 Lints/GVSU
89	Molly MORRIS	SO 1:04.60 2/8 Lints/GVSU
	Allison BROWNE	FR 1:07.71 2/8 Lints/GVSU
	Olivia BRACH	FR 1:08.88 2/8 Lints/GVSU



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's 400 Meters

as of 2/11/25 10:47 AM ET

15 North Iowa Area CC 4:24.52

LW: -- Region 11 average 1:06.13

84	Suzanne GUEDEYI	FR	1:04.11c	(1:04.97f)	2/1	Mark Schuck Op
	Tenisha HERBERT	SO	1:05.75		2/7	Wartburg Frida
	Gift GONPUE	SO	1:07.20c	(1:08.10f)	2/1	Mark Schuck Op
	Taja CONLEY	SO	1:07.46c	(1:08.36f)	2/1	Mark Schuck Op

16 Joliet (Ill.) JC 5:06.08

LW: 13 ▼ 3 Region 4 average 1:16.52

	Regan FURMANKIEWICZ	SO	1:09.23c	(1:10.15f)	1/31	Walter Cramer
	Maura CECICH	FR	1:12.10c	(1:13.06f)	1/31	Walter Cramer
	Kamsiyochuk ONWUSOWULU	FR	1:18.17c	(1:19.21f)	1/24	ONU Invitation
	Gianna BARNES	FR	1:26.58c	(1:27.73f)	2/8	Keck Invitation



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's 800 Meters

as of 2/11/25 10:47 AM ET

1	Cloud County (Kan.) CC	8:55.13
LW: 1	Region 6	average 2:13.78
2	Nontokozi NCUBE	SO 2:10.58 2/8 Seignie Husker
5	N Vanee ANCHIKE	SO 2:13.93 1/25 NAIA / JUCO Inv
6	Rafiatu NUHU	SO 2:14.70 2/1 Washburn Oper
7	Mercy ANGAAMCHAAB	SO 2:15.92 2/1 Washburn Oper
2	New Mexico JC	9:01.79
LW: 2	Region 5	average 2:15.45
1	Amal KACHOURI	FR 2:10.41c (2:11.14A) 1/25 MLK Inv
4	Jody ANN MITCHELL	SO 2:13.65c (2:14.40A) 1/25 MLK Inv
9	Emilly SILVA	SO 2:16.48c (2:17.24A) 1/25 MLK Inv
20	Daphne KAUSZ	SO 2:21.25c (2:21.65A) 2/1 Texas Tech Stat
3	Iowa Western CC	9:21.78
LW: 4	Region 11	average 2:20.44
8	Angeline ESTRADA	SO 2:16.23 2/1 SDSU D2/NAIA C
18	Wijdane INZALINE	FR 2:20.96 2/1 SDSU D2/NAIA C
27	Alyssa KULESA	FR 2:22.13 2/8 Bearcat Invite (
29	Elizabeth EWUSIE	FR 2:22.46 2/8 Bearcat Invite (
4	Iowa Central CC	9:26.65
LW: 5	Region 11	average 2:21.66
19	Natalie BOGDANOVA KIRILOVA	SO 2:21.05 2/8 Iowa State Clas
23	Abbigail (Abbi) HUTCHINSON	FR 2:21.50c (2:23.13f) 1/25 Jack Johnson
24	Juliette GAVOIS	FR 2:21.78 1/25 Emmerich Inv
28	Alivia EDENS	FR 2:22.32 2/8 Iowa State Clas
5	Salt Lake (Utah) CC	9:28.52
LW: 3	Region 18	average 2:22.13
15	Lindsey LOPES	SO 2:18.81c (2:19.47A) 1/18 Snake River Op
17	Avery JENSEN	SO 2:20.52c (2:21.18A) 1/18 Snake River Op
32	Tara BOUCK	FR 2:23.78c (2:24.53A) 2/1 Roman Ruiz Sp
37	Katelyn CARLILE	FR 2:25.41c (2:26.16A) 2/1 Roman Ruiz Sp
6	Southern Idaho	9:37.30
LW: 6	Region 18	average 2:24.32
21	Isabella BEILKE	FR 2:21.26c (2:21.93A) 1/18 Snake River Op
31	Kennedy KUNZ	FR 2:23.63c (2:26.02fA) 1/10 Weber State Inv
40	Laurie DAVIDSON	FR 2:25.83 1/25 Lauren McClusk
43	Laynee ROWLEY	SO 2:26.58 1/25 Lauren McClusk
7	Pima (Ariz.) CC	9:38.75
LW: 11	Region 1	average 2:24.69
13	Reatta DANOFF	SO 2:18.31 2/8 Gaucho "Indoo
26	Linda RIVERO	SO 2:22.12 2/8 Gaucho "Indoo
48	Ella ALLRED	FR 2:27.52 2/8 Gaucho "Indoo
64	Alyssa PEREZ	SO 2:30.80 2/8 Gaucho "Indoo

8	Dodge City (Kan.) CC	9:46.96
LW: 7	Region 6	average 2:26.74
33	Sarai CHAVEZ	SO 2:24.14c (2:26.51u) 1/31 Charlie Foster C
35	Ava WASHINGTON	SO 2:24.33c (2:26.70u) 1/31 Charlie Foster C
46	Ivy WASHINGTON	SO 2:27.39c (2:29.81u) 1/31 Charlie Foster C
66	Caylee MAY	SO 2:31.10c (2:33.58u) 1/31 Charlie Foster C
9	Central Arizona	9:49.15
LW: 8	Region 1	average 2:27.29
12	Grace KOMBETTO	SO 2:17.30 2/8 Gaucho "Indoo
53	Cassidy DAVIDSON	FR 2:28.70 2/1 Central Arizona
65	Jessica VIERA	SO 2:30.89 2/1 Central Arizona
73	Tatyana ENRIQUEZ	FR 2:32.26 2/1 Central Arizona
10	Ranger (Texas)	9:50.18
LW: 10	Region 5	average 2:27.55
36	Alyssa MABRY	FR 2:24.40c (2:25.21A) 1/25 MLK Inv
38	Macie MORALES	FR 2:25.61c (2:26.42A) 1/25 MLK Inv
57	Andrea TERUEL	FR 2:29.57 2/8 FasTrak Collegi
63	Mackenzie SMITH	FR 2:30.60 2/8 FasTrak Collegi
11	Vincennes (Ind.)	9:53.33
LW: --	Region 24	average 2:28.33
30	Sara BELGACEM	FR 2:22.87 2/7 Eastern Indoors
47	Adi FULLER	SO 2:27.45 2/7 Eastern Indoors
62	Jasmyn SELF	SO 2:30.57 2/7 Eastern Indoors
74	Alexis HALE	FR 2:32.44 2/7 Eastern Indoors
12	Mesa (Ariz.) CC	9:54.76
LW: 9	Region 1	average 2:28.69
34	Carmella BALDWIN	SO 2:24.28c (2:25.88A) 1/31 Ron Mann Clas
54	Katie MUNOZ	FR 2:29.15c (2:30.81A) 1/31 Ron Mann Clas
55	Kate DARE	FR 2:29.17c (2:30.83A) 1/31 Ron Mann Clas
70	Lucy MELZER	FR 2:32.16 1/25 Paradise Valley
13	Neosho County (Kan.) CC	10:13.67
LW: 14	Region 6	average 2:33.42
39	Melania TURAGA	FR 2:25.78 2/8 Bearcat Invite (
44	Vilorina TUILAWAKI	SO 2:27.12 2/8 Bearcat Invite (
86	Amy STYLES	SO 2:34.25 2/8 Bearcat Invite (
	Barbara GURROLA	FR 2:46.52 2/8 Bearcat Invite (
14	Bismarck State (N.D.)	10:17.09
LW: 12	Region 13	average 2:34.27
16	Ava STAFFORD	SO 2:20.45c (2:22.07f) 2/8 NDSU Bison Op
80	Paysha REX	SO 2:33.79c (2:35.56f) 12/14 Dakota Alumni
	Lindsey SCHROEDER	FR 2:37.67c (2:39.49f) 12/14 Dakota Alumni
	Kaitlyn BANCROFT	SO 2:45.18c (2:47.09f) 2/8 NDSU Bison Op



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's 800 Meters

as of 2/11/25 10:47 AM ET

15	Des Moines Area (Iowa) CC	10:19.30
LW: 13 ▼ 2	Region 11	average 2:34.82
60	Abby HARDING	FR 2:30.11 2/8 Iowa State Clas
83	Grace COLLINS	FR 2:34.18c (2:35.96f) 1/17 Jack Jennett In
100	Kayden SPENCER	FR 2:36.98c (2:38.79f) 1/17 Jack Jennett In
	Ava MANNING	FR 2:38.03 2/8 Iowa State Clas
16	Muskegon (Mich.) CC	10:30.60
LW: 15 ▼ 1	Region 12	average 2:37.65
84	Isabella CIFUENTES	FR 2:34.23 1/18 GVSU Bob Euba
94	Olivia URBAN	FR 2:35.85 2/8 Lints/GVSU
97	Lauren LEE	FR 2:36.18 1/18 GVSU Bob Euba
	Madison PARMLEY	SO 2:44.34 2/8 Lints/GVSU
17	Southeastern (Iowa) CC	10:42.22
LW: 16 ▼ 1	Region 11	average 2:40.56
	Arianna PEDRIN	SO 2:37.10c (2:38.91f) 1/24 Monmouth Mid
	Aubrey KUNTZ	FR 2:38.37c (2:40.19f) 1/24 Monmouth Mid
	Chloe FERNEAU	FR 2:42.88c (2:44.75f) 2/1 Grinnell Inv
	Rylee OLSEN	FR 2:43.87c (2:45.76f) 1/11 Battle in the Hi
18	Cuyahoga (Ohio) CC	10:49.03
LW: --	Region 12	average 2:42.26
92	Jacarla BLACK	SO 2:35.60 2/8 Jud Logan Ligh
	Ciara MAY	FR 2:39.94 2/8 Jud Logan Ligh
	Hannah CUNNINGHAM	SO 2:45.28c (2:47.18f) 2/1 Muskie Meet #3
	Scarlet CAREY	FR 2:48.21 2/8 Jud Logan Ligh
19	DuPage (Ill.)	11:19.92
LW: 17 ▼ 2	Region 4	average 2:49.98
56	Carmen SOLIS	SO 2:29.41 2/8 Lints/GVSU
	Alison PASDIORA	FR 2:52.57 1/25 Aurora Grand P
	Olivia CHAPMAN	FR 2:58.57 2/8 Lints/GVSU
	Samantha BLANKENSHIP	FR 2:59.37c (3:01.44f) 1/31 Walter Cramer
20	Marion Military Institute (11:25.62
LW: 18 ▼ 2	Region 22	average 2:51.40
	Adaysha HOLLINESS	FR 2:41.36 2/1
	Lauren CLAYTON	FR 2:49.23 1/19 KMS Indoor Invi
	Sipriana HILL	SO 2:49.74 2/8 UAB Green and
	Jakiyia SEALEY	SO 3:05.29 2/1



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's 1000 Meters

as of 2/11/25 10:47 AM ET

1	Cloud County (Kan.) CC	11:54.85	
LW: 1	Region 6	average 2:58.71	
1	N Vanee ANCHIKE	SO 2:52.39	1/18 Graduate Class
2	Mercy ANGAAMCHAAB	SO 2:58.68	1/18 Graduate Class
4	Nontokozi NCUBE	SO 2:59.78	1/18 Graduate Class
11	Amanda KOTAMBE	FR 3:04.00	1/18 Graduate Class
2	Iowa Central CC	12:16.19	
LW: 4 ▲ 2	Region 11	average 3:04.05	
6	Abbigail (Abbi) HUTCHINSON	FR 3:00.62	2/8 Iowa State Clas
9	Alivia EDENS	FR 3:02.68	2/1 SDSU D2/NAIA C
10	Natalie BOGDANOVA KIRILOVA	SO 3:03.79	2/1 SDSU D2/NAIA C
27	Juliette GAVOIS	FR 3:09.10	2/8 Iowa State Clas
3	Mesa (Ariz.) CC	12:28.75	
LW: 7 ▲ 4	Region 1	average 3:07.19	
12	Carmella BALDWIN	SO 3:05.32	1/25 Paradise Valley
15	Lucy MELZER	FR 3:07.14	2/8 Gaucho "Indoor"
20	Regina RAIMO	SO 3:07.63	2/8 Gaucho "Indoor"
26	Katie MUNOZ	FR 3:08.66	2/8 Gaucho "Indoor"
4	Iowa Western CC	12:29.47	
LW: 2 ▼ 2	Region 11	average 3:07.37	
14	Elizabeth EWUSIE	FR 3:06.25	1/24 Cyclone Open
18	Angeline ESTRADA	SO 3:07.42	1/18 Graduate Class
19	Alyssa KULESA	FR 3:07.60	2/1 SDSU D2/NAIA C
24	Wijdane INZALINE	FR 3:08.20	1/18 Graduate Class
5	Pima (Ariz.) CC	12:33.83	
LW: 3 ▼ 2	Region 1	average 3:08.46	
5	Reatta DANOFF	SO 3:00.39	2/1 Central Arizona
16	Linda RIVERO	SO 3:07.36	2/1 Central Arizona
21	Ella ALLRED	FR 3:07.78	2/1 Central Arizona
46	Alyssa PEREZ	SO 3:18.30	2/1 Central Arizona
6	Southern Idaho	12:39.49	
LW: 5 ▼ 1	Region 18	average 3:09.87	
7	Aubrie BARZEE	FR 3:02.12	1/25 Lauren McClusk
13	Kennedy KUNZ	FR 3:05.99	1/25 Lauren McClusk
31	Isabella BEILKE	FR 3:11.80	1/25 Lauren McClusk
47	Kenia AINSWORTH	SO 3:19.58	1/25 Lauren McClusk
7	Paradise Valley (Ariz.) CC	12:41.70	
LW: 6 ▼ 1	Region 1	average 3:10.43	
17	Rachael BETHANCOURT	SO 3:07.38	1/25 Paradise Valley
23	Keira DAMRON	SO 3:08.14	1/18 Puma "Indoor"
33	Mackenzie BETHANCOURT	SO 3:11.91	1/25 Paradise Valley
36	Olivia COULSTON	SO 3:14.27	1/18 Puma "Indoor"
8	Muskegon (Mich.) CC	13:57.99	
LW: 8	Region 12	average 3:29.50	
51	Isabella CIFUENTES	FR 3:23.51c (3:25.73f)	1/24 Grand Rapids S
53	Lauren LEE	FR 3:24.38c (3:26.61f)	1/11 John Flaminio C
56	Olivia URBAN	FR 3:27.50c (3:29.76f)	1/24 Grand Rapids S
68	Naomi KIPKECH	FR 3:42.60c (3:45.03f)	1/11 John Flaminio C



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's Mile

as of 2/11/25 10:47 AM ET

1	Odessa (Texas)	19:52.06
LW: 1	Region 5	average 4:58.01
2	Millicent WAFULA	FR 4:51.32c (4:54.74A) 2/1 Texas Tech Stai
3	Salma SADDOUNG	FR 4:56.30c (4:59.78A) 2/1 Texas Tech Stai
9	Kaydeen JOHNSON	FR 4:59.63c (5:03.15A) 2/1 Texas Tech Stai
10	Elizabeth ILANDA	FR 5:04.81c (5:08.39A) 2/1 Texas Tech Stai
2	Iowa Western CC	20:27.70
LW: 2	Region 11	average 5:06.93
1	Juliana SAKAT	FR 4:48.52 1/24 Cyclone Open
6	Hafssa BOUTRICH	FR 4:57.57 1/24 Cyclone Open
35	Wijdane INZALINE	FR 5:18.73 1/18 Thane Baker In
49	Elizabeth EWUSIE	FR 5:22.88 1/24 Cyclone Open
3	Salt Lake (Utah) CC	20:36.16
LW: 3	Region 18	average 5:09.04
8	Angelina LIONE	FR 4:59.55c (5:05.37A) 1/18 Snake River Op
16	Angela (Angy) Denisse SALADO FERNANDEZ	SO 5:11.69 2/1 Washington Inv
19	Naomi SOTELO	SO 5:12.02 2/1 Washington Inv
21	Elayna LOVERIDGE	SO 5:12.90c (5:19.46A) 2/1 Roman Ruiz Sp
4	Southern Idaho	21:10.78
LW: 4	Region 18	average 5:17.69
24	Aubrie BARZEE	FR 5:14.45c (5:20.56A) 1/18 Snake River Op
30	Laynee ROWLEY	SO 5:16.74c (5:22.89A) 1/18 Snake River Op
37	Sage LYON	FR 5:19.17c (5:25.37A) 1/18 Snake River Op
40	Kennedy KUNZ	FR 5:20.42c (5:26.64A) 1/18 Snake River Op
5	Paradise Valley (Ariz.) CC	21:15.73
LW: 5	Region 1	average 5:18.93
25	Keira DAMRON	SO 5:14.64 1/25 Paradise Valley
38	Mackenzie BETHANCOURT	SO 5:19.65 1/25 Paradise Valley
43	Rachael BETHANCOURT	SO 5:20.57 1/25 Paradise Valley
46	Rachael M. BETHANCOURT	SO 5:20.87 2/8 Iowa State Clas
6	Crowder (Mo.)	21:22.14
LW: 6	Region 16	average 5:20.53
14	Videlda JEBET	FR 5:11.14 2/1 Pitt State Invita
18	Faith JEPTOO	SO 5:11.81 2/1 Pitt State Invita
23	Mercy KIBUIGUT	FR 5:13.29 2/1 Pitt State Invita
100	Katie JARRETT	FR 5:45.90 1/25 NAIA / JUCO Inv
7	Iowa Central CC	21:35.21
LW: 8	Region 11	average 5:23.80
15	Abigail (Abbi) HUTCHINSON	FR 5:11.59 2/1 SDSU D2/NAIA C
27	Alivia EDENS	FR 5:15.90 2/8 Iowa State Clas
73	Juliette GAVOIS	FR 5:31.82 1/18 Hawkeye Inv
79	Imane JOURJI	FR 5:35.90 1/25 Emmerich Inv

8	Mesa (Ariz.) CC	21:47.74
LW: 7	Region 1	average 5:26.94
20	Carmella BALDWIN	SO 5:12.18c (5:23.95A) 1/31 Ron Mann Clas
55	Lucy MELZER	FR 5:24.57c (5:36.80A) 1/31 Ron Mann Clas
74	Kinley JACKSON	FR 5:32.76c (5:45.30A) 1/31 Ron Mann Clas
86	Regina RAIMO	SO 5:38.23c (5:50.98A) 1/10 Friday Night
9	Butler (Kan.) CC	22:29.90
LW: 9	Region 6	average 5:37.48
45	Elizabeth HERNANDEZ	SO 5:20.62 1/25 NAIA / JUCO Inv
76	Alison UNRUH	SO 5:33.97 1/25 NAIA / JUCO Inv
98	Valyrie FREEMAN	SO 5:45.48 1/25 NAIA / JUCO Inv
	Alexa MARSHALL	FR 5:49.83 1/25 NAIA / JUCO Inv
10	Cowley (Kan.)	22:31.26
LW: 11	Region 6	average 5:37.82
69	Dheniffer VAZ	JR 5:30.00c (5:33.26f) 2/1 Herm Wilson In
81	Savannah FISCHER	SO 5:36.50 1/17 Washburn Rust
83	Kayli MYERS	SO 5:36.68 2/8 Bearcat Invite (
	Pauline ALTHOFF	FR 5:48.08 1/17 Washburn Rust
11	Garden City (Kan.) CC	22:31.96
LW: 10	Region 6	average 5:37.99
53	Reid HARVEY-MCKEAN	FR 5:23.72 1/25 NAIA / JUCO Inv
66	Meryeme MAI	FR 5:28.39c (5:31.64f) 1/11 Friends First Ch
80	Beverlyne KIPTARUS	SO 5:36.36 1/25 NAIA / JUCO Inv
	Umahan SAHIN	FR 6:03.49 1/17 Washburn Rust
12	Ranger (Texas)	22:44.20
LW: 12	Region 5	average 5:41.05
67	Macie MORALES	FR 5:28.56c (5:31.81f) 1/17 Owen Hewett Ir
85	Alyssa MABRY	FR 5:38.04 12/7 Washburn Alun
	Victaline MUTAI	5:48.49c (5:56.25A) 1/25 MLK Inv
	Myla GREENZWEIG	SO 5:49.11c (5:52.56f) 1/17 Owen Hewett Ir
13	Pima (Ariz.) CC	22:46.64
LW: 13	Region 1	average 5:41.66
32	Reatta DANOFF	SO 5:17.40 1/25 Paradise Valley
84	Ella ALLRED	FR 5:37.70 1/25 Paradise Valley
	Alyssa PEREZ	SO 5:55.30 1/25 Paradise Valley
	Elizabeth COPPOLA	FR 5:56.24 2/1 Central Arizona
14	Vincennes (Ind.)	22:50.28
LW: 14	Region 24	average 5:42.57
68	Sara BELGACEM	FR 5:29.07 2/1 PNC Lenny Lyle
71	Adi FULLER	SO 5:30.79 2/1 PNC Lenny Lyle
	Alexis HALE	FR 5:47.90 1/24 Bellarmine Cla
	Allie BLACK	FR 6:02.52 1/24 Bellarmine Cla



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's Mile

as of 2/11/25 10:47 AM ET

15 Des Moines Area (Iowa) CC 23:01.91

LW: 15 Region 11 average 5:45.48

59	Grace COLLINS	FR	5:25.91	1/24 Cyclone Open
70	Kayden SPENCER	FR	5:30.01	1/24 Cyclone Open
93	Jaycie VOHS	FR	5:43.76	12/14 Iowa State Holi
	Tori YUNGGEBAUER	FR	6:22.23c (6:26.02f)	1/17 Jack Jennett In

16 Muskegon (Mich.) CC 23:58.43

LW: 16 Region 12 average 5:59.61

	Kierra FLEGEL	SO	5:48.15	2/8 Lints/GVSU
	Isabella CIFUENTES	FR	5:55.49c (5:59.00f)	1/25 Hillsdale Wide 1
	Lauren LEE	FR	6:02.80	2/8 Lints/GVSU
	Reagan RUEL	FR	6:11.99	2/8 Lints/GVSU

17 DuPage (Ill.) 24:43.41

LW: 17 Region 4 average 6:10.85

72	Carmen SOLIS	SO	5:30.94	1/25 Aurora Grand P
	Maureen BLUEMLE	FR	6:10.13	1/25 Aurora Grand P
	Alexandra ABOOD	SO	6:26.41	1/25 Aurora Grand P
	Olivia CHAPMAN	FR	6:35.93	2/8 Lints/GVSU

18 Southeastern (Iowa) CC 24:59.88

LW: 18 Region 11 average 6:14.97

	Rylee OLSEN	FR	6:05.59c (6:09.20f)	1/11 Battle in the Hi
	Chloe FERNEAU	FR	6:07.88c (6:11.52f)	1/24 Monmouth Mid
	Aubrey KUNTZ	FR	6:21.49c (6:25.26f)	1/11 Battle in the Hi
	Eva DOWNEY	FR	6:24.92c (6:28.73f)	1/11 Battle in the Hi



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's 3000 Meters

as of 2/11/25 10:47 AM ET

1	Odessa (Texas)	40:22.83
LW: 1	Region 5	average 10:05.71
3	Millicent WAFULA	FR 9:57.69c (10:04.98A) 1/18 Corky Classic
4	Elizabeth ILANDA	FR 10:01.96 (10:09.30A) 1/18 Corky Classic
8	Salma SADDoug	FR 10:07.36 (10:14.77A) 1/18 Corky Classic
12	Lilian MATEO	SO 10:15.82 (10:23.33A) 1/18 Corky Classic
2	Salt Lake (Utah) CC	40:42.02
LW: 2	Region 18	average 10:10.50
5	Angelina LIONE	FR 10:02.41 (10:21.62fA) 1/10 Weber State Inv
6	Naomi SOTELO	SO 10:05.05 (10:24.34fA) 1/10 Weber State Inv
11	Melanie ANDERSON	FR 10:15.59 (10:35.22fA) 1/10 Weber State Inv
15	Angela (Angy) Denisse SALADO FERNANDEZ	SO 10:18.97 (10:38.70fA) 1/10 Weber State Inv
3	Iowa Western CC	41:12.45
LW: 3	Region 11	average 10:18.11
1	Juliana SAKAT	FR 9:30.36 1/18 Graduate Class
9	Hafssa BOUTRICH	FR 10:08.59 1/18 Graduate Class
25	Elizabeth EWUSIE	FR 10:25.25 1/18 Thane Baker In
67	Ayianna OLIVAS	SO 11:08.25 1/18 Graduate Class
4	Southern Idaho	42:08.81
LW: 4	Region 18	average 10:32.20
21	Lillian NEFF	SO 10:22.74 (10:42.59fA) 1/10 Weber State Inv
31	Laurie DAVIDSON	FR 10:30.59 1/25 Lauren McClusk
37	Laynee ROWLEY	SO 10:37.05 1/25 Lauren McClusk
38	Sage LYON	FR 10:38.43 1/25 Lauren McClusk
5	New Mexico JC	43:10.64
LW: 5	Region 5	average 10:47.66
7	Francesca ALVARADO	SO 10:05.43 (10:12.82A) 2/1 Texas Tech Sta
13	Ines MRABET	FR 10:16.67 (10:24.19A) 2/1 Texas Tech Sta
68	Lisel NDLOVU	FR 11:14.63 (11:22.86A) 2/1 Texas Tech Sta
88	Mary TENGE	FR 11:33.91 (11:42.38A) 1/18 Corky Classic
6	Crowder (Mo.)	43:17.23
LW: 6	Region 16	average 10:49.31
18	Pelisha KOSGEI	FR 10:20.66 1/25 NAIA / JUCO Inv
27	Faith JEPTOO	SO 10:28.08 1/25 NAIA / JUCO Inv
47	Mercy KIBUIGUT	FR 10:45.37 1/25 NAIA / JUCO Inv
99	Jasmine HAYES	FR 11:43.12 1/25 NAIA / JUCO Inv
7	Butler (Kan.) CC	45:03.03
LW: 7	Region 6	average 11:15.76
19	Elizabeth HERNANDEZ	SO 10:21.18 2/1 Washburn Oper
71	Alison UNRUH	SO 11:18.48 1/25 NAIA / JUCO Inv
97	Valyrie FREEMAN	SO 11:39.50 1/25 NAIA / JUCO Inv
100	Alexa MARSHALL	FR 11:43.87 1/25 NAIA / JUCO Inv

8	Mesa (Ariz.) CC	45:06.51
LW: 8	Region 1	average 11:16.63
52	Carmella BALDWIN	SO 10:51.69 1/18 Al Shirley Invita
65	Kinley JACKSON	FR 11:06.30 1/18 Al Shirley Invita
86	Regina RAIMO	SO 11:30.82 (12:00.79A) 1/10 Friday Night
94	Marissa HERNANDEZ	FR 11:37.70 (12:07.96A) 1/10 Friday Night
9	Cowley (Kan.)	45:22.86
LW: 10	▲ 1 Region 6	average 11:20.72
63	Kayli MYERS	SO 11:05.07 1/17 Washburn Rust
72	Savannah FISCHER	SO 11:20.32 2/8 Bearcat Invite (
79	Pauline ALTHOFF	FR 11:22.92 1/17 Washburn Rust
90	Lili-Rose BREHERET	SO 11:34.55 1/25 NAIA / JUCO Inv
10	Dodge City (Kan.) CC	45:42.76
LW: 9	▼ 1 Region 6	average 11:25.69
69	Ivy WASHINGTON	SO 11:17.32 (11:24.43u) 1/31 Charlie Foster C
78	Ava WASHINGTON	SO 11:22.53 (11:29.70u) 1/31 Charlie Foster C
83	Daniela CERDA	FR 11:28.44 (11:35.67u) 1/31 Charlie Foster C
89	Sarai CHAVEZ	SO 11:34.47 (11:41.76u) 1/31 Charlie Foster C
11	Macomb (Mich.) CC	50:56.36
LW: 11	Region 12	average 12:44.09
55	Ava LAMILZA	SO 10:56.01 1/17 Saginaw Valley
85	Emma DELL	FR 11:30.18 (11:36.09f) 1/25 Hillsdale Wide
	Erin ROWAN	FR 11:47.72 1/17 Saginaw Valley
	Vanessa SAYERS	FR 16:42.45 (16:51.04f) 1/25 Hillsdale Wide



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's 5000 Meters

as of 2/11/25 10:47 AM ET

1 Salt Lake (Utah) CC 1:09:34

LW: 1 Region 18 average 17:23.55

2 Angela (Angy) Denisse SO **17:08.36** 2/1 Washington Inv
SALADO FERNANDEZ**4** Melanie ANDERSON FR **17:24.67** 2/1 Washington Inv**5** Angelina LIONE FR **17:25.51** 2/1 Washington Inv**6** Edith NESLEN FR **17:35.65** 2/1 Washington Inv**2 DuPage (Ill.) 1:25:55**

LW: -- Region 4 average 21:28.87

23 Carmen SOLIS SO **18:40.49** 12/6 Grand Valley St53 Maureen BLUEMLE FR **21:50.80** 2/8 Lints/GVSU54 Alexandra ABOOD SO **21:57.74** 2/8 Lints/GVSU60 Alison PASDIORA FR **23:26.46** 2/8 Lints/GVSU



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's High Jump

as of 2/11/25 10:47 AM ET

1	Pima (Ariz.) CC	6.48m	21-3
LW: 1	Region 1	average 1.62m	5-3¾
2	Isabel GREEN SO 1.67m	5-5¾	1/18 Al Shirley Invita
2	Janiya ROSS SO 1.67m	5-5¾	1/18 Al Shirley Invita
7	April NECAISE SO 1.62m	5-3¾	1/25 Paradise Valley
18	Tyler WASHINGTON SO 1.52m	4-11¾	1/17 Jim Mielke Men
2	Fort Scott (Kan.) CC	6.04m	19-9¾
LW: 2	Region 6	average 1.51m	4-11½
11	Emmanuella SQUIRE SO 1.55m	5-1	1/18 Bumble Rumble
24	Jakouria JAMERSON SO 1.50m	4-11	1/18 Bumble Rumble
24	Kennedy MOSLEY SO 1.50m	4-11	1/18 Bumble Rumble
29	Jazz DILWORTH SO 1.49m	4-10½	2/1 Washburn Oper
3	Cloud County (Kan.) CC	5.94m	19-5¾
LW: 3	Region 6	average 1.48m	4-10½
16	Chenessa DAVIS SO 1.53m	5-¼	2/1 Washburn Oper
18	Tahlia LIENERT FR 1.52m	4-11¾	2/1 Washburn Oper
31	Cordaelia WILLIAMS SO 1.47m	4-9¾	1/25 NAIA / JUCO Inv
40	Carlie CARLGREN FR 1.42m	4-7¾	1/25 NAIA / JUCO Inv
4	Hawkeye (Iowa) CC	5.79m	19-0
LW: 4	Region 11	average 1.45m	4-9
8	Halima BIGGS FR 1.60m	5-3	1/17 Jack Jennett In
30	Tasha WILLIAMS SO 1.48m	4-10¼	2/7 Wartburg Frida
35	Mallori JONES FR 1.45m	4-9	2/1 Spartan Shootc
52	Emer MCAULIFFE FR 1.26m	4-1½	1/25 Fighting Bee Im



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's Long Jump

as of 2/11/25 10:47 AM ET

1	Barton (Kan.) CC	21.93m	71-11½
LW: 1	Region 6	average 5.48m	18-0
5	Celine RIDDLE	FR 5.74m	18-10 1/25 NAIA / JUCO Inv
7	Chloe PERRYMAN	SO 5.65m	18-6½ 1/18 Thane Baker In
17	Kymia BRIDGETT	FR 5.38m	17-8 1/18 Thane Baker In
32	Makiya MOSLEY	FR 5.16m	16-11¼ 1/25 NAIA / JUCO Inv
2	South Plains (Texas)	21.63m	70-11¾
LW: 2	Region 5	average 5.41m	17-9
2	Ruth AGADAMA	SO 5.88m	19-3½ 2/1 Texas Tech Sta
4	Sydney ROQUEBRUN	SO 5.83m	19-1½ 1/30 Texas Tech Sta
45	Abril OKON	SO 5.02m	16-5¾ 2/1 Texas Tech Sta
60	Juwonna WHITEHORN	FR 4.90m	16-1 2/1 Texas Tech Sta
3	Iowa Central CC	21.34m	70-¼
LW: 3	Region 11	average 5.34m	17-6
1	Maeva GOUNE TIBBOLO	FR 6.03m	19-9½ 1/11 Battle in the Hi
25	Ella HOMAWOO	FR 5.29m	17-4¼ 1/11 Battle in the Hi
42	Destiny DAVIS	FR 5.04m	16-6½ 1/25 Jack Johnson
52	Paola BEHILE	FR 4.98m	16-4¼ 1/18 Hawkeye Inv
4	Richard Bland (Va.)	21.24m	69-8¼
LW: 4	Region 10	average 5.31m	17-5¼
8	Anijah JAMES	FR 5.61m	18-5 1/24 Keydet Invitatic
21	Shyla COOPER	FR 5.33m	17-6 1/12 VCU Ram Indoo
30	Ciarra MOORE	SO 5.19m	17-½ 12/8 Christopher Ne
35	Michaelyn FISHER	FR 5.11m	16-9¼ 1/12 VCU Ram Indoo
5	Pima (Ariz.) CC	21.07m	69-1½
LW: 5	Region 1	average 5.27m	17-3½
6	Maylee THOMPSON	SO 5.70mw	18-8½ (2.5) 1/17 Jim Mielke Men
24	Layla KONSKI	FR 5.30m	2/8 Gaucho "Indoo
36	Hannah DROEG	FR 5.10m	1/17 Jim Mielke Men
55	Tyler WASHINGTON	SO 4.97m	1/17 Jim Mielke Men
6	Iowa Western CC	21.02m	68-11¾
LW: 6	Region 11	average 5.26m	17-3
3	Sakina UMAR	SO 5.85m	19-2½ 2/8 Bearcat Invite (
27	Taeja BARTEE	FR 5.25m	17-2¾ 1/18 Thane Baker In
31	Mercy HONESTY	SO 5.17m	16-11½ 1/24 Cyclone Open
69	Elfie SANOGO	FR 4.75m	15-7 2/8 Bearcat Invite (
7	Cloud County (Kan.) CC	19.68m	64-6¾
LW: 7	Region 6	average 4.92m	16-1¾
23	Nele GOESL	FR 5.31m	17-5¼ 1/18 Thane Baker In
39	Chenessa DAVIS	SO 5.08m	16-8 1/18 Thane Baker In
75	Tahlia LIENERT	FR 4.65m	15-3¼ 2/1 Washburn Oper
76	Carlie CARLGREN	FR 4.64m	15-2¾ 1/18 Thane Baker In

8	Glendale (Ariz.) CC	19.53m	64-1
LW: --	Region 1	average 4.88m	16-¼
28	Kaelyn GIARRUSSO	SO 5.22m	2/8 Gaucho "Indoo
34	Oyindamola ADETUTU	SO 5.12m	2/8 Gaucho "Indoo
45	Aaliyah PERKINS	FR 5.02m	2/8 Gaucho "Indoo
94	Shelly NEWTON	FR 4.17m	2/8 Gaucho "Indoo
9	Hawkeye (Iowa) CC	18.97m	62-3
LW: 8	Region 11	average 4.74m	15-6¾
22	Alyssa WONDERCHECK	FR 5.32m	17-5½ 1/11 Battle in the Hi
26	Halima BIGGS	FR 5.28m	17-4 2/1 Spartan Shootc
81	Tasha WILLIAMS	SO 4.56m	14-11½ 1/25 Fighting Bee In
	Emer MCAULIFFE	FR 3.81m	12-6 1/17 Jack Jennett In



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's Triple Jump

as of 2/11/25 10:47 AM ET

1	Iowa Western CC		45.03m	147-9
LW: 1	Region 11		average 11.26m	36-11¼
1	Mercy HONESTY	SO	12.83m	42-1¼ 1/18 Thane Baker In
7	Sakina UMAR	SO	11.52m	37-9½ 1/24 Cyclone Open
18	Elfie SANOGO	FR	10.91m	35-9½ 2/8 Bearcat Invite (
34	Brooklyn VOMACKA	FR	9.77m	32-¾ 1/24 Cyclone Open
2	Richard Bland (Va.)		44.87m	147-3
LW: --	Region 10		average 11.22m	36-9¾
3	Ciarra MOORE	SO	11.74m	38-6¼ 12/8 Christopher Nei
13	Anijah JAMES	FR	11.19m	36-8½ 2/8 VMI Winter Clas
14	Shyla COOPER	FR	11.09m	36-4¾ 12/8 Christopher Nei
21	Erin SMITH	SO	10.85m	35-7¼ 1/31 Marlin Invitatio



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's Shot Put

as of 2/11/25 10:47 AM ET

1	Iowa Western CC	54.02m	177-3	
LW: 1	Region 11	average	13.50m	44-3¾
3	Sarai SIMPSON	SO	14.59m	47-10½ 2/1 SDSU D2/NAIA C
4	Chin-Loy RAYMOND	SO	14.27m	46-10 1/11 Scott Nisely Me
9	Monifa EDWARDS	FR	12.94m	42-5½ 2/1 SDSU D2/NAIA C
17	Lovely HIBBERT	FR	12.22m	40-1¼ 1/18 Thane Baker In
2	Cowley (Kan.)	45.38m	148-11	
LW: 2	Region 6	average	11.34m	37-2¾
5	Cierra GRAY	SO	14.24m	46-8¾ 2/8 Bearcat Invite (
27	Hadley WILSON	FR	11.12m	36-5¾ 1/17 Washburn Rust
34	Amoni EVANS	FR	10.49m	34-5 2/8 Bearcat Invite (
56	Jessi MCDOWELL	FR	9.53m	31-3¾ 2/8 Bearcat Invite (
3	Iowa Central CC	43.77m	143-7	
LW: 3	Region 11	average	10.94m	35-11
10	Unitee BROWN	FR	12.75m	41-10 2/8 Iowa State Clas
16	Zuriya ROBINSON	SO	12.35m	40-6¼ 2/1 SDSU D2/NAIA C
40	Eden BROUWERS	FR	10.23m	33-6¾ 2/8 Iowa State Clas
84	Ella HOMAWOO	FR	8.44m	27-8¼ 1/25 Jack Johnson
4	South Plains (Texas)	41.82m	137-3	
LW: 4	Region 5	average	10.46m	34-3¾
13	Kahllah BAILEY	FR	12.65m	41-6 1/18 Corky Classic
14	Suerena ALEXANDER	FR	12.57m	41-3 2/1 Texas Tech Stai
74	Abril OKON	SO	8.86m	29-1 2/1 Texas Tech Stai
100	Juwonna WHITEHORN	FR	7.74m	25-4¾ 2/1 Texas Tech Stai
5	Mesa (Ariz.) CC	40.47m	132-10	
LW: 5	Region 1	average	10.12m	33-2½
23	Sara JACOBSON	SR	11.43mA	37-6 1/31 Ron Mann Class
30	Seioriana GLASS	SO	11.02m	36-2 1/18 Al Shirley Invita
50	Tatum MATHENY	FR	9.73m	31-11¼ 1/17 Jim Mielke Men
86	Tiffany NUNEZ	FR	8.29m	27-2½ 1/18 Al Shirley Invita
6	Mineral Area (Mo.)	38.70m	127-0	
LW: 8	Region 16	average	9.68m	31-9
26	Nora HENRY	FR	11.16m	36-7½ 1/25 Illinois College
44	Harlie HINKLE	FR	10.14m	33-3¾ 2/8 Keck Invitation
56	Alexis WALKER	FR	9.53m	31-3¾ 2/8 Keck Invitation
97	Addison BRENNEKE	FR	7.87m	25-10 1/25 Illinois College
7	Dawson (Mont.) CC	37.70m	123-8	
LW: 6	Region 13	average	9.43m	30-11¼
29	Nichole ROBERTS	FR	11.03m	36-2¼ 12/7 Mike Thorson O
69	Danika LORDS	FR	9.06m	29-8¾ 12/7 Mike Thorson O
70	Kail LEFSRUD	FR	9.04m	29-8 12/7 Mike Thorson O
80	Destiny THOMPSON	FR	8.57m	28-1½ 12/7 Mike Thorson O
7	Hawkeye (Iowa) CC	37.70m	123-8	
LW: 6	Region 11	average	9.43m	30-11¼
24	Kailan MCEWEN	FR	11.39m	37-4½ 1/17 Jack Jennett In
61	Darcee O'LOUGHLIN	SO	9.37m	30-9 2/1 Spartan Shootc
71	Ella AUDORFF	FR	8.96m	29-4¾ 2/1 Spartan Shootc
94	Annabell VERYARD	FR	7.98m	26-2¼ 2/1 Spartan Shootc
9	Pima (Ariz.) CC	36.93m	121-2	
LW: 9	Region 1	average	9.23m	30-3½
36	Morgan MOSLEY	FR	10.44m	34-3 2/1 Central Arizona
58	Bianca CORONA	FR	9.50m	31-2 2/1 Central Arizona
82	Maylee THOMPSON	SO	8.51m	27-11 1/17 Jim Mielke Men
83	Hannah DROEG	FR	8.48m	27-10 1/17 Jim Mielke Men
10	Cloud County (Kan.) CC	36.00m	118-2	
LW: 10	Region 6	average	9.00m	29-6½
41	Vivica ADDISON	SO	10.22m	33-6½ 2/1 Herm Wilson In
51	Margherita SALA	SO	9.72m	31-10¾ 1/18 Thane Baker In
91	Carlie CARLGREN	FR	8.12m	26-7¾ 2/1 Washburn Ope
96	Tahlia LIENERT	FR	7.94m	26-¾ 2/1 Washburn Ope
11	Hudson Valley (N.Y.) CC	35.38m	116-1	
LW: 11	Region 3	average	8.85m	29-¼
67	Alivia COCHRAN		9.09m	29-10 1/31 Roxbury Comm
67	Iamies HASSAN	SO	9.09m	29-10 1/31 Roxbury Comm
78	Angelica SLINGERLAND	SO	8.65m	28-4½ 1/31 Roxbury Comm
81	Cali BUCHHOLZ	FR	8.55m	28-¾ 1/31 Roxbury Comm
12	Bismarck State (N.D.)	35.13m	115-3	
LW: 12	Region 13	average	8.78m	28-9¾
47	Maggie KLEINKNECHT	FR	10.09m	33-1¼ 12/7 Mike Thorson O
53	Mya SHELDON	SO	9.57m	31-4¾ 1/18 Marauders Indc
79	Jenna GREEN	SO	8.63m	28-3¾ 1/25 U-Mary Winter C
	Hailey METCALF	FR	6.84m	22-5¼ 12/7 Mike Thorson O



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's Weight Throw

as of 2/11/25 10:47 AM ET

1	Cowley (Kan.)	59.55m	195-5
LW: 1	Region 6	average	14.89m 48-10¼
9	Mercedes GLOVER JR	15.26m	50-¾ 2/1 Herm Wilson Inv
10	Mayce MCDONALD SO	15.06m	49-5 1/25 NAIA / JUCO Inv
15	Cierra GRAY SO	14.68m	48-2 1/25 NAIA / JUCO Inv
16	Hadley WILSON FR	14.55m	47-9 1/17 Washburn Rust
2	Iowa Western CC	54.41m	178-6
LW: 2	Region 11	average	13.60m 44-7½
6	Sarai SIMPSON SO	15.59m	51-1¾ 2/1 SDSU D2/NAIA C
18	Chin-Loy RAYMOND SO	14.39m	47-2½ 1/24 Cyclone Open
26	Lovely HIBBERT FR	12.94m	42-5½ 1/11 Scott Nisely Me
45	Monifa EDWARDS FR	11.49m	37-8½ 1/24 Cyclone Open
3	Coffeyville (Kan.) CC	53.49m	175-6
LW: 3	Region 6	average	13.37m 43-10½
12	Ana MANOUSARIDIS SO	14.84m	48-8¼ 1/18 Thane Baker In
13	Shaniece POWELL FR	14.80m	48-6¾ 1/18 Thane Baker In
25	McKayla KUPLIICKI SO	13.01m	42-8¼ 1/18 Thane Baker In
57	Carla Kay BROWN FR	10.84m	35-6¾ 1/18 Thane Baker In
4	Hawkeye (Iowa) CC	43.62m	143-2
LW: 4	Region 11	average	10.90m 35-9½
36	Darcee O'LOUGHLIN SO	12.16m	39-10¾ 1/17 Jack Jennett In
56	Annabell VERYARD FR	10.86m	35-7¾ 2/1 Spartan Shootc
58	Breanna SWABY FR	10.70m	35-1¼ 1/17 Jack Jennett In
70	Kailan MCEWEN FR	9.90m	32-5¾ 1/17 Jack Jennett In
5	Mineral Area (Mo.)	39.98m	131-2
LW: 5	Region 16	average	10.00m 32-9½
62	Nora HENRY FR	10.31m	33-10 1/25 Illinois College .
64	Alexis WALKER FR	10.22m	33-6½ 2/8 Keck Invitation
67	Addison BRENNEKE FR	10.11m	33-2 1/25 Illinois College .
77	Harlie HINKLE FR	9.34m	30-7¾ 1/25 Illinois College .
6	Bismarck State (N.D.)	36.82m	120-10
LW: 6	Region 13	average	9.20m 30-2½
60	Mariana ELIAS FR	10.39m	34-1¼ 12/7 Mike Thorson O
68	Maggie KLEINKNECHT FR	10.09m	33-1¼ 12/7 Mike Thorson O
71	Jenna GREEN SO	9.79m	32-1½ 2/1 North Dakota Ir
94	Marielle PEDDYCORD FR	6.55m	21-6 12/7 Mike Thorson O
7	Hudson Valley (N.Y.) CC	33.60m	110-3
LW: --	Region 3	average	8.40m 27-6¾
72	Lauren SCHROM FR	9.68m	31-9¼ 2/8 Middlebury Fiel
80	Iamies HASSAN SO	8.56m	28-1 2/8 Middlebury Fiel
84	Zoe EVANS FR	8.22m	26-11¾ 2/8 Middlebury Fiel
88	Angelica SLINGERLAND SO	7.14m	23-5¼ 2/8 Middlebury Fiel



#EventSquad Rankings — 2025 Checkpoint #3, February 1

Women's Pentathlon

as of 2/11/25 10:47 AM ET

1	Pima (Ariz.) CC	10,943
LW: 1	Region 1	average 2,736
3	Maylee THOMPSON	SO 3,115 1/17 Jim Mielke Men
5	Hannah DROEG	FR 2,939 1/17 Jim Mielke Men
13	Layla KONSKI	FR 2,547 1/17 Jim Mielke Men
16	Tyler WASHINGTON	SO 2,342 1/17 Jim Mielke Men