



National TFRI Event Summary

Women's 60 Meters — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Anita AFRIFA	SO	#16 Colby (Kan.) CC	23.60	7.30	1/18/25	Thane Baker Invitational
2	Keliza SMITH	SO	#4 Barton (Kan.) CC	21.24	7.33	1/18/25	Thane Baker Invitational
3	Maimuna JALLOW	FR	#2 Cloud County (Kan.) C	19.01	7.35	1/25/25	NAIA / JUCO Invitational
4	Zariah GREAVES	FR	#5 Iowa Central CC	15.32	7.53	1/18/25	Hawkeye Invitational
5	Serena GRACE	FR	#3 Iowa Western CC	13.17	7.55	1/11/25	Scott Nisely Memorial
6	Kamaria KNIGHT	SO	#1 New Mexico JC	11.02	7.57c	(7.55A) 1/18/25	Texas Tech Corky Classic
7	Ruth AGADAMA	SO	#13 South Plains (Texas)	9.86	7.59c	(7.57A) 1/18/25	Texas Tech Corky Classic
8	Avia LANE	FR	#6 Indian Hills (Iowa) CC	8.79	7.60	12/14/24	Iowa State Holiday Invitationa
8	Royanah FARMER	SO	#14 Coffeyville (Kan.) CC	8.79	7.60	1/18/25	Thane Baker Invitational
10	La'Nica LOCKER	SO	#19 Hinds (Miss.) CC	6.72	7.61	1/17/25	Purple Tiger Invitational
11	Christiana BOYD	FR	#7 Western Texas	5.64	7.62c	(7.60A) 1/18/25	Texas Tech Corky Classic
11	Linya GEDEON	SO	#14 Coffeyville (Kan.) CC {2}	5.64	7.62	1/17/25	Arkansas Invitational
11	Destiny MITCHELL	SO	#6 Indian Hills (Iowa) CC{2}	5.64	7.62	1/25/25	Larry Wiczorek Invitational
14	Zekira SNOW	SO	#6 Indian Hills (Iowa) CC{3}	2.57	7.63	12/14/24	Iowa State Holiday Invitationa
15	Privilege BOWER	FR	Bismarck State (N.D.)	1.92	7.65	12/7/24	Mike Thorson Open
16	Adetutu ALADELOYE	SO	Allen (Kan.) CC	1.59	7.66	1/11/25	Friends First Chance Qualifier
17	Kayda AUSTIN	FR	#4 Barton (Kan.) CC {2}	1.21	7.68	1/25/25	NAIA / JUCO Invitational
18	Beatrice BOAKYE	FR	#16 Colby (Kan.) CC {2}	0.93	7.73	1/18/25	Thane Baker Invitational
19	Michaelyn FISHER	FR	#17 Richard Bland (Va.)	0.80	7.74	12/8/24	Christopher Newport Holiday
19	Shanteria WASHINGTON	SO	Highland (Kan.) CC	0.80	7.74	1/25/25	NAIA / JUCO Invitational
21	Asharria ULETT	FR	#4 Barton (Kan.) CC {3}	0.60	7.75	1/25/25	NAIA / JUCO Invitational
22	Mekhila SANDERS	FR	Garden City (Kan.) CC	0.50	7.80	1/11/25	Friends First Chance Qualifier
22	Nakirsten HUGHES	FR	Meridian (Miss.) CC	0.50	7.80	1/18/25	Samford January Open
24	Takelia WILLIAMS	FR	#4 Barton (Kan.) CC {4}	TM-4	7.81	1/25/25	NAIA / JUCO Invitational
24	Trinity MONTGOMERY	SO	#19 Hinds (Miss.) CC {2}	0.30	7.81	1/17/25	Purple Tiger Invitational
24	Keyonna MCGILL	SO	Cuyahoga (Ohio) CC	0.30	7.81	1/18/25	Muskie Meet #1
24	Falicia AWUDI	FR	#16 Colby (Kan.) CC {3}	0.30	7.81	1/25/25	NAIA / JUCO Invitational
24	Alexia LEWIS	SO	Highland (Kan.) CC {2}	0.30	7.81	1/25/25	NAIA / JUCO Invitational
29	Ritorion VIGNE	SO	#19 Hinds (Miss.) CC {3}	0.08	7.82	1/17/25	Purple Tiger Invitational
29	Charlize FRASER	FR	#7 Western Texas {2}	0.08	7.82c	(7.80A) 1/18/25	Texas Tech Corky Classic
31	Ma-Avian WILLIAMS	SO	Essex County (N.J.)	0.04	7.84	1/17/25	NYC Gotham Cup
31	Nyla NORMAN	SO	#6 Indian Hills (Iowa) CC{4}	TM-4	7.84	1/18/25	Graduate Classic
31	Kettia AMBROSE	SO	#23 Monroe-New Rochelle	0.04	7.84	1/10/25	St. Thomas Aquinas Spartan I
34	Samarrah WILLIAMS	FR	Fort Scott (Kan.) CC	0.02	7.85	1/18/25	Bumble Rumble
34	Ranayla MOTEN	FR	Allen (Kan.) CC {2}	0.02	7.85	1/17/25	Washburn Rust Buster
34	Crystal CHAMBERS	SO	Fort Scott (Kan.) CC	0.02	7.85	1/25/25	NAIA / JUCO Invitational



National TFRI Event Summary

Women's 60 Meter Hurdles — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Dymonde NAVE	SO	#6 Indian Hills (Iowa) CC	23.18		8.49	12/14/24 Iowa State Holiday Invitationa
2	Asharria ULETT	FR	#4 Barton (Kan.) CC	20.77		8.54	1/25/25 NAIA / JUCO Invitational
2	Lovina EWUSI	SO	#7 Western Texas	20.77		8.54c (8.54A)	1/18/25 Texas Tech Corky Classic
4	Chenessa DAVIS	SO	#2 Cloud County (Kan.) C	15.63		8.71	1/25/25 NAIA / JUCO Invitational
5	Ty'yanah ADAMS	FR	#4 Barton (Kan.) CC {2}	13.58		8.72	1/25/25 NAIA / JUCO Invitational
5	Rashema LINDO	FR	#13 South Plains (Texas)	13.58		8.72c (8.72A)	1/18/25 Texas Tech Corky Classic
7	Seanna GAYE-LESLIE	FR	#19 Hinds (Miss.) CC	10.42		8.75	1/17/25 Purple Tiger Invitational
8	Linya GEDEON	SO	#14 Coffeyville (Kan.) CC	9.37		8.76	1/18/25 Thane Baker Invitational
9	Tumi SANYAOLU	FR	#13 South Plains (Texas) {2}	7.60		8.97c (8.97A)	1/18/25 Texas Tech Corky Classic
10	Jada HATCHER	FR	#17 Richard Bland (Va.)	6.52		9.00	12/8/24 Christopher Newport Holiday
11	Damaria BELL	FR	Fort Scott (Kan.) CC	5.45		9.03	1/18/25 Bumble Rumble
12	Janae DAWES	FR	#7 Western Texas {2}	4.37		9.06c (9.06A)	1/18/25 Texas Tech Corky Classic
13	Ma-Avian WILLIAMS	SO	Essex County (N.J.)	3.27		9.10	1/17/25 NYC Gotham Cup
14	Tahlia LIENERT	FR	#2 Cloud County (Kan.) {2}	2.22		9.12	1/18/25 Thane Baker Invitational
14	Brieanna BOYCE	SO	#7 Western Texas {3}	2.22		9.12c (9.12A)	1/25/25 Dr. Martin Luther King, Jr. Invi
14	Shyla COOPER	FR	#17 Richard Bland (Va.) {2}	2.22		9.12	1/25/25 Keydet Invitational
17	Anijah JAMES	FR	#17 Richard Bland (Va.) {3}	1.20		9.13	12/8/24 Christopher Newport Holiday
18	Olivia LEATHERMAN	FR	Dodge City (Kan.) CC	1.05		9.15	1/18/25 Richard Alsup Open
19	Paula ORUSEDE	SO	Essex County (N.J.) {2}	0.93		9.16	1/17/25 NYC Gotham Cup
20	Dedra WOOD	FR	Bismarck State (N.D.)	0.80		9.17	1/25/25 U-Mary Winter Classic
20	Aliyah GIDHARRY	SO	#12 Central Arizona	0.80		9.17 #Error	1/25/25 Paradise Valley CC "Indoor"
22	Kadina DEEBLE	FR	Essex County (N.J.) {3}	0.58		9.18	1/17/25 NYC Gotham Cup
23	Alexia WALKER	FR	#4 Barton (Kan.) CC {3}	0.45		9.19	1/25/25 NAIA / JUCO Invitational
24	Nanhi PANNU	FR	#2 Cloud County (Kan.) {3}	0.30		9.22	1/18/25 Thane Baker Invitational
24	Kaelyn GIARRUSSO	SO	Glendale (Ariz.) CC	0.30		9.22 #Error	1/25/25 Paradise Valley CC "Indoor"
26	Aleisha CLARKE	FR	#23 Monroe-New Rochelle	0.15		9.24	1/25/25 Dr. Sander Scorchner
27	Abril OKON	SO	#13 South Plains (Texas) {3}	0.13		9.31c (9.31A)	1/18/25 Texas Tech Corky Classic
28	Hannah DROEG	FR	#8 Pima (Ariz.) CC	0.10		9.36 #Error	1/25/25 Paradise Valley CC "Indoor"
29	Dekanya WEBB	FR	#16 Colby (Kan.) CC	0.08		9.37	1/25/25 NAIA / JUCO Invitational
30	Zoe ALLEN	SO	Vincennes (Ind.)	0.05		9.42	1/24/25 PNC Bank Bellarmine Classic
31	Arriana JOHNSON	SO	#6 Indian Hills (Iowa) CC {2}	0.04		9.44	12/14/24 Iowa State Holiday Invitationa
32	Sara JACOBSON	SR	#10 Mesa (Ariz.) CC	0.03		9.50 #Error	1/25/25 Paradise Valley CC "Indoor"
33	Ella HOMAWOO	FR	#5 Iowa Central CC	0.02		9.53	1/25/25 Jack Johnson Classic
34	Widlife VERMILUS	SO	#4 Barton (Kan.) CC {4}	TM-4		9.54	1/25/25 NAIA / JUCO Invitational
35	Juwonna WHITEHORN	FR	#13 South Plains (Texas) {4}	TM-4		9.55c (9.55A)	1/18/25 Texas Tech Corky Classic



National TFRI Event Summary

Women's 200 Meters — 2025 Week #1, January 28

NPR	Athlete	(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	Anita AFRIFA	SO #16 Colby (Kan.) CC	24.19	23.72	1/18/25 Thane Baker Invitational
2	Maimuna JALLOW	FR #2 Cloud County (Kan.) C	20.00	24.39 OT	1/25/25 NAIA / JUCO Invitational
3	Nandy KIHUYU	SO #1 New Mexico JC	17.97	24.40c (24.33A)	1/18/25 Texas Tech Corky Classic
3	Keliza SMITH	SO #4 Barton (Kan.) CC	17.97	24.40 OT	1/25/25 NAIA / JUCO Invitational
5	Charlize FRASER	FR #7 Western Texas	13.78	24.46c (24.39A)	1/25/25 Dr. Martin Luther King, Jr. Invi
6	Adetutu ALADELOYE	SO Allen (Kan.) CC	11.43	24.57 OT	1/25/25 NAIA / JUCO Invitational
7	Kenyatta GRATE	SO #6 Indian Hills (Iowa) CC	10.13	24.68	1/18/25 Graduate Classic
8	Ruth AGADAMA	SO #13 South Plains (Texas)	8.84	24.82c (24.75A)	1/18/25 Texas Tech Corky Classic
9	Tuwana MCLEAN	FR #1 New Mexico JC {2}	7.69	24.89c (24.82A)	1/25/25 Dr. Martin Luther King, Jr. Invi
10	Serena GRACE	FR #3 Iowa Western CC	6.63	24.92	1/18/25 Thane Baker Invitational
11	Nyla NORMAN	SO #6 Indian Hills (Iowa) CC{2}	5.59	24.94	12/7/24 Washburn Alumni Invitational
12	Kamaria KNIGHT	SO #1 New Mexico JC {3}	4.53	24.97c (24.90A)	1/18/25 Texas Tech Corky Classic
13	Zekira SNOW	SO #6 Indian Hills (Iowa) CC{3}	3.37	25.05 OT	12/14/24 Iowa State Holiday Invitationa
14	Kayda AUSTIN	FR #4 Barton (Kan.) CC {2}	2.35	25.06	1/18/25 Thane Baker Invitational
15	Royanah FARMER	SO #14 Coffeyville (Kan.) CC	1.81	25.08	1/17/25 Arkansas Invitational
16	Ivana ODONKOR	SO Fort Scott (Kan.) CC	1.50	25.14c (25.53f)	1/18/25 Bumble Rumble
17	T'Anna LIBURD	SO #12 Central Arizona	1.22	25.17 #Error	1/25/25 Paradise Valley CC "Indoor"
18	Ranayla MOTEN	FR Allen (Kan.) CC {2}	1.07	25.22 OT	1/25/25 NAIA / JUCO Invitational
19	Kettia AMBROSE	SO #23 Monroe-New Rochelle	0.96	25.23	1/10/25 St. Thomas Aquinas Spartan I
20	Laurie LOUIS	SO #6 Indian Hills (Iowa) CC{4}	TM-4	25.28 OT	12/14/24 Iowa State Holiday Invitationa
20	Christiana BOYD	FR #7 Western Texas {2}	0.81	25.28c (25.21A)	1/25/25 Dr. Martin Luther King, Jr. Invi
22	Jayden PIPER	FR Fort Scott (Kan.) CC {2}	0.60	25.29c (25.68f)	1/18/25 Bumble Rumble
23	Dayjoniqe CATO	SO Fort Scott (Kan.) CC {3}	0.49	25.30 OT	1/25/25 NAIA / JUCO Invitational
24	Mechak Linda BULA BULA	FR #5 Iowa Central CC	0.30	25.46	1/18/25 Hawkeye Invitational
25	Kimberly BAKER	SO Essex County (N.J.)	0.20	25.49	1/17/25 NYC Gotham Cup
26	Priviladge BOWER	FR Bismarck State (N.D.)	0.15	25.54c (25.94f)	12/14/24 Dakota Alumni Classic
27	Nalicia GLEN	FR #1 New Mexico JC {4}	TM-4	25.59c (25.52A)	1/25/25 Dr. Martin Luther King, Jr. Invi
27	Shagay SHEPPY	FR #7 Western Texas {3}	0.13	25.59c (25.52A)	1/25/25 Dr. Martin Luther King, Jr. Invi
29	Samarrah WILLIAMS	FR Fort Scott (Kan.) CC {4}	TM-4	25.60c (25.99f)	1/18/25 Bumble Rumble
30	Tierra WILLIAMS	FR #14 Coffeyville (Kan.) CC {2}	0.05	25.62	1/18/25 Thane Baker Invitational
31	Beatrice BOAKYE	FR #16 Colby (Kan.) CC {2}	0.04	25.63	1/18/25 Thane Baker Invitational
32	Michaelyn FISHER	FR #17 Richard Bland (Va.)	0.03	25.66	1/12/25 VCU Ram Indoor Invitational
33	Jayla WERTS	SO #17 Richard Bland (Va.) {2}	0.02	25.68	12/6/24 Liberty Kickoff
34	Kennidra SPIGNER	FR #4 Barton (Kan.) CC {3}	0.02	25.71	1/18/25 Thane Baker Invitational
35	Emmanuella SQUIRE	SO Fort Scott (Kan.) CC {5}	TM-5	25.74c (26.14f)	1/18/25 Bumble Rumble
35	Natasha FOX	FR #4 Barton (Kan.) CC {4}	TM-4	25.74	1/18/25 Thane Baker Invitational



National TFRI Event Summary

Women's 400 Meters — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance		Meet
1	Rafiatu NUHU	SO	#2 Cloud County (Kan.) C	23.69	55.48 OT	1/25/25	NAIA / JUCO Invitational
2	Nandy KIHUYU	SO	#1 New Mexico JC	20.36	56.43c (56.32A)	1/18/25	Texas Tech Corky Classic
3	Queen USUNOBUN	FR	#19 Hinds (Miss.) CC	18.04	56.66c (57.41f)	1/17/25	Purple Tiger Invitational
4	Brianna BOYCE	SO	#7 Western Texas	15.92	56.75c (56.64A)	1/25/25	Dr. Martin Luther King, Jr. Invi
5	Jayla WERTS	SO	#17 Richard Bland (Va.)	13.88	56.78	12/6/24	Liberty Kickoff
6	Kettia AMBROSE	SO	#23 Monroe-New Rochelle	11.60	56.99	1/25/25	Dr. Sander Scorchner
7	Janae DAWES	FR	#7 Western Texas {2}	10.02	57.51c (57.40A)	1/25/25	Dr. Martin Luther King, Jr. Invi
8	Laurie LOUIS	SO	#6 Indian Hills (Iowa) CC	8.96	57.58 OT	12/14/24	Iowa State Holiday Invitationa
9	Amalinaly PEMBERTON	SO	#14 Coffeyville (Kan.) CC	7.78	57.78 OT	1/25/25	NAIA / JUCO Invitational
10	Tierra WILLIAMS	FR	#14 Coffeyville (Kan.) CC {2}	6.65	57.93 OT	1/25/25	NAIA / JUCO Invitational
11	Nyla NORMAN	SO	#6 Indian Hills (Iowa) CC{2}	5.57	58.02 OT	12/14/24	Iowa State Holiday Invitationa
12	Alexa ZANDERS	FR	#6 Indian Hills (Iowa) CC{3}	4.46	58.15 OT	1/24/25	Cyclone Open
13	Bianca GLEIM	SO	Dodge City (Kan.) CC	3.32	58.44 OT	1/18/25	Richard Alsup Open
14	Caydence BREWER	SO	#19 Hinds (Miss.) CC {2}	2.31	58.47c (59.24f)	1/17/25	Purple Tiger Invitational
15	Breshauna MILLER	FR	#17 Richard Bland (Va.) {2}	1.80	58.49	1/25/25	Keydet Invitational
16	Kialia CLAIBORNE	SO	#4 Barton (Kan.) CC	1.50	58.60 OT	1/25/25	NAIA / JUCO Invitational
17	T'kyla BENNETT	SO	#19 Hinds (Miss.) CC {3}	1.25	58.62c (59.39f)	1/17/25	Purple Tiger Invitational
18	Dhakiya BLAKE	SO	#14 Coffeyville (Kan.) CC {3}	1.14	58.64 OT	1/25/25	NAIA / JUCO Invitational
19	Tuwana MCLEAN	FR	#1 New Mexico JC {2}	1.01	58.70c (58.59A)	1/25/25	Dr. Martin Luther King, Jr. Invi
20	Ja'Kheria KELSER	FR	#14 Coffeyville (Kan.) CC {4}	TM-4	58.73	1/17/25	Arkansas Invitational
21	Alfrenique KNOWLES	FR	Ranger (Texas)	0.60	59.39	12/7/24	Washburn Alumni Invitational
22	Shagay SHEPPY	FR	#7 Western Texas {3}	0.50	59.42c (59.31A)	1/18/25	Texas Tech Corky Classic
23	Shermalee FREEMAN	FR	Essex County (N.J.)	0.40	59.46	1/25/25	Dr. Sander Scorchner
24	Aliya SCHOCK	SO	Bismarck State (N.D.)	0.30	59.56c (1:00.35f)	12/7/24	Mike Thorson Open
25	Aniya SUKU	FR	Bryant & Stratton (Va.)	0.20	59.65c (1:00.44f)	12/8/24	Christopher Newport Holiday
26	Kimberly BAKER	SO	Essex County (N.J.) {2}	0.15	59.87	1/10/25	St. Thomas Aquinas Spartan I
27	Vilorina TUILAWAKI	SO	#25 Neosho County (Kan.)	0.13	1:00.09c (1:00.88f)	1/24/25	Central Missouri Invitational
28	Paula ORUSEDE	SO	Essex County (N.J.) {3}	0.10	1:00.31	1/25/25	Dr. Sander Scorchner
29	Alexia WALKER	FR	#4 Barton (Kan.) CC {2}	0.08	1:00.34 OT	1/25/25	NAIA / JUCO Invitational
30	J'Miaya MUSE	FR	#17 Richard Bland (Va.) {3}	0.05	1:00.38c (1:01.18f)	12/8/24	Christopher Newport Holiday
31	Lania MCDONALD	FR	#19 Hinds (Miss.) CC {4}	TM-4	1:00.44c (1:01.24f)	1/17/25	Purple Tiger Invitational
32	Jakouria JAMERSON	SO	Fort Scott (Kan.) CC	0.03	1:00.55 OT	1/25/25	NAIA / JUCO Invitational
33	Aaliyah MORGAN	FR	Essex County (N.J.) {4}	TM-4	1:00.62	1/17/25	NYC Gotham Cup
34	Keyonna MCGILL	SO	Cuyahoga (Ohio) CC	0.02	1:00.74c (1:01.54f)	1/25/25	Hillsdale Wide Track Classic
35	J'Na DEMMING	SO	Highland (Kan.) CC	0.01	1:00.91	1/18/25	Graduate Classic



National TFRI Event Summary

Women's 600 Meters — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Rafiatu NUHU	SO	#2 Cloud County (Kan.) C	24.45		1:30.77	1/18/25 Thane Baker Invitational
2	Nontokozo NCUBE	SO	#2 Cloud County (Kan.) {2}	22.16		1:31.24	1/18/25 Thane Baker Invitational
3	Jody ANN MITCHELL	SO	#1 New Mexico JC	18.24		1:34.53c (1:34.53A)	1/25/25 Dr. Martin Luther King, Jr. Invi
4	Amal KACHOURI	FR	#1 New Mexico JC {2}	3.50	D	1:36.02c (1:36.02A)	1/25/25 Dr. Martin Luther King, Jr. Invi
5	Angeline ESTRADA	SO	#3 Iowa Western CC	13.35		1:36.44	1/18/25 Thane Baker Invitational
6	Natasha FOX	FR	#4 Barton (Kan.) CC	11.00		1:37.40 OT	1/25/25 NAIA / JUCO Invitational
7	Kettia AMBROSE	SO	#23 Monroe-New Rochelle	9.76		1:38.05	1/3/25 Wagner Invitational
8	Mechak Linda BULA BULA	FR	#5 Iowa Central CC	8.66		1:38.34c (1:39.54f)	1/25/25 Jack Johnson Classic
9	Ysanne PEART	SO	#1 New Mexico JC {3}	7.66		1:38.35c (1:38.35A)	1/25/25 Dr. Martin Luther King, Jr. Invi
10	Narissa MCPHERSON	FR	#4 Barton (Kan.) CC {2}	6.65		1:38.36 OT	1/25/25 NAIA / JUCO Invitational
11	Shermalee FREEMAN	FR	Essex County (N.J.)	5.60		1:38.51	1/17/25 NYC Gotham Cup
11	Vilorina TUILAWAKI	SO	#25 Neosho County (Kan.)	5.60		1:38.51 OT	1/18/25 Richard Alsup Open
13	Kaliyah JONES	FR	#23 Monroe-New Rochelle {2}	3.49		1:38.84	1/10/25 St. Thomas Aquinas Spartan I
14	Serena DOUGLAS	SO	Essex County (N.J.) {2}	2.29		1:39.46	1/3/25 Wagner Invitational
15	Chadrak Belinda BULA BULA	FR	#5 Iowa Central CC {2}	1.76		1:39.63c (1:40.85f)	1/25/25 Jack Johnson Classic
16	Emmanuella SQUIRE	SO	Fort Scott (Kan.) CC	1.42		1:40.15 OT	1/25/25 NAIA / JUCO Invitational
17	Breshauna MILLER	FR	#17 Richard Bland (Va.)	1.10		1:40.56c (1:41.79f)	12/8/24 Christopher Newport Holiday
18	Daphne KAUSZ	SO	#1 New Mexico JC {4}		TM-4	1:40.85c (1:40.85A)	1/25/25 Dr. Martin Luther King, Jr. Invi
19	Kendra MUHAMMAD	FR	Ranger (Texas)	0.80		1:41.38	12/7/24 Washburn Alumni Invitational
20	Kate DARE	FR	#10 Mesa (Ariz.) CC	0.70		1:41.53	1/25/25 Paradise Valley CC "Indoor"
21	Nanhi PANNU	FR	#2 Cloud County (Kan.) {3}	0.60		1:41.75 OT	1/25/25 NAIA / JUCO Invitational
22	Nour RAHOU	FR	#13 South Plains (Texas)	0.50		1:42.06c (1:31.12A)	1/18/25 Texas Tech Corky Classic
23	Alfrenique KNOWLES	FR	Ranger (Texas) {2}	0.40		1:42.31c (1:42.31A)	1/25/25 Dr. Martin Luther King, Jr. Invi
24	Twyshanna HUIE	SO	#19 Hinds (Miss.) CC	0.30		1:43.75c (1:45.02f)	1/17/25 Purple Tiger Invitational
25	Charity BECKHAM	FR	Allen (Kan.) CC	0.20		1:44.37 OT	1/25/25 NAIA / JUCO Invitational
26	Macie MORALES	FR	Ranger (Texas) {3}	0.15		1:44.56c (1:44.56A)	1/25/25 Dr. Martin Luther King, Jr. Invi
27	Destany JOHNSON	FR	#4 Barton (Kan.) CC {3}	0.13		1:45.21	1/18/25 Thane Baker Invitational
28	Roxy ALVARADO	FR	#7 Western Texas	0.10		1:45.42c (1:45.42A)	1/25/25 Dr. Martin Luther King, Jr. Invi
29	Aaliyah MORGAN	FR	Essex County (N.J.) {3}	0.08		1:45.82	1/3/25 Wagner Invitational
30	Melania TURAGA	FR	#25 Neosho County (Kan.) {2}	0.05		1:45.88 OT	1/18/25 Richard Alsup Open
31	Andrea TERUEL	FR	Ranger (Texas) {4}		TM-4	1:46.09	12/7/24 Washburn Alumni Invitational
32	Brittany DANAS	FR	Jacksonville (Texas)	0.03		1:46.16	1/25/25 FasTrak Collegiate Invitationa
33	Cassidy DAVIDSON	FR	#12 Central Arizona	0.02		1:46.54	1/25/25 Paradise Valley CC "Indoor"
34	Jayne ELVIN	SO	#1 New Mexico JC {5}		TM-5	1:47.34c (1:47.34A)	1/25/25 Dr. Martin Luther King, Jr. Invi
35	Alyana WALLACE	SO	Highland (Kan.) CC	0.01		1:47.53	1/18/25 Graduate Classic



National TFRI Event Summary

Women's 800 Meters — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance			Meet
1	Amal KACHOURI	FR	#1 New Mexico JC	23.56	2:10.41c	(2:11.14A)	1/25/25	Dr. Martin Luther King, Jr. Invi
2	Nontokozo NCUBE	SO	#2 Cloud County (Kan.) C	21.41	2:10.80 OT		1/25/25	NAIA / JUCO Invitational
3	Shone WALTERS	SO	#4 Barton (Kan.) CC	18.63	2:12.85 OT		1/25/25	NAIA / JUCO Invitational
4	Jody ANN MITCHELL	SO	#1 New Mexico JC {2}	16.34	2:13.65c	(2:14.40A)	1/25/25	Dr. Martin Luther King, Jr. Invi
5	N Vanee ANCHIKE	SO	#2 Cloud County (Kan.) {2}	4.23	2:13.93 OT		1/25/25	NAIA / JUCO Invitational
6	Emilly SILVA	SO	#1 New Mexico JC {3}	11.58	2:16.48c	(2:17.24A)	1/25/25	Dr. Martin Luther King, Jr. Invi
7	Kaydeen JOHNSON	FR	#11 Odessa (Texas)	10.38	2:17.28c	(2:17.67A)	1/18/25	Texas Tech Corky Classic
8	Serena DOUGLAS	SO	Essex County (N.J.)	8.59	2:20.70		1/17/25	NYC Gotham Cup
9	Abbigail (Abbi) HUTCHINSON	FR	#5 Iowa Central CC	7.41	2:21.50c	(2:23.13f)	1/25/25	Jack Johnson Classic
10	Juliette GAVOIS	FR	#5 Iowa Central CC {2}	6.35	2:21.78 OT		1/25/25	Jim Emmerich Alumni Invitati
11	Lindsey LOPES	SO	#9 Salt Lake (Utah) CC	5.29	2:22.01c	(2:24.37fA)	1/10/25	Weber State Invitational
12	Amanda KOTAMBE	FR	#2 Cloud County (Kan.) {3}	4.29	2:22.03 OT		1/25/25	NAIA / JUCO Invitational
13	Daphne KAUSZ	SO	#1 New Mexico JC {4}	TM-4	2:22.80c	(2:23.60A)	1/25/25	Dr. Martin Luther King, Jr. Invi
14	Avery JENSEN	SO	#9 Salt Lake (Utah) CC {2}	2.18	2:22.90c	(2:25.28fA)	1/10/25	Weber State Invitational
15	Wijdane INZALINE	FR	#3 Iowa Western CC	1.67	2:22.98 OT		1/24/25	Cyclone Open
16	Natalie BOGDANOVA KIRILOVA	SO	#5 Iowa Central CC {3}	1.41	2:23.12c	(2:24.77f)	1/25/25	Jack Johnson Classic
17	Isabella BEILKE	FR	#20 Southern Idaho	1.11	2:23.54 OT		1/25/25	Lauren McCluskey Memorial O
18	Kennedy KUNZ	FR	#20 Southern Idaho {2}	1.00	2:23.63c	(2:26.02fA)	1/10/25	Weber State Invitational
19	Alyssa MABRY	FR	Ranger (Texas)	0.82	2:24.40c	(2:25.21A)	1/25/25	Dr. Martin Luther King, Jr. Invi
20	Genesis SERRATOS	FR	#7 Western Texas	0.70	2:24.84c	(2:25.65A)	1/25/25	Dr. Martin Luther King, Jr. Invi
21	Macie MORALES	FR	Ranger (Texas) {2}	0.60	2:25.61c	(2:26.42A)	1/25/25	Dr. Martin Luther King, Jr. Invi
22	Laurie DAVIDSON	FR	#20 Southern Idaho {3}	0.50	2:25.83 OT		1/25/25	Lauren McCluskey Memorial O
23	Jayne ELVIN	SO	#1 New Mexico JC {5}	TM-5	2:26.02c	(2:26.44A)	1/18/25	Texas Tech Corky Classic
24	Sarai CHAVEZ	SO	Dodge City (Kan.) CC	0.30	2:26.10 OT		1/18/25	Richard Alsup Open
25	Alyssa KULESA	FR	#3 Iowa Western CC {2}	0.20	2:26.19 OT		1/24/25	Cyclone Open
26	Laynee ROWLEY	SO	#20 Southern Idaho {4}	TM-4	2:26.58 OT		1/25/25	Lauren McCluskey Memorial O
27	Fanny DEN UYL	FR	#5 Iowa Central CC {4}	TM-4	2:27.34 OT		1/25/25	Jim Emmerich Alumni Invitati
28	Sara BELGACEM	FR	Vincennes (Ind.)	0.10	2:27.89		1/24/25	PNC Bank Bellarmine Classic
29	Reid HARVEY-MCKEAN	FR	Garden City (Kan.) CC	0.08	2:28.07		1/17/25	Washburn Rust Buster
30	Rozzlyn CAZIER	SO	#20 Southern Idaho {5}	TM-5	2:28.08 OT		1/25/25	Lauren McCluskey Memorial O
31	Carly MCKEEVER	FR	#3 Iowa Western CC {3}	0.04	2:28.31		1/18/25	Thane Baker Invitational
32	Alissandra JACKSON	FR	#4 Barton (Kan.) CC {2}	0.03	2:28.59 OT		1/25/25	NAIA / JUCO Invitational
33	Beverlyne KIPTARUS	SO	Garden City (Kan.) CC {2}	0.02	2:29.81c	(2:31.53f)	1/11/25	Friends First Chance Qualifier
34	Katie MUNOZ	FR	#10 Mesa (Ariz.) CC	0.02	2:30.56c OT	(2:32.23A)	1/10/25	Friday Night Axe 'Em Open
35	Madelyn GIRARDO	FR	#20 Southern Idaho {6}	TM-6	2:30.82 OT		1/25/25	Lauren McCluskey Memorial O



National TFRI Event Summary

Women's 1000 Meters — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet	
1	N Vanee ANCHIKE	SO	#2 Cloud County (Kan.) C	24.84		2:52.39	1/18/25	Graduate Classic
2	Mercy ANGAAMCHAAB	SO	#2 Cloud County (Kan.) {2}	20.52		2:58.68	1/18/25	Graduate Classic
3	Amal KACHOURI	FR	#1 New Mexico JC	18.50		2:58.74c (2:58.74A)	1/18/25	Texas Tech Corky Classic
4	Nontokozo NCUBE	SO	#2 Cloud County (Kan.) {3}	4.13	D	2:59.78	1/18/25	Graduate Classic
5	Aubrie BARZEE	FR	#20 Southern Idaho	13.50		3:02.12 OT	1/25/25	Lauren McCluskey Memorial O
6	Jody ANN MITCHELL	SO	#1 New Mexico JC {2}	3.48	D	3:02.19c (3:02.19A)	1/18/25	Texas Tech Corky Classic
7	Amanda KOTAMBE	FR	#2 Cloud County (Kan.) {4}	TM-4	D	3:04.00	1/18/25	Graduate Classic
8	Carmella BALDWIN	SO	#10 Mesa (Ariz.) CC	8.77		3:05.32	1/25/25	Paradise Valley CC "Indoor"
9	Kennedy KUNZ	FR	#20 Southern Idaho {2}	7.62		3:05.99 OT	1/25/25	Lauren McCluskey Memorial O
10	Elizabeth EWUSIE	FR	#3 Iowa Western CC	6.56		3:06.25 OT	1/24/25	Cyclone Open
11	Rachael BETHANCOURT	SO	#24 Paradise Valley (Ariz.)	5.34		3:07.38	1/25/25	Paradise Valley CC "Indoor"
12	Angeline ESTRADA	SO	#3 Iowa Western CC {2}	4.33		3:07.42	1/18/25	Graduate Classic
13	Serena DOUGLAS	SO	Essex County (N.J.)	3.27		3:08.02	1/10/25	St. Thomas Aquinas Spartan I
14	Keira DAMRON	SO	#24 Paradise Valley (Ariz.) {2}	2.25		3:08.14	1/18/25	Puma "Indoor"
15	Wijdane INZALINE	FR	#3 Iowa Western CC {3}	1.75		3:08.20	1/18/25	Graduate Classic
16	Abigail GRANTHAM	SO	#21 Hutchinson (Kan.) CC	1.46		3:08.57 OT	1/25/25	NAIA / JUCO Invitational
17	Alivia EDENS	FR	#5 Iowa Central CC	1.19		3:08.69 OT	1/25/25	Jim Emmerich Alumni Invitati
18	Natalie BOGDANOVA KIRILOVA	SO	#5 Iowa Central CC {2}	1.09		3:08.73c (3:10.79f)	1/11/25	Battle in the Hive
19	Avery JENSEN	SO	#9 Salt Lake (Utah) CC	0.80		3:11.23c OT (3:11.23A)	1/9/25	BYU Indoor Invitational
20	Isabella BEILKE	FR	#20 Southern Idaho {3}	0.70		3:11.80 OT	1/25/25	Lauren McCluskey Memorial O
21	Tara BOUCK	FR	#9 Salt Lake (Utah) CC {2}	0.60		3:11.87c OT (3:11.87A)	1/9/25	BYU Indoor Invitational
22	Mackenzie BETHANCOURT	SO	#24 Paradise Valley (Ariz.) {3}	0.50		3:11.91	1/25/25	Paradise Valley CC "Indoor"
23	Macie MORALES	FR	Ranger (Texas)	0.40		3:12.44	12/7/24	Washburn Alumni Invitational
24	Linda RIVERO	SO	#8 Pima (Ariz.) CC	0.30		3:13.14	1/25/25	Paradise Valley CC "Indoor"
25	Ella ALLRED	FR	#8 Pima (Ariz.) CC {2}	0.20		3:13.24	1/25/25	Paradise Valley CC "Indoor"
26	Olivia COULSTON	SO	#24 Paradise Valley (Ariz.) {4}	TM-4		3:14.27	1/18/25	Puma "Indoor"
27	Alyssa KULESA	FR	#3 Iowa Western CC {4}	TM-4		3:14.43	1/18/25	Graduate Classic
28	Genesis SERRATOS	FR	#7 Western Texas	0.10		3:14.72c (3:14.72A)	1/18/25	Texas Tech Corky Classic
29	Katie REAVELEY	FR	#9 Salt Lake (Utah) CC {3}	0.08		3:15.21c OT (3:15.21A)	1/9/25	BYU Indoor Invitational
30	Jayne ELVIN	SO	#1 New Mexico JC {3}	0.05		3:15.28c (3:15.28A)	1/18/25	Texas Tech Corky Classic
31	Juliette GAVOIS	FR	#5 Iowa Central CC {3}	0.04		3:16.18c (3:18.32f)	1/11/25	Battle in the Hive
32	Paysha REX	SO	Bismarck State (N.D.)	0.03		3:17.11c (3:19.26f)	1/25/25	U-Mary Winter Classic
33	Sara BELGACEM	FR	Vincennes (Ind.)	0.02		3:17.25	1/17/25	Bellarmino Open
34	Laynee HOLLECH	FR	#24 Paradise Valley (Ariz.) {5}	TM-5		3:17.30	1/18/25	Puma "Indoor"
35	Ava LEMASTER	FR	#21 Hutchinson (Kan.) CC {2}	0.01		3:18.07 OT	1/25/25	NAIA / JUCO Invitational



National TFRI Event Summary

Women's Mile — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Juliana SAKAT	FR	#3 Iowa Western CC	25.25		4:48.52 OT	1/24/25 Cyclone Open
2	Hafssa BOUTRICH	FR	#3 Iowa Western CC {2}	21.22		4:57.57 OT	1/24/25 Cyclone Open
3	N Vanee ANCHIKE	SO	#2 Cloud County (Kan.) C	18.71		4:59.96	1/18/25 Thane Baker Invitational
4	Kaydeen JOHNSON	FR	#11 Odessa (Texas)	15.26		5:08.81c (5:12.44A)	1/18/25 Texas Tech Corky Classic
5	Mercy ANGAAMCHAAB	SO	#2 Cloud County (Kan.) {2}	13.19		5:09.37	1/18/25 Thane Baker Invitational
6	Francesca ALVARADO	SO	#1 New Mexico JC	11.15		5:09.65c (5:16.54A)	1/25/25 Dr. Martin Luther King, Jr. Invi
7	Rosemary ARTHUR	SO	#16 Colby (Kan.) CC	10.08		5:10.19 OT	1/25/25 NAIA / JUCO Invitational
8	Attoya HARVEY	SO	#23 Monroe-New Rochelle	8.86		5:11.80	1/25/25 Dr. Sander Scorchner
9	Keira DAMRON	SO	#24 Paradise Valley (Ariz.)	7.48		5:14.64	1/25/25 Paradise Valley CC "Indoor"
10	Videlda JEBET	FR	Crowder (Mo.)	6.42		5:15.33 OT	1/25/25 NAIA / JUCO Invitational
11	Amanda KOTAMBE	FR	#2 Cloud County (Kan.) {3}	5.32		5:16.86 OT	1/25/25 NAIA / JUCO Invitational
12	Reatta DANOFF	SO	#8 Pima (Ariz.) CC	4.28		5:17.40	1/25/25 Paradise Valley CC "Indoor"
13	Elayna LOVERIDGE	SO	#9 Salt Lake (Utah) CC	3.27		5:17.56c (5:27.27fA)	1/10/25 Weber State Invitational
14	Tabetha HENRIE	FR	#9 Salt Lake (Utah) CC {2}	2.27		5:17.61c (5:27.33fA)	1/10/25 Weber State Invitational
15	Abbigail (Abbi) HUTCHINSON	FR	#5 Iowa Central CC	1.74		5:18.04c (5:21.18f)	1/25/25 Jack Johnson Classic
16	Aubrie BARZEE	FR	#20 Southern Idaho	1.46		5:18.55 OT	1/25/25 Lauren McCluskey Memorial O
17	Wijdane INZALINE	FR	#3 Iowa Western CC {3}	1.19		5:18.73	1/18/25 Thane Baker Invitational
18	Karen KIRATU	SO	Southeast (Neb.) CC	1.08		5:18.96 OT	1/17/25 Washington Indoor Preview
19	Mackenzie BETHANCOURT	SO	#24 Paradise Valley (Ariz.) {2}	0.94		5:19.65	1/25/25 Paradise Valley CC "Indoor"
20	Tiffani KOONCE	FR	#6 Indian Hills (Iowa) CC	0.79		5:20.43	1/25/25 Larry Wieczorek Invitational
21	Rachael BETHANCOURT	SO	#24 Paradise Valley (Ariz.) {3}	0.68		5:20.57	1/25/25 Paradise Valley CC "Indoor"
22	Elizabeth HERNANDEZ	SO	Butler (Kan.) CC	0.57		5:20.62 OT	1/25/25 NAIA / JUCO Invitational
23	Sage LYON	FR	#20 Southern Idaho {2}	0.43		5:21.22c (5:31.05fA)	1/10/25 Weber State Invitational
24	Laynee ROWLEY	SO	#20 Southern Idaho {3}	0.33		5:21.25c (5:31.08fA)	1/10/25 Weber State Invitational
25	Carmella BALDWIN	SO	#10 Mesa (Ariz.) CC	0.20		5:22.12c OT (5:34.26A)	1/10/25 Friday Night Axe 'Em Open
26	Keira STACEY	FR	#9 Salt Lake (Utah) CC {3}	0.15		5:22.40c (5:32.26fA)	1/10/25 Weber State Invitational
27	Laurie DAVIDSON	FR	#20 Southern Idaho {4}	TM-4		5:22.77c (5:32.64fA)	1/10/25 Weber State Invitational
28	Elizabeth EWUSIE	FR	#3 Iowa Western CC {4}	TM-4		5:22.88 OT	1/24/25 Cyclone Open
29	Laynee HOLLECH	FR	#24 Paradise Valley (Ariz.) {4}	TM-4		5:23.06	1/18/25 Puma "Indoor"
30	Reid HARVEY-MCKEAN	FR	Garden City (Kan.) CC	0.05		5:23.72 OT	1/25/25 NAIA / JUCO Invitational
31	Kennedy KUNZ	FR	#20 Southern Idaho {5}	TM-5		5:24.03 OT	1/25/25 Lauren McCluskey Memorial O
32	Grace COLLINS	FR	Des Moines Area (Iowa)	0.03		5:25.91 OT	1/24/25 Cyclone Open
33	Ava STAFFORD	SO	Bismarck State (N.D.)	0.02		5:25.98c (5:29.20f)	1/25/25 U-Mary Winter Classic
34	Ayianna OLIVAS	SO	#3 Iowa Western CC {5}	TM-5		5:26.01 OT	1/24/25 Cyclone Open
35	Olivia COULSTON	SO	#24 Paradise Valley (Ariz.) {5}	TM-5		5:26.22	1/25/25 Paradise Valley CC "Indoor"



National TFRI Event Summary

Women's 3000 Meters — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance	Meet
1	Juliana SAKAT	FR	#3 Iowa Western CC	25.28		9:30.36	1/18/25 Graduate Classic
2	Millicent WAFULA	FR	#11 Odessa (Texas)	20.28		9:57.69c (10:04.98A)	1/18/25 Texas Tech Corky Classic
3	Elizabeth ILANDA	FR	#11 Odessa (Texas) {2}	17.83		10:01.96c (10:09.30A)	1/18/25 Texas Tech Corky Classic
4	Angelina LIONE	FR	#9 Salt Lake (Utah) CC	15.79		10:02.41c (10:21.62fA)	1/10/25 Weber State Invitational
5	Naomi SOTELO	SO	#9 Salt Lake (Utah) CC {2}	13.51		10:05.05c (10:24.34fA)	1/10/25 Weber State Invitational
6	Salma SADDOUNG	FR	#11 Odessa (Texas) {3}	11.28		10:07.36c (10:14.77A)	1/18/25 Texas Tech Corky Classic
7	Hafssa BOUTRICH	FR	#3 Iowa Western CC {2}	10.17		10:08.59	1/18/25 Graduate Classic
8	Melanie ANDERSON	FR	#9 Salt Lake (Utah) CC {3}	8.70		10:15.59c (10:35.22fA)	1/10/25 Weber State Invitational
9	Lilian MATEO	SO	#11 Odessa (Texas) {4}	TM-4		10:15.82c (10:23.33A)	1/18/25 Texas Tech Corky Classic
10	Abigail (Abbi) HUTCHINSON	FR	#5 Iowa Central CC	6.56		10:17.64	1/18/25 Hawkeye Invitational
11	Angela (Angy) Denisse SALADO FERNANDEZ	SO	#9 Salt Lake (Utah) CC {4}	TM-4		10:18.97c (10:38.70fA)	1/10/25 Weber State Invitational
12	N Vanee ANCHIKE	SO	#2 Cloud County (Kan.) C	2.47	D	10:19.11 OT	1/25/25 NAIA / JUCO Invitational
13	Edith NESLEN	FR	#9 Salt Lake (Utah) CC {5}	TM-5		10:19.77c OT (10:33.73A)	1/9/25 BYU Indoor Invitational
14	Pelisha KOSGEI	FR	Crowder (Mo.)	2.37		10:20.66 OT	1/25/25 NAIA / JUCO Invitational
15	Lillian NEFF	SO	#20 Southern Idaho	1.76		10:22.74c (10:42.59fA)	1/10/25 Weber State Invitational
16	Mazee SOUTHWARD	FR	#9 Salt Lake (Utah) CC {6}	TM-6		10:24.49c (10:44.40fA)	1/10/25 Weber State Invitational
17	Nora BRADY	SO	Heartland (Ill.) CC	1.19		10:24.94c (10:30.29f)	1/24/25 Jason Dennis Invitational
18	Francesca ALVARADO	SO	#1 New Mexico JC	1.08		10:25.10c (10:32.73A)	1/18/25 Texas Tech Corky Classic
19	Elizabeth EWUSIE	FR	#3 Iowa Western CC {3}	0.98		10:25.25	1/18/25 Thane Baker Invitational
20	Faith JEPTOO	SO	Crowder (Mo.) {2}	0.79		10:28.08 OT	1/25/25 NAIA / JUCO Invitational
21	Karen KIRATU	SO	Southeast (Neb.) CC	0.64		10:29.48 OT	1/25/25 NAIA / JUCO Invitational
22	Imane JOURJI	FR	#5 Iowa Central CC {2}	0.52		10:30.23	1/18/25 Hawkeye Invitational
23	Laurie DAVIDSON	FR	#20 Southern Idaho {2}	0.41		10:30.59 OT	1/25/25 Lauren McCluskey Memorial O
24	Lindsie FAUSETT	SO	#9 Salt Lake (Utah) CC {7}	TM-7		10:32.44c (10:52.60fA)	1/10/25 Weber State Invitational
25	Meryeme MAI	FR	Garden City (Kan.) CC	0.20		10:32.69 OT	1/25/25 NAIA / JUCO Invitational
26	Joelle WHITWORTH	SO	#9 Salt Lake (Utah) CC {8}	TM-8		10:33.24c (10:53.43fA)	1/10/25 Weber State Invitational
27	Laynee ROWLEY	SO	#20 Southern Idaho {3}	0.13		10:37.05 OT	1/25/25 Lauren McCluskey Memorial O
28	Sage LYON	FR	#20 Southern Idaho {4}	TM-4		10:38.43 OT	1/25/25 Lauren McCluskey Memorial O
29	Rozzlyn CAZIER	SO	#20 Southern Idaho {5}	TM-5		10:38.46c (10:58.82fA)	1/10/25 Weber State Invitational
30	Ines MRABET	FR	#1 New Mexico JC {2}	0.05		10:38.74c (10:46.53A)	1/18/25 Texas Tech Corky Classic
31	Ava BERG	FR	#9 Salt Lake (Utah) CC {9}	TM-9		10:39.79c (11:00.19fA)	1/10/25 Weber State Invitational
32	Maddie PEARSON	FR	#9 Salt Lake (Utah) CC {10}	TM-10		10:39.93c (11:00.33fA)	1/10/25 Weber State Invitational
33	Michaela GROSS	FR	#18 Hagerstown (Md.) CC	0.02		10:41.45c (10:46.94f)	1/12/25 The Kaye & JJ Smith Invitatio
34	Tiffani KOONCE	FR	#6 Indian Hills (Iowa) CC	0.02		10:43.38 OT	1/24/25 Cyclone Open
35	Alyssa MABRY	FR	Ranger (Texas)	0.01		10:44.23c (11:00.50A)	1/25/25 Dr. Martin Luther King, Jr. Invi



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Women's 5000 Meters — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance		Meet	
1	Lillian NEFF	SO	#20 Southern Idaho	23.44	17:59.15c	(18:24.51A)	12/6/24	Idaho State Winter Open
2	Michaela GROSS	FR	#18 Hagerstown (Md.) CC	20.45	18:32.31		1/25/25	Keydet Invitational
3	Jessica VIERA	SO	#12 Central Arizona	18.33	18:36.26		1/25/25	Paradise Valley CC "Indoor"
4	Kinley JACKSON	FR	#10 Mesa (Ariz.) CC	16.28	18:38.21		1/25/25	Paradise Valley CC "Indoor"
5	Carmen SOLIS	SO	DuPage (Ill.)	14.21	18:40.49 OT		12/6/24	Grand Valley State Holiday Op
6	Ava LAMILZA	SO	Macomb (Mich.) CC	11.79	18:58.91c	(19:07.63f)	1/25/25	Hillsdale Wide Track Classic
7	Tiffani KOONCE	FR	#6 Indian Hills (Iowa) CC	10.41	19:19.20		1/18/25	Graduate Classic
8	Celestine KIBORUS	FR	Fort Hays Tech North	8.96	19:44.60		1/18/25	Graduate Classic
9	Ivy WASHINGTON	SO	Dodge City (Kan.) CC	7.71	20:00.52 OT		1/18/25	Richard Alsup Open
10	Myla GREENZWEIG	SO	Ranger (Texas)	6.66	20:06.69		12/7/24	Washburn Alumni Invitational
11	Erin ROWAN	FR	Macomb (Mich.) CC {2}	5.51	20:23.60c	(20:32.97f)	1/25/25	Hillsdale Wide Track Classic
12	Elexia ARAGON	FR	#8 Pima (Ariz.) CC	4.48	20:28.04		1/25/25	Paradise Valley CC "Indoor"
13	Elizabeth COPPOLA	FR	#8 Pima (Ariz.) CC {2}	3.39	20:37.96		1/25/25	Paradise Valley CC "Indoor"
14	Sierra REA	FR	#18 Hagerstown (Md.) CC {2}	2.15	21:07.79		1/25/25	Keydet Invitational
15	Fernanda HERNANDEZ	SO	Dawson (Mont.) CC	1.63	21:10.87c	(21:20.60f)	1/25/25	U-Mary Winter Classic
16	Reshila CURLEY	FR	#12 Central Arizona {2}	1.35	21:14.05		1/25/25	Paradise Valley CC "Indoor"
17	Hannah CUNNINGHAM	SO	Cuyahoga (Ohio) CC	1.00	21:36.55c	(21:46.48f)	1/25/25	Hillsdale Wide Track Classic
18	Eva DOWNEY	FR	Southeastern (Iowa) C	0.90	21:49.69c	(21:59.72f)	12/7/24	Frigid Bee Invitational
19	Teressa MARTINEZ	SO	Dodge City (Kan.) CC {2}	0.80	21:58.87 OT		1/18/25	Richard Alsup Open
20	Kiana BROKAW	FR	Sauk Valley (Ill.) CC	0.70	22:08.13c	(22:18.30f)	1/18/25	Bumble Rumble
21	Lexi BOHMS	SO	Sauk Valley (Ill.) CC {2}	0.60	22:12.93c	(22:23.13f)	12/7/24	Frigid Bee Invitational



National TFRI Event Summary

Women's 4x400 Relay — 2025 Week #1, January 28

NPR	Athlete	(Team Rank) Institution	Team Pts.	Scored Performance		Meet
1	Natasha Fox, Keliza Smith Narissa McPherson, Shone Walters	#4 Barton (Kan.) CC	23.24	3:46.84 OT	1/25/25	NAIA / JUCO Invitational
2	Tahlia Lienert, Nontokozi Ncube, Maimuna Jallow, Rafiatu Nuhu	#2 Cloud County (Kan.) C	20.47	3:50.29	1/18/25	Thane Baker Invitational
3	Brieanna Boyce, Charlize Fraser, Shagay Sheppy, Janae Dawes	#7 Western Texas	18.40	3:50.61c (3:50.17A)	1/25/25	Dr. Martin Luther King, Jr. Invi
4	Nandy Kihuyu, Jody Ann Mitchell, Tuwana McLean, Kamaria Knight	#1 New Mexico JC	16.19	3:51.54c (3:51.10A)	1/18/25	Texas Tech Corky Classic
5	Twyshanna Huie, Caydence Brewer, Queen Usunobun, T'kyla Bennett	#19 Hinds (Miss.) CC	14.18	3:51.58c (3:54.65f)	1/17/25	Purple Tiger Invitational
6	Nyla Norman, Kenyatta Grate, Laurie Louis, Alexa Zanders	#6 Indian Hills (Iowa) CC	12.04	3:52.23	1/25/25	Larry Wiecezorek Invitational
7	Ja'Kheria Kelser, Amalinaly Pemberton, Tierra Williams, Dhakiya Blake	#14 Coffeyville (Kan.) CC	9.97	3:52.58	1/17/25	Arkansas Invitational
8	Kimberly Baker, Paula Orusede, Serena Douglas, Aaliyah Morgan	Essex County (N.J.)	7.38	3:56.47	1/25/25	Dr. Sander Scorchner
9	Beatrice Boakye, Anita Afrifa, Rosemary Arthur, Ashly Tharp	#16 Colby (Kan.) CC	6.04	3:58.91 OT	1/25/25	NAIA / JUCO Invitational
10	Mechak Linda Bula Bula, Chadrack Belinda Bula Bula, Hannah Quang, Natalie Bogdanova Kirilova	#5 Iowa Central CC	4.74	4:03.13	1/18/25	Hawkeye Invitational
11	Aliya Schock, Priviladje Bower, Aisha Zaffino, Dedra Wood	Bismarck State (N.D.)	2.18	4:11.41c (4:14.75f)	12/14/24	Dakota Alumni Classic
12	#Type!	Garden City (Kan.) CC	1.16	4:11.74c (4:15.08f)	1/11/25	Friends First Chance Qualifier
13	Paula del Pozo, Vilorina Tuilawaki, Amy Styles, Melania Turaga	#25 Neosho County (Kan.)	0.90	4:16.34 OT	1/18/25	Richard Alsup Open
14	#Type!	Ranger (Texas)	0.80	4:17.72c (4:21.14f)	1/17/25	Owen Hewett Invitational
15	#Type!	#8 Pima (Ariz.) CC	0.70	4:21.98	1/25/25	Paradise Valley CC "Indoor"
16	Brianna Smith, Steffanie McGuffey, Olivia Urban, Lauren Lee	Muskegon (Mich.) CC	0.60	4:25.44c (4:28.96f)	1/25/25	Hillsdale Wide Track Classic
17	Rachael Bethancourt, Mackenzie Bethancourt, Olivia Coulston, Keira Damron	#24 Paradise Valley (Ariz.)	0.50	4:27.24	1/25/25	Paradise Valley CC "Indoor"
18	Zoe Allen, Adi Fuller, Jasmyn Self, Sara Belgacem	Vincennes (Ind.)	0.40	4:29.94	1/17/25	Bellarmino Open
19	Olivia Brach, Allison Browne, Molly Morris, Ellie Logsdon	DuPage (Ill.)	0.30	4:30.08	1/25/25	Aurora Grand Prix
20	Hannah Cunningham, Ciara May, Scarlet Carey, Franceta Dweh	Cuyahoga (Ohio) CC	0.20	4:32.38c (4:35.99f)	1/25/25	Hillsdale Wide Track Classic
21	Taja Conley, Suzanne Guedeyi, Tenisha Herbert, Emily Usher	North Iowa Area CC	0.10	4:34.79c (4:38.43f)	1/18/25	Chelsey M Henkenius Informatio



National TFRI Event Summary

Women's 4x800 Relay — 2025 Week #1, January 28

NPR	Athlete	(Team Rank) Institution	Team Pts.	Scored Performance	Meet
1	Mercy Kibuigut, Pelisha Kosgei, Faith Jeptoo, Videlma Jebet	Crowder (Mo.)	22.19	9:29.59 OT	1/25/25 NAIA / JUCO Invitational
2	Reid Harvey-McKean, Beverlyne Kiptarus, Umahan Sahin, Meryeme Mai	Garden City (Kan.) CC	19.43	9:58.43 OT	1/25/25 NAIA / JUCO Invitational
3	Vilorina Tuilawaki, Melani Turaga, Amy Styles, Barbara Gurrola	#25 Neosho County (Kan.)	16.14	10:54.79 OT	1/18/25 Richard Alsup Open



National TFRI Event Summary

Women's Distance Medley Relay — 2025 Week #1, January 28

NPR	Athlete	(Team Rank) Institution	Team Pts.	Scored Performance			Meet
1	Ella Allred, Reatta Danoff, J'layah Spellman Collins, Linda Rivero	#8 Pima (Ariz.) CC	22.58	12:41.38	1/25/25	Paradise Valley CC "Indoor"	
2	Tabetha Henrie, Avery Jensen, Lindsey Lopes, Angelina Lione	#9 Salt Lake (Utah) CC	20.40	12:42.44c	(13:01.52fA)	1/10/25 Weber State Invitational	
3	Regina Raimo, Kate Dare, Katie Munoz, Carmella Baldwin	#10 Mesa (Ariz.) CC	17.26	12:49.31	1/25/25	Paradise Valley CC "Indoor"	
4	Holly Milbrandt, Keyonna Mcgill, Jacarla Black, Hannah Cunningham	Cuyahoga (Ohio) CC	14.00	14:51.64c	(15:01.19f)	1/18/25 Muskie Meet #1	
5	Melania Turaga, Amy Styles, Vilorina Tuilawaki, Barbara Gurrola	#25 Neosho County (Kan.)	12.00	15:08.31c	(15:18.04f)	1/24/25 Central Missouri Invitational	



National TFRI Event Summary

Women's High Jump — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance			Meet
1	Aidan FAITH	SO	#18 Hagerstown (Md.) CC	23.72	1.66m	5-5¼	1/12/25	The Kaye & JJ Smith Invitatio
2	Tiana PETROVA		#1 New Mexico JC	21.40	1.65m	A 5-5	1/25/25	Dr. Martin Luther King, Jr. Invi
3	Kaelyn GIARRUSSO	SO	Glendale (Ariz.) CC	18.41	1.62m	5-3¾	1/25/25	Paradise Valley CC "Indoor"
3	April NECAISE	SO	#8 Pima (Ariz.) CC	18.41	1.62m	5-3¾	1/25/25	Paradise Valley CC "Indoor"
5	Abril OKON	SO	#13 South Plains (Texas)	13.79	1.60m	5-3	1/18/25	Texas Tech Corky Classic
5	Halima BIGGS	FR	#22 Hawkeye (Iowa) CC	13.79	1.60m	5-3	1/17/25	Jack Jennett Invitational
7	Rasheda SAMUELS	FR	#3 Iowa Western CC	9.90	1.56m	5-1¼	1/18/25	Thane Baker Invitational
8	Raeya TOWNSEND	FR	Marion Military Institu	8.68	1.55m	5-1	1/19/25	KMS Indoor Invitational
8	Steffanie MCGUFFEY	SO	Muskegon (Mich.) CC	8.68	1.55m	5-1	1/18/25	GVSU Bob Eubanks Open
8	Emmanuella SQUIRE	SO	Fort Scott (Kan.) CC	8.68	1.55m	5-1	1/18/25	Bumble Rumble
8	Arriana JOHNSON	SO	#6 Indian Hills (Iowa) CC	8.68	1.55m	5-1	12/7/24	Washburn Alumni Invitational
12	Janiya ROSS	SO	#8 Pima (Ariz.) CC {2}	4.17	1.52m	4-11¾	1/25/25	Paradise Valley CC "Indoor"
12	Riannon ST. CLAIR	SO	#15 Cowley (Kan.)	4.17	1.52m	4-11¾	1/25/25	NAIA / JUCO Invitational
12	Sara JACOBSON	SR	#10 Mesa (Ariz.) CC	4.17	1.52m	A 4-11¾	1/10/25	Friday Night Axe 'Em Open
12	Alyana WALLACE	SO	Highland (Kan.) CC	4.17	1.52m	4-11¾	1/25/25	NAIA / JUCO Invitational
12	Vinae BUFERD-STILLMAN	FR	#12 Central Arizona	4.17	1.52m	4-11¾	1/25/25	Paradise Valley CC "Indoor"
17	Jakouria JAMERSON	SO	Fort Scott (Kan.) CC {2}	1.00	1.50m	4-11	1/18/25	Bumble Rumble
17	Kennedy MOSLEY	SO	Fort Scott (Kan.) CC {2}	1.00	1.50m	4-11	1/18/25	Bumble Rumble
17	Sophia CALISTRO	FR	Dodge City (Kan.) CC	1.00	1.50m	4-11	1/18/25	Richard Alsup Open
17	Kira MESSERLY	FR	#5 Iowa Central CC	1.00	1.50m	4-11	1/25/25	Jack Johnson Classic
17	Jillian HULSING	SO	Sauk Valley (Ill.) CC	1.00	1.50m	4-11	1/25/25	Fighting Bee Invite
22	Tahlia LIENERT	FR	#2 Cloud County (Kan.) C	0.50	1.47m	4-9¾	1/25/25	NAIA / JUCO Invitational
22	Chenessa DAVIS	SO	#2 Cloud County (Kan.) C	0.50	1.47m	4-9¾	1/25/25	NAIA / JUCO Invitational
22	Cordaelia WILLIAMS	SO	#2 Cloud County (Kan.) C	0.50	1.47m	4-9¾	1/25/25	NAIA / JUCO Invitational
25	Ella HOMAWOO	FR	#5 Iowa Central CC {2}	0.20	1.46m	4-9½	1/25/25	Jack Johnson Classic
25	Eden BROUWERS	FR	#5 Iowa Central CC {2}	0.20	1.46m	4-9½	1/25/25	Jack Johnson Classic
27	A'Kevia WEAVER	FR	Jacksonville (Texas)	0.13	1.45m	4-9	1/25/25	FasTrak Collegiate Invitationa
27	Tasha WILLIAMS	SO	#22 Hawkeye (Iowa) CC {2}	0.13	1.45m	4-9	1/11/25	Battle in the Hive
27	Cassidy HERGET	SO	Mineral Area (Mo.)	0.13	1.45m	4-9	1/25/25	Illinois College Snow Bird Invit
30	Carlie CARLGREN	FR	#2 Cloud County (Kan.) {4}	TM-4	1.42m	4-7¾	1/25/25	NAIA / JUCO Invitational
30	Journey SANDER	FR	State Fair (Mo.)	0.05	1.42m	4-7¾	1/24/25	Central Missouri Invitational
32	Taeja BARTEE	FR	#3 Iowa Western CC {2}	0.03	1.40m	4-7	1/24/25	Cyclone Open
32	Brooklyn STUCKEY	SO	Joliet (Ill.) JC	0.03	1.40m	4-7	1/18/25	Illinois Wesleyan University I-5
32	Mallori JONES	FR	#22 Hawkeye (Iowa) CC {3}	0.03	1.40m	4-7	1/11/25	Battle in the Hive
32	Hailey OSTROM	SO	Joliet (Ill.) JC	0.03	1.40m	4-7	1/18/25	Illinois Wesleyan University I-5



National TFRI Event Summary

Women's Pole Vault — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance			Meet
1	Morgan PEPE	SO	#8 Pima (Ariz.) CC	23.38	3.80m	12-5½	1/25/25	Paradise Valley CC "Indoor"
2	Sophia DO AMARAL SALVI	SO	Vincennes (Ind.)	20.56	3.61m	11-10	1/17/25	Bellarmine Open
3	Dakota DAPPER	SO	#15 Cowley (Kan.)	18.39	3.57m	11-8½	1/17/25	Washburn Rust Buster
4	Madisyn WILLIAMS	FR	#10 Mesa (Ariz.) CC	16.13	3.50m	11-5¾	1/25/25	Paradise Valley CC "Indoor"
5	Bradie MEDINA	SO	#2 Cloud County (Kan.) C	13.67	3.35m	10-11¾	1/25/25	NAIA / JUCO Invitational
5	Kennedy KIZARR	SO	#15 Cowley (Kan.) {2}	13.67	3.35m	10-11¾	1/25/25	NAIA / JUCO Invitational
7	Anna BROWN	FR	#10 Mesa (Ariz.) CC {2}	10.21	3.20m	10-6	1/25/25	Paradise Valley CC "Indoor"
8	Alycea MCCOY	FR	#21 Hutchinson (Kan.) CC	8.96	3.12m	10-2¾	1/17/25	Washburn Rust Buster
9	Mikaila BARAN	FR	#24 Paradise Valley (Ariz.)	7.80	3.05m	10-0	1/25/25	Paradise Valley CC "Indoor"
9	Mackenzie ANDERSON	FR	#24 Paradise Valley (Ariz.)	7.80	3.05m	10-0	1/18/25	Puma "Indoor"
11	Michaela CARNEY	SO	#18 Hagerstown (Md.) CC	5.72	3.00m	9-10	1/12/25	The Kaye & JJ Smith Invitatio
12	Kayla VANDERFORD	SO	#18 Hagerstown (Md.) CC {2}	4.55	2.90m	9-6¼	1/18/25	Susquehanna River Hawk Invi
12	Lauren ALLARD	SO	Glendale (Ariz.) CC	4.55	2.90m	9-6¼	1/25/25	Paradise Valley CC "Indoor"
12	Grace BENDER	FR	#21 Hutchinson (Kan.) CC {2}	4.55	2.90m	9-6¼	1/25/25	NAIA / JUCO Invitational
15	Jordan NANTZ	FR	#10 Mesa (Ariz.) CC {3}	1.54	2.60m	8-6¼	1/25/25	Paradise Valley CC "Indoor"
15	Brakelle MCBRIDE	FR	#24 Paradise Valley (Ariz.) {3}	1.54	2.60m	8-6¼	1/18/25	Puma "Indoor"
17	Lucia SANCHEZ SCRIVEN	SO	Harper (Ill.)	1.00	2.50m	8-2½	1/18/25	Pat Heenan Invitational
18	Hannah DROEG	FR	#8 Pima (Ariz.) CC {2}	0.90	2.45m	8-½	1/25/25	Paradise Valley CC "Indoor"
18	Grace HOLMES	SO	Finger Lakes (N.Y.) CC	0.90	2.45m	8-½	1/25/25	Highlander Invitational
20	Journey SANDER	FR	State Fair (Mo.)	0.70	2.30m	7-6½	1/18/25	Richard Alsup Open
20	Danielle BEARS	FR	Highland (Kan.) CC	0.70	2.30m	7-6½	1/25/25	NAIA / JUCO Invitational
20	Isabelle CULLENS	FR	#14 Coffeyville (Kan.) CC	0.70	2.30m	7-6½	1/25/25	NAIA / JUCO Invitational
20	Nicole CALOGERO		Mohawk Valley (N.Y.) C	0.70	2.30m	7-6½	1/25/25	St. Lawrence Invitational
24	Ava WHITES		Mohawk Valley (N.Y.) {2}	0.30	2.15m	7-½	1/25/25	St. Lawrence Invitational



National TFRI Event Summary

Women's Long Jump — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance			Meet
1	Maeva GOUNE TIBBOLO	FR	#5 Iowa Central CC	25.21	6.03m	19-9½	1/11/25	Battle in the Hive
2	Celine RIDDLE	FR	#4 Barton (Kan.) CC	20.55	5.74m	18-10	1/25/25	NAIA / JUCO Invitational
3	Sakina UMAR	SO	#3 Iowa Western CC	18.09	5.69m	18-8	1/18/25	Thane Baker Invitational
4	Chloe PERRYMAN	SO	#4 Barton (Kan.) CC {2}	15.73	5.65m	18-6½	1/18/25	Thane Baker Invitational
5	Sydney ROQUEBRUN	SO	#13 South Plains (Texas)	13.55	5.63m	18-5¾	1/18/25	Texas Tech Corky Classic
6	Anijah JAMES	FR	#17 Richard Bland (Va.)	11.43	5.61m	18-5	1/25/25	Keydet Invitational
7	Makayla WHITFIELD	FR	Bismarck State (N.D.)	10.18	5.57m	18-3¼	1/18/25	Marauders Indoor Opener
8	Kavel RITCHIE	SO	#1 New Mexico JC	8.87	5.52m	18-1½	1/18/25	Texas Tech Corky Classic
9	Aalyiah LINTON	FR	Fort Scott (Kan.) CC	7.69	5.49m	18-¼	1/25/25	NAIA / JUCO Invitational
10	Alexia LEWIS	SO	Highland (Kan.) CC	6.51	5.46m	17-11	1/25/25	NAIA / JUCO Invitational
11	Jocelyn NUNEZ	FR	State Fair (Mo.)	5.42	5.43m	17-9¾	1/24/25	Central Missouri Invitational
12	Alexia ANDERSON	SO	Bismarck State (N.D.) {2}	4.36	5.41m	17-9	1/25/25	U-Mary Winter Classic
13	Dymonde NAVE	SO	#6 Indian Hills (Iowa) CC	3.33	5.40m	17-8¾	1/25/25	Larry Wiczorek Invitational
14	Brinel THOMAS	FR	#23 Monroe-New Rochelle	2.29	5.39m	17-8¼	1/25/25	Dr. Sander Scorchner
15	Kymia BRIDGETT	FR	#4 Barton (Kan.) CC {3}	1.76	5.38m	17-8	1/18/25	Thane Baker Invitational
16	Zekira SNOW	SO	#6 Indian Hills (Iowa) CC {2}	1.42	5.35m	17-6¾	1/25/25	Larry Wiczorek Invitational
17	Jaden MILLER	FR	Lake-Sumter State (Fl)	1.14	5.34m	17-6¼	1/25/25	RADD College Invitational
18	Shyla COOPER	FR	#17 Richard Bland (Va.) {2}	1.01	5.33m	17-6	1/12/25	VCU Ram Indoor Invitational
19	Alyssa WONDERCHECK	FR	#22 Hawkeye (Iowa) CC	0.87	5.32m	17-5½	1/11/25	Battle in the Hive
20	Nele GOESL	FR	#2 Cloud County (Kan.) C	0.74	5.31m	17-5¼	1/18/25	Thane Baker Invitational
21	Ella HOMAWOO	FR	#5 Iowa Central CC {2}	0.60	5.29m	17-4¼	1/11/25	Battle in the Hive
22	Taeja BARTEE	FR	#3 Iowa Western CC {2}	0.50	5.25m	17-2¾	1/18/25	Thane Baker Invitational
23	Azariah DAWES	FR	#21 Hutchinson (Kan.) CC	0.40	5.21m	17-1¼	1/25/25	NAIA / JUCO Invitational
24	Ciarra MOORE	SO	#17 Richard Bland (Va.) {3}	0.30	5.19m	17-½	12/8/24	Christopher Newport Holiday
25	Mercy HONESTY	SO	#3 Iowa Western CC {3}	0.20	5.17m	16-11½	1/24/25	Cyclone Open
26	Makiya MOSLEY	FR	#4 Barton (Kan.) CC {4}	TM-4	5.16m	16-11¼	1/25/25	NAIA / JUCO Invitational
27	Sophia RODRIQUEZ	FR	#1 New Mexico JC {2}	0.13	5.15mA	16-10¾	1/25/25	Dr. Martin Luther King, Jr. Invi
28	Michaelyn FISHER	FR	#17 Richard Bland (Va.) {4}	TM-4	5.11m	16-9¼	1/12/25	VCU Ram Indoor Invitational
29	Arriana JOHNSON	SO	#6 Indian Hills (Iowa) CC {3}	0.08	5.09m	16-8½	1/18/25	Hawkeye Invitational
29	Sara JACOBSON	SR	#10 Mesa (Ariz.) CC	0.08	5.09mA	16-8½	1/10/25	Friday Night Axe 'Em Open
31	Chenessa DAVIS	SO	#2 Cloud County (Kan.) {2}	0.04	5.08m	16-8	1/18/25	Thane Baker Invitational
32	Aleisha CLARKE	FR	#23 Monroe-New Rochelle {2}	0.03	5.06m	16-7¼	1/17/25	Ramapo Season Opener
33	Destiny DAVIS	FR	#5 Iowa Central CC {3}	0.02	5.04m	16-6½	1/25/25	Jack Johnson Classic
33	Lee'Asia HAYES	FR	Bryant & Stratton (Wis)	0.02	5.04m	16-6½	1/18/25	Firebird First Invitational
33	Yaya MORENO	SO	#21 Hutchinson (Kan.) CC {2}	0.02	5.04m	16-6½	1/25/25	NAIA / JUCO Invitational



National TFRI Event Summary

Women's Triple Jump — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance		Meet	
1	Mercy HONESTY	SO	#3 Iowa Western CC	25.30	12.83m	42-1¼	1/18/25	Thane Baker Invitational
2	Celine RIDDLE	FR	#4 Barton (Kan.) CC	21.19	12.20m	40-½	1/18/25	Thane Baker Invitational
3	Ciarra MOORE	SO	#17 Richard Bland (Va.)	17.65	11.74m	38-6¼	12/8/24	Christopher Newport Holiday
4	Paola BEHILE	FR	#5 Iowa Central CC	15.59	11.72m	38-5½	1/11/25	Battle in the Hive
5	Janita ANTIPINA	FR	#1 New Mexico JC	13.45	11.68m	38-4	1/18/25	Texas Tech Corky Classic
6	Sophia RODRIQUEZ	FR	#1 New Mexico JC {2}	11.42	11.67m	38-3½	1/18/25	Texas Tech Corky Classic
7	Sakina UMAR	SO	#3 Iowa Western CC {2}	10.03	11.52m	37-9½	1/24/25	Cyclone Open
8	Kavel RITCHIE	SO	#1 New Mexico JC {3}	8.92	11.47m	37-7¾	1/18/25	Texas Tech Corky Classic
9	Kymia BRIDGETT	FR	#4 Barton (Kan.) CC {2}	7.87	11.45m	37-6¾	1/25/25	NAIA / JUCO Invitational
10	Isabelle CULLENS	FR	#14 Coffeyville (Kan.) CC	6.65	11.35m	37-3	1/17/25	Arkansas Invitational
11	Alexia ANDERSON	SO	Bismarck State (N.D.)	5.48	11.20m	36-9	1/18/25	Marauders Indoor Opener
12	Shyla COOPER	FR	#17 Richard Bland (Va.) {2}	4.35	11.09m	36-4¾	12/8/24	Christopher Newport Holiday
13	Aalyiah LINTON	FR	Fort Scott (Kan.) CC	3.31	11.06m	36-3½	1/18/25	Bumble Rumble
14	Shanaya HINTON	FR	Marion Military Institu	2.30	11.05m	36-3	1/19/25	KMS Indoor Invitational
15	Nele GOESL	FR	#2 Cloud County (Kan.) C	1.64	10.91m	35-9½	1/25/25	NAIA / JUCO Invitational
16	Azariah DAWES	FR	#21 Hutchinson (Kan.) CC	1.38	10.90m	35-9¼	1/25/25	NAIA / JUCO Invitational
17	Ashanti PATTON	SO	Meridian (Miss.) CC	1.12	10.89m	35-8¾	1/18/25	Samford January Open
18	Makayla WHITFIELD	FR	Bismarck State (N.D.) {2}	0.99	10.87m	35-8	12/7/24	Mike Thorson Open
19	Tatiana WHITE	FR	#8 Pima (Ariz.) CC	0.82	10.81m	#Error	1/25/25	Paradise Valley CC "Indoor"
20	Anna WASHBURN	FR	#14 Coffeyville (Kan.) CC {2}	0.70	10.79m	35-4¾	1/25/25	NAIA / JUCO Invitational
21	Dedra WOOD	FR	Bismarck State (N.D.) {3}	0.60	10.77m	35-4	1/18/25	Marauders Indoor Opener
22	Elfie SANOGO	FR	#3 Iowa Western CC {3}	0.50	10.70m	35-1¼	1/24/25	Cyclone Open
23	Jaden MILLER	FR	Lake-Sumter State (Fl)	0.40	10.66m	34-11¾	1/18/25	Jimmy Carnes Invitational Col
24	Erin SMITH	SO	#17 Richard Bland (Va.) {3}	0.30	10.61m	34-9¾	12/6/24	Liberty Kickoff
25	Oyindamola ADETUTU	SO	Glendale (Ariz.) CC	0.20	10.56m	#Error	1/25/25	Paradise Valley CC "Indoor"
26	Journey SANDER	FR	State Fair (Mo.)	0.15	10.25m	33-7½	1/11/25	Redhawks Invitational
27	Alycia MCKOY		Mohawk Valley (N.Y.) C	0.13	9.90m	32-5¾	1/25/25	St. Lawrence Invitational
28	Lucia SANCHEZ SCRIVEN	SO	Harper (Ill.)	0.10	9.88m	32-5	1/18/25	Pat Heenan Invitational
29	Leah WRIGHT	FR	Allen (Kan.) CC	0.08	9.82m	32-2¾	1/11/25	Friends First Chance Qualifier
30	Brooklyn VOMACKA	FR	#3 Iowa Western CC {4}	TM-4	9.77m	32-¾	1/24/25	Cyclone Open
31	Maggie ROWZE	FR	Sauk Valley (Ill.) CC	0.04	9.57m	31-4¾	1/25/25	Moco Mercer Open
32	Natalia POCICA	SO	Harper (Ill.) {2}	0.03	9.54m	31-3¾	1/18/25	Pat Heenan Invitational
33	Carli KOBEMAN	FR	Sauk Valley (Ill.) CC {2}	0.02	9.52m	31-2¾	12/7/24	Frigid Bee Invitational
34	Grace HOLMES	SO	Finger Lakes (N.Y.) CC	0.02	8.08m	26-6¼	1/25/25	Highlander Invitational



National TFRI Event Summary

Women's Shot Put — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.	Scored Performance		Meet	
1	Esteisy SALAS	SO	#1 New Mexico JC	24.38	15.19m	49-10	1/18/25	Texas Tech Corky Classic
2	Sarai SIMPSON	SO	#3 Iowa Western CC	20.73	14.29m	46-10¾	1/11/25	Scott Nisely Memorial
3	Chin-Loy RAYMOND	SO	#3 Iowa Western CC {2}	18.69	14.27m	46-10	1/11/25	Scott Nisely Memorial
4	Rejoice AGBEWODIE	SO	#12 Central Arizona	16.23	13.97m	45-10	1/25/25	Paradise Valley CC "Indoor"
5	Cierra GRAY	SO	#15 Cowley (Kan.)	14.09	13.86m	45-5¾	1/17/25	Washburn Rust Buster
6	Deisheline MAYER SCOTT	FR	#21 Hutchinson (Kan.) CC	11.79	13.63m	44-8¾	1/25/25	NAIA / JUCO Invitational
7	Monifa EDWARDS	FR	#3 Iowa Western CC {3}	9.78	12.84m	42-1½	1/24/25	Cyclone Open
8	Zadie MACKEY	FR	#4 Barton (Kan.) CC	8.63	12.72m	41-8¾	1/18/25	Thane Baker Invitational
9	Janiel MONTAQUE	FR	#21 Hutchinson (Kan.) CC {2}	7.58	12.68m	41-7¼	1/25/25	NAIA / JUCO Invitational
10	Cedricka WILLIAMS	SO	#4 Barton (Kan.) CC {2}	6.55	12.66m	41-6½	1/18/25	Thane Baker Invitational
11	Kahllah BAILEY	FR	#13 South Plains (Texas)	5.54	12.65m	41-6	1/18/25	Texas Tech Corky Classic
12	Unitee BROWN	FR	#5 Iowa Central CC	4.33	12.39m	40-7¾	1/25/25	Jack Johnson Classic
13	Yosiris CORDOBA	SO	#1 New Mexico JC {2}	3.24	12.26m	40-2¾	1/25/25	Dr. Martin Luther King, Jr. Invi
14	Lovely HIBBERT	FR	#3 Iowa Western CC {4}	TM-4	12.22m	40-1¼	1/18/25	Thane Baker Invitational
15	Aiyanna GREEN	SO	#21 Hutchinson (Kan.) CC {3}	1.65	12.12m	39-9¼	1/25/25	NAIA / JUCO Invitational
16	Olivia COX	FR	Sauk Valley (Ill.) CC	1.33	12.01m	39-5	12/14/24	Finals Week Invitational
17	Athilia PRYCE	FR	#1 New Mexico JC {3}	1.00	11.72m	38-5½	1/25/25	Dr. Martin Luther King, Jr. Invi
18	DeMya CAMPBELL	SO	#17 Richard Bland (Va.)	0.90	11.45m	37-6¾	12/8/24	Christopher Newport Holiday
19	Shaniece POWELL	FR	#14 Coffeyville (Kan.) CC	0.80	11.44m	37-6½	1/18/25	Thane Baker Invitational
20	Kailan MCEWEN	FR	#22 Hawkeye (Iowa) CC	0.70	11.39m	37-4½	1/17/25	Jack Jennett Invitational
21	Nora HENRY	FR	Mineral Area (Mo.)	0.60	11.16m	36-7½	1/25/25	Illinois College Snow Bird Invi
22	Hadley WILSON	FR	#15 Cowley (Kan.) {2}	0.50	11.12m	36-5¾	1/17/25	Washburn Rust Buster
23	Tomi GALL	SO	Garden City (Kan.) CC	0.40	11.09m	36-4¾	1/25/25	NAIA / JUCO Invitational
24	Shyla-Mae CONSTABLE	FR	#12 Central Arizona {2}	0.30	11.06m	36-3½	1/25/25	Paradise Valley CC "Indoor"
25	Nichole ROBERTS	FR	Dawson (Mont.) CC	0.20	11.03m	36-2¼	12/7/24	Mike Thorson Open
26	Alma CORDOVA	FR	#16 Colby (Kan.) CC	0.15	10.88m	35-8½	1/25/25	NAIA / JUCO Invitational
27	Seioriana GLASS	SO	#10 Mesa (Ariz.) CC	0.13	10.40m	34-1½	1/25/25	Paradise Valley CC "Indoor"
28	Carmen SPEAR	FR	#24 Paradise Valley (Ariz.)	0.10	10.31m	33-10	1/18/25	Puma "Indoor"
29	Raina MASSEY	SO	Marion Military Institu	0.08	10.30m	33-9½	1/19/25	KMS Indoor Invitational
30	Lilleann SHACKLEFORD	FR	Cuyahoga (Ohio) CC	0.05	10.27m	33-8½	12/7/24	Saginaw Valley State Holiday
31	Sara JACOBSON	SR	#10 Mesa (Ariz.) CC {2}	0.04	10.26m	33-8	1/25/25	Paradise Valley CC "Indoor"
32	Morgan MOSLEY	FR	#8 Pima (Ariz.) CC	0.03	10.24m	33-7¼	1/25/25	Paradise Valley CC "Indoor"
33	Holly HYLTON	SO	#16 Colby (Kan.) CC {2}	0.02	10.17m	33-4½	1/18/25	Thane Baker Invitational
34	Kit BYARS	SO	North Iowa Area CC	0.02	10.16m	33-4	1/25/25	Hilltop Invitational
35	Eden BROUWERS	FR	#5 Iowa Central CC {2}	0.01	10.15m	33-3¾	1/25/25	Jack Johnson Classic



National TFRI Event Summary

Women's Weight Throw — 2025 Week #1, January 28

NPR	Athlete		(Team Rank) Institution	Team Pts.		Scored Performance		Meet	
1	Tania DA SILVA	SO	#1 New Mexico JC	27.10		20.82m	68-3¾	1/18/25	Texas Tech Corky Classic
2	Rejoice AGBEWODIE	SO	#12 Central Arizona	21.48		18.04m	59-2¼	1/25/25	Paradise Valley CC "Indoor"
3	Cedricka WILLIAMS	SO	#4 Barton (Kan.) CC	18.66		17.41m	57-1½	1/25/25	NAIA / JUCO Invitational
4	Zuriya ROBINSON	SO	#5 Iowa Central CC	16.21		17.00m	55-9¼	1/25/25	Jack Johnson Classic
5	Shyla-Mae CONSTABLE	FR	#12 Central Arizona {2}	13.25		15.95m	52-4	1/25/25	Paradise Valley CC "Indoor"
6	Esteisy SALAS	SO	#1 New Mexico JC {2}	10.71		15.36m	50-4¾	1/18/25	Texas Tech Corky Classic
7	Sarai SIMPSON	SO	#3 Iowa Western CC	9.57		15.21m	49-11	1/24/25	Cyclone Open
8	Mayce MCDONALD	SO	#15 Cowley (Kan.)	8.43		15.06m	49-5	1/25/25	NAIA / JUCO Invitational
9	Seioriana GLASS	SO	#10 Mesa (Ariz.) CC	7.35		14.97m	49-1½	1/25/25	Paradise Valley CC "Indoor"
10	Ana MANOUSARIDIS	SO	#14 Coffeyville (Kan.) CC	6.26		14.84m	48-8¼	1/18/25	Thane Baker Invitational
11	Shaniece POWELL	FR	#14 Coffeyville (Kan.) CC {2}	5.25		14.80m	48-6¾	1/18/25	Thane Baker Invitational
12	Aiyanna GREEN	SO	#21 Hutchinson (Kan.) CC	4.20		14.70m	48-2¾	1/25/25	NAIA / JUCO Invitational
13	Cierra GRAY	SO	#15 Cowley (Kan.) {2}	3.19		14.68m	48-2	1/25/25	NAIA / JUCO Invitational
14	Hadley WILSON	FR	#15 Cowley (Kan.) {3}	2.13		14.55m	47-9	1/17/25	Washburn Rust Buster
15	Athilia PRYCE	FR	#1 New Mexico JC {3}	1.59		14.46m	47-5¼	1/18/25	Texas Tech Corky Classic
16	Bree ROWE	SO	#15 Cowley (Kan.) {4}	TM-4		14.42m	47-3¾	1/17/25	Washburn Rust Buster
17	Chin-Loy RAYMOND	SO	#3 Iowa Western CC {2}	1.05		14.39m	47-2½	1/24/25	Cyclone Open
18	Zadie MACKEY	FR	#4 Barton (Kan.) CC {2}	0.90		14.20m	46-7¼	1/18/25	Thane Baker Invitational
19	Mercedes GLOVER	JR	#15 Cowley (Kan.) {5}	TM-5		14.10m	46-3¼	1/25/25	NAIA / JUCO Invitational
20	Morgan MOSLEY	FR	#8 Pima (Ariz.) CC	0.70		13.92m	45-8	1/25/25	Paradise Valley CC "Indoor"
21	Tomi GALL	SO	Garden City (Kan.) CC	0.60		13.47m	44-2½	1/11/25	Friends First Chance Qualifier
22	Brinley LENSCH	FR	#24 Paradise Valley (Ariz.)	0.50		13.37m	43-10½	1/25/25	Paradise Valley CC "Indoor"
23	Janiel MONTAQUE	FR	#21 Hutchinson (Kan.) CC {2}	0.40		13.30m	43-7¾	1/17/25	Washburn Rust Buster
24	McKayla KUPICKI	SO	#14 Coffeyville (Kan.) CC {3}	0.30		13.01m	42-8¼	1/18/25	Thane Baker Invitational
25	Lovely HIBBERT	FR	#3 Iowa Western CC {3}	0.20		12.94m	42-5½	1/11/25	Scott Nisely Memorial
26	Alma CORDOVA	FR	#16 Colby (Kan.) CC	0.15		12.71m	41-8½	1/18/25	Thane Baker Invitational
27	Jaeleigha ABALOS	FR	#24 Paradise Valley (Ariz.) {2}	0.13		12.57m	41-3	1/25/25	Paradise Valley CC "Indoor"
28	Olivia COX	FR	Sauk Valley (Ill.) CC	0.10		12.55m	41-2¼	12/14/24	Finals Week Invitational
29	Katie COOK	FR	#15 Cowley (Kan.) {6}	TM-6		12.50m	41-¼	1/17/25	Washburn Rust Buster
29	Cynthia ALBERT	FR	#6 Indian Hills (Iowa) CC	0.08		12.50m	41-¼	1/25/25	Larry Wiecezorek Invitational
31	Margherita SALA	SO	#2 Cloud County (Kan.) C	0.04		12.43m	40-9½	1/25/25	NAIA / JUCO Invitational
32	Amoni EVANS	FR	#15 Cowley (Kan.) {7}	TM-7		12.30m	40-4¼	1/25/25	NAIA / JUCO Invitational
33	Vivica ADDISON	SO	#2 Cloud County (Kan.) {2}	0.02		12.19m	40-0	1/18/25	Thane Baker Invitational
34	Darcee O'LOUGHLIN	SO	#22 Hawkeye (Iowa) CC	0.02		12.16m	39-10¾	1/17/25	Jack Jennett Invitational
35	Abbi RICHTER	SO	Southwestern (Iowa) C	0.01		12.11m	39-8¾	1/18/25	Richard Alsup Open



National TFRI Event Summary

Women's Pentathlon — 2025 Week #1, January 28

NPR	Athlete		(Team Rank)	Institution	Team Pts.		Scored Performance	Meet
1	Ella HOMAWOO	FR	#5	Iowa Central CC	23.16		2,869	1/25/25 Jack Johnson Classic
2	Eden BROUWERS	FR	#5	Iowa Central CC {2}	20.93		2,833	1/25/25 Jack Johnson Classic
3	Jillian HULSING	SO		Sauk Valley (Ill.) CC	16.16		2,414	1/25/25 Fighting Bee Invite
4	Tasha WILLIAMS	SO	#22	Hawkeye (Iowa) CC	14.00		2,166	1/25/25 Fighting Bee Invite
5	Emer MCAULIFFE	FR	#22	Hawkeye (Iowa) CC {2}	12.00		1,271	1/25/25 Fighting Bee Invite