



## Regional TFRI Event Summary



## Atlantic

as of 1/28/2025 9:15:25 AM ET

## Women's 60 Meters

1	19	Michaelyn FISHER	FR	#1 Richard Bland (V	7.74	12/8
2	31	Kettia AMBROSE	SO	#3 Monroe-New Ro	7.84	1/10
2	31	Ma-Avian WILLIAMS	SO	#2 Essex County (N.	7.84	1/17
4	40	Ashia MARTIN	SO	#2 Essex County (N.{2}	7.87	1/25
4	40	Aniya SUKU	FR	#10 Bryant & Stratto	7.87	1/17
6	45	Jayla WERTS	SO	#1 Richard Bland (V{2}	7.89	1/12
7	48	Breshauna MILLER	FR	#1 Richard Bland (V{3}	7.92	1/25
8	51	Anijah JAMES	FR	#1 Richard Bland (V{4}	7.94	12/8
9	53	Kimberly BAKER	SO	#2 Essex County (N.{3}	7.95	1/17
10	57	Makenzey GLASS	SO	#5 Marion Military I	7.96	1/19

## Women's 60 Meter Hurdles

1	10	Jada HATCHER	FR	#1 Richard Bland (V	9.00	12/8
2	13	Ma-Avian WILLIAMS	SO	#2 Essex County (N.	9.10	1/17
3	14	Shyla COOPER	FR	#1 Richard Bland (V{2}	9.12	1/25
4	17	Anijah JAMES	FR	#1 Richard Bland (V{3}	9.13	12/8
5	19	Paula ORUSEDE	SO	#2 Essex County (N.{2}	9.16	1/17
6	22	Kadina DEEBLE	FR	#2 Essex County (N.{3}	9.18	1/17
7	26	Aleisha CLARKE	FR	#3 Monroe-New Ro	9.24	1/25
8	41	Erin SMITH	SO	#1 Richard Bland (V{4}	9.75	12/8
9	51	Aniya SUKU	FR	#10 Bryant & Stratto	10.31	1/17
10	57	Justine BELL	SO	#8 Onondaga (N.Y.)	10.63	12/7

## Women's 200 Meters

1	19	Kettia AMBROSE	SO	#3 Monroe-New Ro	25.23	1/10
2	25	Kimberly BAKER	SO	#2 Essex County (N.	25.49	1/17
3	32	Michaelyn FISHER	FR	#1 Richard Bland (V	25.66	1/12
4	33	Jayla WERTS	SO	#1 Richard Bland (V{2}	25.68	12/6
5	39	Aniya SUKU	FR	#10 Bryant & Stratto	25.79	1/12
6	45	J'Miaya MUSE	FR	#1 Richard Bland (V{3}	25.98c (26.38f)	12/8
7	53	Paula ORUSEDE	SO	#2 Essex County (N.{2}	26.11	1/17
8	56	Breshauna MILLER	FR	#1 Richard Bland (V{4}	26.22	1/25
9	62	Shermalee FREEMAN	FR	#2 Essex County (N.{3}	26.33	1/17
10	71	Ma-Avian WILLIAMS	SO	#2 Essex County (N.{4}	26.67	1/3

## Women's 400 Meters

1	5	Jayla WERTS	SO	#1 Richard Bland (V	56.78	12/6
2	6	Kettia AMBROSE	SO	#3 Monroe-New Ro	56.99	1/25
3	15	Breshauna MILLER	FR	#1 Richard Bland (V{2}	58.49	1/25
4	23	Shermalee FREEMAN	FR	#2 Essex County (N.	59.46	1/25
5	25	Aniya SUKU	FR	#10 Bryant & Stratto	59.65c (1:00.44f)	12/8
6	26	Kimberly BAKER	SO	#2 Essex County (N.{2}	59.87	1/10
7	28	Paula ORUSEDE	SO	#2 Essex County (N.{3}	1:00.31	1/25
8	30	J'Miaya MUSE	FR	#1 Richard Bland (V{3}	1:00.38c (1:01.18f)	12/8
9	33	Aaliyah MORGAN	FR	#2 Essex County (N.{4}	1:00.62	1/17
10	37	Oksanna SMITH	FR	#7 Lake-Sumter Sta	1:01.95	1/25

## Women's 600 Meters

1	7	Kettia AMBROSE	SO	#3 Monroe-New Ro	1:38.05	1/3
2	11	Shermalee FREEMAN	FR	#2 Essex County (N.	1:38.51	1/17
3	13	Kaliyah JONES	FR	#3 Monroe-New Ro{2}	1:38.84	1/10
4	14	Serena DOUGLAS	SO	#2 Essex County (N.{2}	1:39.46	1/3
5	17	Breshauna MILLER	FR	#1 Richard Bland (V	1:40.56c (1:41.79f)	12/8
6	29	Aaliyah MORGAN	FR	#2 Essex County (N.{3}	1:45.82	1/3
7	39	Sade LEE	FR	#7 Lake-Sumter Sta	1:48.80	1/25
8	48	Julihanna JOHNSON	SO	#3 Monroe-New Ro{3}	1:53.49	1/10
9	49	Jakiya SEALEY	SO	#5 Marion Military I	2:01.04	1/19
10	56	Feyissia WOODS	FR	#11 Louisburg (N.C.)	2:13.15c (2:14.78f)	12/8

## Women's 800 Meters

1	8	Serena DOUGLAS	SO	#2 Essex County (N.	2:20.70	1/17
2	77	Sade LEE	FR	#7 Lake-Sumter Sta	2:40.82	1/18
3	93	Lauren CLAYTON	FR	#5 Marion Military I	2:49.23	1/19
4		Amanda KELLY	SO	#12 Kingsborough (N	2:51.66	1/3
5		Sipriana HILL	SO	#5 Marion Military I{2}	2:57.01	1/19
6		Arial CRAWFORD	SO	#4 Hagerstown (Md	3:00.54c (3:02.62f)	1/18
7		Feyissia WOODS	FR	#11 Louisburg (N.C.)	3:10.83c (3:13.03f)	1/26
8		Alana BEDELL		#6 Finger Lakes (N.'	3:31.94c (3:34.38f)	1/25
9		Chantel SHULER	FR	#14 BMCC (N.Y.)	3:34.75	1/17

## Women's 1000 Meters

1	13	Serena DOUGLAS	SO	#2 Essex County (N.	3:08.02	1/10
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## Women's Mile

1	8	Attoya HARVEY	SO	#3 Monroe-New Ro	5:11.80	1/25
2		Kaitlyn FICO	SO	#8 Onondaga (N.Y.)	6:46.52c (6:50.54f)	12/7
3		Kayla DUNSTAN		#6 Finger Lakes (N.'	7:07.36c (7:11.59f)	1/25
4		Alana BEDELL		#6 Finger Lakes (N.{2}	7:50.02c (7:54.67f)	1/25
5		Jasmine CONNOR		#9 Mohawk Valley (I	7:53.07c (7:57.75f)	1/25

## Women's 3000 Meters

1	33	Michaela GROSS	FR	#4 Hagerstown (Md	10:41.45c(10:46.94f)	1/12
2	43	Attoya HARVEY	SO	#3 Monroe-New Ro	10:58.17	1/3
3	79	Sierra REA	FR	#4 Hagerstown (Md{2}	12:15.65c(12:21.95f)	1/18
4	93	Kayla DUNSTAN		#6 Finger Lakes (N.'	14:14.31c(14:21.63f)	1/25

## Women's 5000 Meters

1	2	Michaela GROSS	FR	#4 Hagerstown (Md	18:32.31	1/25
2	14	Sierra REA	FR	#4 Hagerstown (Md{2}	21:07.79	1/25

## Women's 4x400 Relay

1	8	Kimberly Baker, Paula Orusede, Serena Douglas, Aaliyah Morgan		#2 Essex County (N.	3:56.47	1/25
2	22	Kiliyah Taylor, Courtney Teesdale, Sipriana Hill, Jakiya Sealey		#5 Marion Military I	4:43.59	1/19
3	24	Jessica Franklin, Sierra Rea, Arial Crawford, Michaela Carney		#4 Hagerstown (Md	4:46.03c (4:49.82f)	1/12



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## Women's High Jump

1	<b>1</b>	Aidan FAITH	SO	<b>#4</b>	Hagerstown (Md)	<b>1.66m</b>	5-5¼	1/12
2	<b>8</b>	Raeya TOWNSEND	FR	<b>#5</b>	Marion Military I	<b>1.55m</b>	5-1	1/19

## Women's Pole Vault

1	<b>11</b>	Michaela CARNEY	SO	<b>#4</b>	Hagerstown (Md)	<b>3.00m</b>	9-10	1/12
2	<b>12</b>	Kayla VANDERFORD	SO	<b>#4</b>	Hagerstown (Md){2}	<b>2.90m</b>	9-6¼	1/18
3	<b>18</b>	Grace HOLMES	SO	<b>#6</b>	Finger Lakes (N.Y.)	<b>2.45m</b>	8-½	<b>1/25</b>
4	<b>20</b>	Nicole CALOGERO		<b>#9</b>	Mohawk Valley (I)	<b>2.30m</b>	7-6½	<b>1/25</b>
5	<b>24</b>	Ava WHITES		<b>#9</b>	Mohawk Valley (I){2}	<b>2.15m</b>	7-½	<b>1/25</b>

## Women's Long Jump

1	<b>6</b>	Anijah JAMES	FR	<b>#1</b>	Richard Bland (V)	<b>5.61m</b>	18-5	<b>1/25</b>
2	<b>14</b>	Brinel THOMAS	FR	<b>#3</b>	Monroe-New Roch	<b>5.39m</b>	17-8¼	<b>1/25</b>
3	<b>17</b>	Jaden MILLER	FR	<b>#7</b>	Lake-Sumter Sta	<b>5.34m</b>	17-6¼	<b>1/25</b>
4	<b>18</b>	Shyla COOPER	FR	<b>#1</b>	Richard Bland (V){2}	<b>5.33m</b>	17-6	1/12
5	<b>24</b>	Ciarra MOORE	SO	<b>#1</b>	Richard Bland (V){3}	<b>5.19m</b>	17-½	12/8
6	<b>28</b>	Michaelyn FISHER	FR	<b>#1</b>	Richard Bland (V){4}	<b>5.11m</b>	16-9¼	1/12
7	<b>32</b>	Aleisha CLARKE	FR	<b>#3</b>	Monroe-New Roch{2}	<b>5.06m</b>	16-7¼	1/17
8	<b>36</b>	Kadina DEEBLE	FR	<b>#2</b>	Essex County (N.Y.)	<b>5.03m</b>	16-6	1/17
9	<b>44</b>	Jada HATCHER	FR	<b>#1</b>	Richard Bland (V){5}	<b>4.87m</b>	15-11¾	1/12
10	<b>70</b>	Shanaya HINTON	FR	<b>#5</b>	Marion Military I	<b>4.32m</b>	14-2¼	1/19

## Women's Triple Jump

1	<b>3</b>	Ciarra MOORE	SO	<b>#1</b>	Richard Bland (V)	<b>11.74m</b>	38-6¼	12/8
2	<b>12</b>	Shyla COOPER	FR	<b>#1</b>	Richard Bland (V){2}	<b>11.09m</b>	36-4¾	12/8
3	<b>14</b>	Shanaya HINTON	FR	<b>#5</b>	Marion Military I	<b>11.05m</b>	36-3	1/19
4	<b>23</b>	Jaden MILLER	FR	<b>#7</b>	Lake-Sumter Sta	<b>10.66m</b>	34-11¾	1/18
5	<b>24</b>	Erin SMITH	SO	<b>#1</b>	Richard Bland (V){3}	<b>10.61m</b>	34-9¾	12/6
6	<b>27</b>	Alycia MCKOY		<b>#9</b>	Mohawk Valley (I)	<b>9.90m</b>	32-5¾	<b>1/25</b>
7	<b>34</b>	Grace HOLMES	SO	<b>#6</b>	Finger Lakes (N.Y.)	<b>8.08m</b>	26-6¼	<b>1/25</b>

## Women's Shot Put

1	<b>18</b>	DeMya CAMPBELL	SO	<b>#1</b>	Richard Bland (V)	<b>11.45m</b>	37-6¾	12/8
2	<b>29</b>	Raina MASSEY	SO	<b>#5</b>	Marion Military I	<b>10.30m</b>	33-9½	1/19
3	<b>52</b>	Elliot BOAK		<b>#8</b>	Onondaga (N.Y.)	<b>9.47m</b>	31-1	12/7

## Women's Weight Throw

1	<b>43</b>	DeMya CAMPBELL	SO	<b>#1</b>	Richard Bland (V)	<b>11.18m</b>	36-8¼	12/8
2	<b>78</b>	Elliot BOAK		<b>#8</b>	Onondaga (N.Y.)	<b>7.51m</b>	24-7¾	12/7



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as of 1/28/2025 9:15:26 AM ET

## Women's 60 Meters

1	1	Anita AFRIFA	SO	#8 Colby (Kan.) CC	7.30	1/18
2	2	Keliza SMITH	SO	#2 Barton (Kan.) CC	7.33	1/18
3	3	Maimuna JALLOW	FR	#1 Cloud County (K)	7.35	1/25
4	8	Royanah FARMER	SO	#3 Coffeyville (Kan.)	7.60	1/18
5	11	Linya GEDEON	SO	#3 Coffeyville (Kan.) {2}	7.62	1/17
6	16	Adetutu ALADELOYE	SO	#13 Allen (Kan.) CC	7.66	1/11
7	17	Kayda AUSTIN	FR	#2 Barton (Kan.) CC {2}	7.68	1/25
8	18	Beatrice BOAKYE	FR	#8 Colby (Kan.) CC {2}	7.73	1/18
9	19	Shanteria WASHINGTON	SO	#11 Highland (Kan.)	7.74	1/25
10	21	Asharria ULETT	FR	#2 Barton (Kan.) CC {3}	7.75	1/25

## Women's 60 Meter Hurdles

1	2	Asharria ULETT	FR	#2 Barton (Kan.) CC	8.54	1/25
2	4	Chenessa DAVIS	SO	#1 Cloud County (K)	8.71	1/25
3	5	Ty'yanah ADAMS	FR	#2 Barton (Kan.) CC {2}	8.72	1/25
4	8	Linya GEDEON	SO	#3 Coffeyville (Kan.)	8.76	1/18
5	11	Damaria BELL	FR	#6 Fort Scott (Kan.)	9.03	1/18
6	14	Tahlia LIENERT	FR	#1 Cloud County (K) {2}	9.12	1/18
7	18	Olivia LEATHERMAN	FR	#9 Dodge City (Kan.)	9.15	1/18
8	23	Alexia WALKER	FR	#2 Barton (Kan.) CC {3}	9.19	1/25
9	24	Nanhi PANNU	FR	#1 Cloud County (K) {3}	9.22	1/18
10	29	Dekanya WEBB	FR	#8 Colby (Kan.) CC	9.37	1/25

## Women's 200 Meters

1	1	Anita AFRIFA	SO	#8 Colby (Kan.) CC	23.72	1/18
2	2	Maimuna JALLOW	FR	#1 Cloud County (K)	24.39 OT	1/25
3	3	Keliza SMITH	SO	#2 Barton (Kan.) CC	24.40 OT	1/25
4	6	Adetutu ALADELOYE	SO	#13 Allen (Kan.) CC	24.57 OT	1/25
5	14	Kayda AUSTIN	FR	#2 Barton (Kan.) CC {2}	25.06	1/18
6	15	Royanah FARMER	SO	#3 Coffeyville (Kan.)	25.08	1/17
7	16	Ivana ODONKOR	SO	#6 Fort Scott (Kan.)	25.14c (25.53f)	1/18
8	18	Ranayla MOTEN	FR	#13 Allen (Kan.) CC {2}	25.22 OT	1/25
9	22	Jayden PIPER	FR	#6 Fort Scott (Kan.) {2}	25.29c (25.68f)	1/18
10	23	Dayjonique CATO	SO	#6 Fort Scott (Kan.) {3}	25.30 OT	1/25

## Women's 400 Meters

1	1	Rafiatu NUHU	SO	#1 Cloud County (K)	55.48 OT	1/25
2	9	Amalinaly PEMBERTON	SO	#3 Coffeyville (Kan.)	57.78 OT	1/25
3	10	Tierra WILLIAMS	FR	#3 Coffeyville (Kan.) {2}	57.93 OT	1/25
4	13	Bianca GLEIM	SO	#9 Dodge City (Kan.)	58.44 OT	1/18
5	16	Kialia CLAIBORNE	SO	#2 Barton (Kan.) CC	58.60 OT	1/25
6	18	Dhakiya BLAKE	SO	#3 Coffeyville (Kan.) {3}	58.64 OT	1/25
7	20	Ja'Kheria KELSER	FR	#3 Coffeyville (Kan.) {4}	58.73	1/17
8	27	Vilorina TUILAWAKI	SO	#12 Neosho County (	1:00.09c (1:00.88f)	1/24
9	29	Alexia WALKER	FR	#2 Barton (Kan.) CC {2}	1:00.34 OT	1/25
10	32	Jakouria JAMERSON	SO	#6 Fort Scott (Kan.)	1:00.55 OT	1/25

## Women's 600 Meters

1	1	Rafiatu NUHU	SO	#1 Cloud County (K)	1:30.77	1/18
2	2	Nontokozi NCUBE	SO	#1 Cloud County (K) {2}	1:31.24	1/18
3	6	Natasha FOX	FR	#2 Barton (Kan.) CC	1:37.40 OT	1/25
4	10	Narissa MCPHERSON	FR	#2 Barton (Kan.) CC {2}	1:38.36 OT	1/25
5	11	Vilorina TUILAWAKI	SO	#12 Neosho County (	1:38.51 OT	1/18
6	16	Emmanuella SQUIRE	SO	#6 Fort Scott (Kan.)	1:40.15 OT	1/25
7	21	Nanhi PANNU	FR	#1 Cloud County (K) {3}	1:41.75 OT	1/25
8	25	Charity BECKHAM	FR	#13 Allen (Kan.) CC	1:44.37 OT	1/25
9	27	Destany JOHNSON	FR	#2 Barton (Kan.) CC {3}	1:45.21	1/18
10	30	Melania TURAGA	FR	#12 Neosho County {2}	1:45.88 OT	1/18

## Women's 800 Meters

1	2	Nontokozi NCUBE	SO	#1 Cloud County (K)	2:10.80 OT	1/25
2	3	Shone WALTERS	SO	#2 Barton (Kan.) CC	2:12.85 OT	1/25
3	5	N Vanee ANCHIKE	SO	#1 Cloud County (K) {2}	2:13.93 OT	1/25
4	12	Amanda KOTAMBE	FR	#1 Cloud County (K) {3}	2:22.03 OT	1/25
5	24	Sarai CHAVEZ	SO	#9 Dodge City (Kan.)	2:26.10 OT	1/18
6	29	Reid HARVEY-MCKEAN	FR	#7 Garden City (Kar	2:28.07	1/17
7	32	Alissandra JACKSON	FR	#2 Barton (Kan.) CC {2}	2:28.59 OT	1/25
8	33	Beverlyne KIPTARUS	SO	#7 Garden City (Kar) {2}	2:29.81c (2:31.53f)	1/11
9	40	La Tanya JOHNSON	FR	#14 Butler (Kan.) CC	2:32.42 OT	1/25
10	43	Rio KIRVEN	SO	#5 Hutchinson (Kan	2:33.57 OT	1/25

## Women's 1000 Meters

1	1	N Vanee ANCHIKE	SO	#1 Cloud County (K)	2:52.39	1/18
2	2	Mercy ANGAAMCHAAB	SO	#1 Cloud County (K) {2}	2:58.68	1/18
3	4	Nontokozi NCUBE	SO	#1 Cloud County (K) {3}	2:59.78	1/18
4	7	Amanda KOTAMBE	FR	#1 Cloud County (K) {4}	3:04.00	1/18
5	16	Abigail GRANTHAM	SO	#5 Hutchinson (Kan	3:08.57 OT	1/25
6	35	Ava LEMASTER	FR	#5 Hutchinson (Kan) {2}	3:18.07 OT	1/25
7	47	Annabel REYES	SO	#11 Highland (Kan.)	3:35.31	1/18
8	48	La Tanya JOHNSON	FR	#14 Butler (Kan.) CC	3:37.40	1/18

## Women's Mile

1	3	N Vanee ANCHIKE	SO	#1 Cloud County (K)	4:59.96	1/18
2	5	Mercy ANGAAMCHAAB	SO	#1 Cloud County (K) {2}	5:09.37	1/18
3	7	Rosemary ARTHUR	SO	#8 Colby (Kan.) CC	5:10.19 OT	1/25
4	10	Videlda JEBET	FR	#10 Crowder (Mo.)	5:15.33 OT	1/25
5	11	Amanda KOTAMBE	FR	#1 Cloud County (K) {3}	5:16.86 OT	1/25
6	22	Elizabeth HERNANDEZ	SO	#14 Butler (Kan.) CC	5:20.62 OT	1/25
7	30	Reid HARVEY-MCKEAN	FR	#7 Garden City (Kar	5:23.72 OT	1/25
8	37	Meryeme MAI	FR	#7 Garden City (Kar) {2}	5:28.39c (5:31.64f)	1/11
9	44	Alison UNRUH	SO	#14 Butler (Kan.) CC {2}	5:33.97 OT	1/25
10	48	Beverlyne KIPTARUS	SO	#7 Garden City (Kar) {3}	5:36.36 OT	1/25



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## Women's 3000 Meters

1	12	N Vanee ANCHIKE	SO	#1 Cloud County (K	10:19.11 OT	1/25
2	14	Pelisha KOSGEI	FR	#10 Crowder (Mo.)	10:20.66 OT	1/25
3	20	Faith JEPTOO	SO	#10 Crowder (Mo.) {2}	10:28.08 OT	1/25
4	25	Meryeme MAI	FR	#7 Garden City (Kar	10:32.69 OT	1/25
5	36	Mercy KIBUIGUT	FR	#10 Crowder (Mo.) {3}	10:45.37 OT	1/25
6	37	Laura AVILA	SO	#5 Hutchinson (Kan	10:46.47 OT	1/25
7	45	Kayli MYERS	SO	#4 Cowley (Kan.)	11:05.07	1/17
8	51	Alison UNRUH	SO	#14 Butler (Kan.) CC	11:18.48 OT	1/25
9	52	Umahan SAHIN	FR	#7 Garden City (Kar{2}	11:20.72 OT	1/25
10	53	Pauline ALTHOFF	FR	#4 Cowley (Kan.) {2}	11:22.92	1/17

## Women's 5000 Meters

1	8	Celestine KIBORUS	FR	#16 Fort Hays Tech N	19:44.60	1/18
2	9	Ivy WASHINGTON	SO	#9 Dodge City (Kan.	20:00.52 OT	1/18
3	19	Teresa Martinez	SO	#9 Dodge City (Kan.{2}	21:58.87 OT	1/18

## Women's 4x400 Relay

1	1	Natasha Fox, Keliza Smith, Narissa McPherson, Shone Walters	#2 Barton (Kan.) CC	3:46.84 OT	1/25
2	2	Tahlia Lienert, Nontoko Ncube, Maimuna Jallow, Rafiatu Nuhu	#1 Cloud County (K	3:50.29	1/18
3	7	Ja'Kheria Kelser, Amalinally Pemberton, Tierra Williams, Dhakiya Blake	#3 Coffeyville (Kan.	3:52.58	1/17
4	9	Beatrice Boakye, Anita Afrifa, Rosemary Arthur, Ashly Tharp	#8 Colby (Kan.) CC	3:58.91 OT	1/25
5	12	#Type!	#7 Garden City (Kar	4:11.74c (4:15.08f)	1/11
6	13	Paula del Pozo, Vilorina Tuilawaki, Amy Styles, Melania Turaga	#12 Neosho County (	4:16.34 OT	1/18

## Women's 4x800 Relay

1	1	Mercy Kibuigut, Pelisha Kosgei, Faith Jeptoo, Videlm Jebet	#10 Crowder (Mo.)	9:29.59 OT	1/25
2	2	Reid Harvey-McKean, Beverlyne Kiptarus, Umahan Sahin, Meryeme Mai	#7 Garden City (Kar	9:58.43 OT	1/25
3	3	Vilorina Tuilawaki, Melania Turaga, Amy Styles, Barbara Gurrola	#12 Neosho County (	10:54.79 OT	1/18

## Women's Distance Medley Relay

1	5	Melania Turaga, Amy Styles, Vilorina Tuilawaki, Barbara Gurrola	#12 Neosho County (	15:08.31c(15:18.04f)	1/24
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## Women's High Jump

1	8	Emmanuella SQUIRE	SO	#6 Fort Scott (Kan.)	1.55m	5-1	1/18
2	12	Riannon ST. CLAIR	SO	#4 Cowley (Kan.)	1.52m	4-11¾	1/25
2	12	Alyana WALLACE	SO	#11 Highland (Kan.)	1.52m	4-11¾	1/25
4	17	Kennedy MOSLEY	SO	#6 Fort Scott (Kan.){2}	1.50m	4-11	1/18
4	17	Jakouria JAMERSON	SO	#6 Fort Scott (Kan.){2}	1.50m	4-11	1/18
4	17	Sophia CALISTRO	FR	#9 Dodge City (Kan.	1.50m	4-11	1/18
7	22	Tahlia LIENERT	FR	#1 Cloud County (K	1.47m	4-9¾	1/25
7	22	Cordaelia WILLIAMS	SO	#1 Cloud County (K	1.47m	4-9¾	1/25
7	22	Chenessa DAVIS	SO	#1 Cloud County (K	1.47m	4-9¾	1/25
10	27	Cassidy HERGET	SO	#17 Mineral Area (Mc	1.45m	4-9	1/25

## Women's Pole Vault

1	3	Dakota DAPPER	SO	#4 Cowley (Kan.)	3.57m	11-8½	1/17
2	5	Kennedy KIZARR	SO	#4 Cowley (Kan.) {2}	3.35m	10-11¾	1/25
2	5	Bradie MEDINA	SO	#1 Cloud County (K	3.35m	10-11¾	1/25
4	8	Alycea MCCOY	FR	#5 Hutchinson (Kan	3.12m	10-2¾	1/17
5	12	Grace BENDER	FR	#5 Hutchinson (Kan{2}	2.90m	9-6¼	1/25
6	20	Journey SANDER	FR	#15 State Fair (Mo.)	2.30m	7-6½	1/18
6	20	Danielle BEARS	FR	#11 Highland (Kan.)	2.30m	7-6½	1/25
6	20	Isabelle CULLENS	FR	#3 Coffeyville (Kan.	2.30m	7-6½	1/25

## Women's Long Jump

1	2	Celine RIDDLE	FR	#2 Barton (Kan.) CC	5.74m	18-10	1/25
2	4	Chloe PERRYMAN	SO	#2 Barton (Kan.) CC{2}	5.65m	18-6½	1/18
3	9	Aalyiah LINTON	FR	#6 Fort Scott (Kan.)	5.49m	18-¼	1/25
4	10	Alexia LEWIS	SO	#11 Highland (Kan.)	5.46m	17-11	1/25
5	11	Jocelyn NUNEZ	FR	#15 State Fair (Mo.)	5.43m	17-9¾	1/24
6	15	Kymia BRIDGETT	FR	#2 Barton (Kan.) CC{3}	5.38m	17-8	1/18
7	20	Nele GOESL	FR	#1 Cloud County (K	5.31m	17-5¼	1/18
8	23	Azariah DAWES	FR	#5 Hutchinson (Kan	5.21m	17-1¼	1/25
9	26	Makiya MOSLEY	FR	#2 Barton (Kan.) CC{4}	5.16m	16-11¼	1/25
10	31	Chenessa DAVIS	SO	#1 Cloud County (K{2}	5.08m	16-8	1/18

## Women's Triple Jump

1	2	Celine RIDDLE	FR	#2 Barton (Kan.) CC	12.20m	40-½	1/18
2	9	Kymia BRIDGETT	FR	#2 Barton (Kan.) CC{2}	11.45m	37-6¾	1/25
3	10	Isabelle CULLENS	FR	#3 Coffeyville (Kan.	11.35m	37-3	1/17
4	13	Aalyiah LINTON	FR	#6 Fort Scott (Kan.)	11.06m	36-3½	1/18
5	15	Nele GOESL	FR	#1 Cloud County (K	10.91m	35-9½	1/25
6	16	Azariah DAWES	FR	#5 Hutchinson (Kan	10.90m	35-9¼	1/25
7	20	Anna WASHBURN	FR	#3 Coffeyville (Kan.){2}	10.79m	35-4¾	1/25
8	26	Journey SANDER	FR	#15 State Fair (Mo.)	10.25m	33-7½	1/11
9	29	Leah WRIGHT	FR	#13 Allen (Kan.) CC	9.82m	32-2¾	1/11



## Regional TFRI Event Summary



Central

as of 1/28/2025 9:15:26 AM ET

## Women's Shot Put

1	5	Cierra GRAY	SO	#4 Cowley (Kan.)	13.86m	45-5¾	1/17
2	6	Deisheline MAYER SCOTT	FR	#5 Hutchinson (Kan)	13.63m	44-8¾	1/25
3	8	Zadie MACKEY	FR	#2 Barton (Kan.) CC	12.72m	41-8¾	1/18
4	9	Janiel MONTAQUE	FR	#5 Hutchinson (Kan){2}	12.68m	41-7¼	1/25
5	10	Cedricka WILLIAMS	SO	#2 Barton (Kan.) CC{2}	12.66m	41-6½	1/18
6	15	Aiyanna GREEN	SO	#5 Hutchinson (Kan){3}	12.12m	39-9¼	1/25
7	19	Shaniece POWELL	FR	#3 Coffeyville (Kan.	11.44m	37-6½	1/18
8	21	Nora HENRY	FR	#17 Mineral Area (Mo	11.16m	36-7½	1/25
9	22	Hadley WILSON	FR	#4 Cowley (Kan.) {2}	11.12m	36-5¾	1/17
10	23	Tomi GALL	SO	#7 Garden City (Kar	11.09m	36-4¾	1/25

## Women's Weight Throw

1	3	Cedricka WILLIAMS	SO	#2 Barton (Kan.) CC	17.41m	57-1½	1/25
2	8	Mayce MCDONALD	SO	#4 Cowley (Kan.)	15.06m	49-5	1/25
3	10	Ana MANOUSARIDIS	SO	#3 Coffeyville (Kan.	14.84m	48-8¼	1/18
4	11	Shaniece POWELL	FR	#3 Coffeyville (Kan.) {2}	14.80m	48-6¾	1/18
5	12	Aiyanna GREEN	SO	#5 Hutchinson (Kan	14.70m	48-2¾	1/25
6	13	Cierra GRAY	SO	#4 Cowley (Kan.) {2}	14.68m	48-2	1/25
7	14	Hadley WILSON	FR	#4 Cowley (Kan.) {3}	14.55m	47-9	1/17
8	16	Bree ROWE	SO	#4 Cowley (Kan.) {4}	14.42m	47-3¾	1/17
9	18	Zadie MACKEY	FR	#2 Barton (Kan.) CC{2}	14.20m	46-7¼	1/18
10	19	Mercedes GLOVER	JR	#4 Cowley (Kan.) {5}	14.10m	46-3¼	1/25





## Regional TFRI Event Summary



## Midwest

as of 1/28/2025 9:15:26 AM ET

## Women's 60 Meters

1	4	Zariah GREAVES	FR	#2 Iowa Central CC	7.53	1/18
2	5	Serena GRACE	FR	#1 Iowa Western CC	7.55	1/11
3	8	Avia LANE	FR	#3 Indian Hills (Iowa)	7.60	12/14
4	11	Destiny MITCHELL	SO	#3 Indian Hills (Iowa){2}	7.62	1/25
5	14	Zekira SNOW	SO	#3 Indian Hills (Iowa){3}	7.63	12/14
6	24	Keyonna MCGILL	SO	#5 Cuyahoga (Ohio)	7.81	1/18
7	31	Nyla NORMAN	SO	#3 Indian Hills (Iowa){4}	7.84	1/18
8	37	Mechak Linda BULA BULA	FR	#2 Iowa Central CC {2}	7.86	1/25
9	43	Promise ZANDY	FR	#3 Indian Hills (Iowa){5}	7.88	12/14
10	47	Ida SMITH	FR	#3 Indian Hills (Iowa){6}	7.91	1/18

## Women's 60 Meter Hurdles

1	1	Dymonde NAVE	SO	#3 Indian Hills (Iowa)	8.49	12/14
2	30	Zoe ALLEN	SO	#6 Vincennes (Ind.)	9.42	1/24
3	31	Arriana JOHNSON	SO	#3 Indian Hills (Iowa){2}	9.44	12/14
4	33	Ella HOMAWOO	FR	#2 Iowa Central CC	9.53	1/25
5	36	Hannah QUANG	FR	#2 Iowa Central CC {2}	9.63	1/11
6	40	Eden BROUWERS	FR	#2 Iowa Central CC {3}	9.74	1/25
7	42	Delaney GALE	SO	#10 Harper (Ill.)	9.82	1/18
8	43	Addison (Addi) HINDT	FR	#2 Iowa Central CC {4}	9.83	1/25
8	43	Ava CONNERTY	SO	#18 Triton (Ill.)	9.83	1/24
10	47	Destiny DAVIS	FR	#2 Iowa Central CC {5}	9.86	1/25

## Women's 200 Meters

1	7	Kenyatta GRATE	SO	#3 Indian Hills (Iowa)	24.68	1/18
2	10	Serena GRACE	FR	#1 Iowa Western CC	24.92	1/18
3	11	Nyla NORMAN	SO	#3 Indian Hills (Iowa){2}	24.94	12/7
4	13	Zekira SNOW	SO	#3 Indian Hills (Iowa){3}	25.05 OT	12/14
5	20	Laurie LOUIS	SO	#3 Indian Hills (Iowa){4}	25.28 OT	12/14
6	24	Mechak Linda BULA BULA	FR	#2 Iowa Central CC	25.46	1/18
7	37	Keyonna MCGILL	SO	#5 Cuyahoga (Ohio)	25.75c (26.15f)	1/25
8	48	Alexa ZANDERS	FR	#3 Indian Hills (Iowa){5}	26.01 OT	12/14
9	49	Promise ZANDY	FR	#3 Indian Hills (Iowa){6}	26.02 OT	12/14
10	50	Destiny MITCHELL	SO	#3 Indian Hills (Iowa){7}	26.05 OT	12/14

## Women's 400 Meters

1	8	Laurie LOUIS	SO	#3 Indian Hills (Iowa)	57.58 OT	12/14
2	11	Nyla NORMAN	SO	#3 Indian Hills (Iowa){2}	58.02 OT	12/14
3	12	Alexa ZANDERS	FR	#3 Indian Hills (Iowa){3}	58.15 OT	1/24
4	34	Keyonna MCGILL	SO	#5 Cuyahoga (Ohio)	1:00.74c (1:01.54f)	1/25
5	40	Natalia POCICA	SO	#10 Harper (Ill.)	1:02.42c (1:03.24f)	1/18
6	47	Olivia URBAN	FR	#8 Muskegon (Mich.)	1:02.77c (1:03.60f)	1/25
7	49	Ellie LOGSDON	SO	#9 DuPage (Ill.)	1:03.14	1/25
8	51	Carly MCKEEVER	FR	#1 Iowa Western CC	1:03.38c (1:04.22f)	1/11
9	58	Jacarla BLACK	SO	#5 Cuyahoga (Ohio){2}	1:03.92c (1:04.76f)	1/18
10	65	Naomi COLLINS		#5 Cuyahoga (Ohio){3}	1:04.97 OT	12/7

## Women's 600 Meters

1	5	Angeline ESTRADA	SO	#1 Iowa Western CC	1:36.44	1/18
2	8	Mechak Linda BULA BULA	FR	#2 Iowa Central CC	1:38.34c (1:39.54f)	1/25
3	15	Chadrak Belinda BULA BULA	FR	#2 Iowa Central CC {2}	1:39.63c (1:40.85f)	1/25
4	38	Vivienne FORTE	FR	#12 Joliet (Ill.) JC	1:48.67c (1:50.01f)	1/24
5	45	Mallori JONES	FR	#4 Hawkeye (Iowa)	1:52.36c (1:53.73f)	1/25
6	46	Ciara MAY	FR	#5 Cuyahoga (Ohio)	1:52.37c (1:53.31f)	1/18
7	50	Allison BEHOUNEK	FR	#12 Joliet (Ill.) JC {2}	2:02.24c (2:03.74f)	1/24
8	52	Maura CECICH	FR	#12 Joliet (Ill.) JC {3}	2:03.73c (2:05.25f)	1/24
9	53	Elizabeth WOLLER	FR	#8 Muskegon (Mich.)	2:04.89 OT	1/18
10	54	Adhel DENG	FR	#13 North Iowa Area	2:07.42c (2:08.98f)	1/18

## Women's 800 Meters

1	9	Abbigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	2:21.50c (2:23.13f)	1/25
2	10	Juliette GAVOIS	FR	#2 Iowa Central CC {2}	2:21.78 OT	1/25
3	15	Wijdane INZALINE	FR	#1 Iowa Western CC	2:22.98 OT	1/24
4	16	Natalie BOGDANOVA KIRILOVA	SO	#2 Iowa Central CC {3}	2:23.12c (2:24.77f)	1/25
5	25	Alyssa KULESA	FR	#1 Iowa Western CC{2}	2:26.19 OT	1/24
6	27	Fanny DEN UYL	FR	#2 Iowa Central CC {4}	2:27.34 OT	1/25
7	28	Sara BELGACEM	FR	#6 Vincennes (Ind.)	2:27.89	1/24
8	31	Carly MCKEEVER	FR	#1 Iowa Western CC{3}	2:28.31	1/18
9	36	Abby HARDING	FR	#14 Des Moines Area	2:30.91 OT	1/24
10	37	Carmen SOLIS	SO	#9 DuPage (Ill.)	2:31.26	1/25

## Women's 1000 Meters

1	10	Elizabeth EWUSIE	FR	#1 Iowa Western CC	3:06.25 OT	1/24
2	12	Angeline ESTRADA	SO	#1 Iowa Western CC{2}	3:07.42	1/18
3	15	Wijdane INZALINE	FR	#1 Iowa Western CC{3}	3:08.20	1/18
4	17	Alivia EDENS	FR	#2 Iowa Central CC	3:08.69 OT	1/25
5	18	Natalie BOGDANOVA KIRILOVA	SO	#2 Iowa Central CC {2}	3:08.73c (3:10.79f)	1/11
6	27	Alyssa KULESA	FR	#1 Iowa Western CC{4}	3:14.43	1/18
7	31	Juliette GAVOIS	FR	#2 Iowa Central CC {3}	3:16.18c (3:18.32f)	1/11
8	33	Sara BELGACEM	FR	#6 Vincennes (Ind.)	3:17.25	1/17
9	39	Isabella CIFUENTES	FR	#8 Muskegon (Mich.)	3:23.51c (3:25.73f)	1/24
10	40	Adi FULLER	SO	#6 Vincennes (Ind.) {2}	3:24.11	1/17

## Women's Mile

1	1	Juliana SAKAT	FR	#1 Iowa Western CC	4:48.52 OT	1/24
2	2	Hafssa BOUTRICH	FR	#1 Iowa Western CC{2}	4:57.57 OT	1/24
3	15	Abbigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	5:18.04c (5:21.18f)	1/25
4	17	Wijdane INZALINE	FR	#1 Iowa Western CC{3}	5:18.73	1/18
5	20	Tiffani KOONCE	FR	#3 Indian Hills (Iowa)	5:20.43	1/25
6	28	Elizabeth EWUSIE	FR	#1 Iowa Western CC{4}	5:22.88 OT	1/24
7	32	Grace COLLINS	FR	#14 Des Moines Area	5:25.91 OT	1/24
8	34	Ayianna OLIVAS	SO	#1 Iowa Western CC{5}	5:26.01 OT	1/24
9	39	Kayden SPENCER	FR	#14 Des Moines Area {2}	5:30.01 OT	1/24
10	42	Carmen SOLIS	SO	#9 DuPage (Ill.)	5:30.94	1/25



## Regional TFRI Event Summary



## Midwest

as of 1/28/2025 9:15:26 AM ET

## Women's 3000 Meters

1	<b>1</b>	Juliana SAKAT	FR	<b>#1</b>	Iowa Western CC	9:30.36	1/18
2	<b>7</b>	Hafssa BOUTRICH	FR	<b>#1</b>	Iowa Western CC{2}	10:08.59	1/18
3	<b>10</b>	Abbigail (Abbi) HUTCHINSON	FR	<b>#2</b>	Iowa Central CC	10:17.64	1/18
4	<b>17</b>	Nora BRADY	SO	<b>#16</b>	Heartland (Ill.) C	10:24.94c(10:30.29f)	1/24
5	<b>19</b>	Elizabeth EWUSIE	FR	<b>#1</b>	Iowa Western CC{3}	10:25.25	1/18
6	<b>22</b>	Imane JOURJI	FR	<b>#2</b>	Iowa Central CC {2}	10:30.23	1/18
7	<b>34</b>	Tiffani KOONCE	FR	<b>#3</b>	Indian Hills (Iowa)	10:43.38 OT	1/24
8	<b>42</b>	Ava LAMILZA	SO	<b>#11</b>	Macomb (Mich.)	10:56.01 OT	1/17
9	<b>46</b>	Adi FULLER	SO	<b>#6</b>	Vincennes (Ind.)	11:06.73	1/24
10	<b>47</b>	Ayianna OLIVAS	SO	<b>#1</b>	Iowa Western CC{4}	11:08.25	1/18

## Women's 5000 Meters

1	<b>5</b>	Carmen SOLIS	SO	<b>#9</b>	DuPage (Ill.)	18:40.49 OT	12/6
2	<b>6</b>	Ava LAMILZA	SO	<b>#11</b>	Macomb (Mich.)	18:58.91c(19:07.63f)	1/25
3	<b>7</b>	Tiffani KOONCE	FR	<b>#3</b>	Indian Hills (Iowa)	19:19.20	1/18
4	<b>11</b>	Erin ROWAN	FR	<b>#11</b>	Macomb (Mich.) {2}	20:23.60c(20:32.97f)	1/25
5	<b>17</b>	Hannah CUNNINGHAM	SO	<b>#5</b>	Cuyahoga (Ohio)	21:36.55c(21:46.48f)	1/25
6	<b>18</b>	Eva DOWNEY	FR	<b>#15</b>	Southeastern (Iowa)	21:49.69c(21:59.72f)	12/7
7	<b>20</b>	Kiana BROKAW	FR	<b>#7</b>	Sauk Valley (Ill.)	22:08.13c(22:18.30f)	1/18
8	<b>21</b>	Lexi BOHMS	SO	<b>#7</b>	Sauk Valley (Ill.) {2}	22:12.93c(22:23.13f)	12/7

## Women's 4x400 Relay

1	<b>6</b>	Nyla Norman, Kenyatta Grate, Laurie Louis, Alexa Zanders	<b>#3</b>	Indian Hills (Iowa)	3:52.23	1/25
2	<b>10</b>	Mechak Linda Bula Bula, Chadrack Belinda Bula Bula, Hannah Quang, Natalie Bogdanova Kirilova	<b>#2</b>	Iowa Central CC	4:03.13	1/18
3	<b>16</b>	Brianna Smith, Steffanie McGuffey, Olivia Urban, Lauren Lee	<b>#8</b>	Muskegon (Mich.)	4:25.44c(4:28.96f)	1/25
4	<b>18</b>	Zoe Allen, Adi Fuller, Jasmyn Self, Sara Belgacem	<b>#6</b>	Vincennes (Ind.)	4:29.94	1/17
5	<b>19</b>	Olivia Brach, Allison Browne, Molly Morris, Ellie Logsdon	<b>#9</b>	DuPage (Ill.)	4:30.08	1/25
6	<b>20</b>	Hannah Cunningham, Ciara May, Scarlet Carey, Franceta Dweh	<b>#5</b>	Cuyahoga (Ohio)	4:32.38c(4:35.99f)	1/25
7	<b>21</b>	Taja Conley, Suzanne Guedeyi, Tenisha Herbert, Emily Usher	<b>#13</b>	North Iowa Area	4:34.79c(4:38.43f)	1/18
8	<b>23</b>	Emma Dell, Lisaleen Ung, Ava LaMilza, Erin Rowan	<b>#11</b>	Macomb (Mich.)	4:43.62 OT	1/17
9	<b>25</b>	Allison Behounek, Kamsiyochuk Onwusowulu, Gianna Barnes, Brooklyn Stuckey	<b>#12</b>	Joliet (Ill.) JC	4:46.74c(4:50.54f)	1/18
10	<b>26</b>	Arianna Pedrin, Chloe Ferneau, Aubrey Kuntz, Rylee Olsen	<b>#15</b>	Southeastern (Iowa)	4:57.27c(5:01.21f)	12/7

## Women's Distance Medley Relay

1	<b>4</b>	Holly Milbrandt, Keyonna McGill, Jacarla Black, Hannah Cunningham	<b>#5</b>	Cuyahoga (Ohio)	14:51.64c(15:01.19f)	1/18
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## Regional TFRI Event Summary



## Midwest

as of 1/28/2025 9:15:26 AM ET

## Women's High Jump

1	5	Halima BIGGS	FR	#4 Hawkeye (Iowa)	1.60m	5-3	1/17
2	7	Rasheda SAMUELS	FR	#1 Iowa Western CC	1.56m	5-1¼	1/18
3	8	Arriana JOHNSON	SO	#3 Indian Hills (Iowa)	1.55m	5-1	12/7
3	8	Steffanie MCGUFFEY	SO	#8 Muskegon (Mich.)	1.55m	5-1	1/18
5	17	Jillian HULSING	SO	#7 Sauk Valley (Ill.)	1.50m	4-11	1/25
5	17	Kira MESSERLY	FR	#2 Iowa Central CC	1.50m	4-11	1/25
7	25	Eden BROUWERS	FR	#2 Iowa Central CC {2}	1.46m	4-9½	1/25
7	25	Ella HOMAWO	FR	#2 Iowa Central CC {2}	1.46m	4-9½	1/25
9	27	Tasha WILLIAMS	SO	#4 Hawkeye (Iowa) {2}	1.45m	4-9	1/11
10	32	Mallori JONES	FR	#4 Hawkeye (Iowa) {3}	1.40m	4-7	1/11
10	32	Taeja BARTEE	FR	#1 Iowa Western CC {2}	1.40m	4-7	1/24
10	32	Hailey OSTROM	SO	#12 Joliet (Ill.) JC	1.40m	4-7	1/18
10	32	Brooklyn STUCKEY	SO	#12 Joliet (Ill.) JC	1.40m	4-7	1/18

## Women's Pole Vault

1	2	Sophia DO AMARAL SALVI	SO	#6 Vincennes (Ind.)	3.61m	11-10	1/17
2	17	Lucia SANCHEZ SCRIVEN	SO	#10 Harper (Ill.)	2.50m	8-2½	1/18

## Women's Long Jump

1	1	Maeva GOUNE TIBBOLO	FR	#2 Iowa Central CC	6.03m	19-9½	1/11
2	3	Sakina UMAR	SO	#1 Iowa Western CC	5.69m	18-8	1/18
3	13	Dymonde NAVE	SO	#3 Indian Hills (Iowa)	5.40m	17-8¾	1/25
4	16	Zekira SNOW	SO	#3 Indian Hills (Iowa) {2}	5.35m	17-6¾	1/25
5	19	Alyssa WONDERCHECK	FR	#4 Hawkeye (Iowa)	5.32m	17-5½	1/11
6	21	Ella HOMAWO	FR	#2 Iowa Central CC {2}	5.29m	17-4¼	1/11
7	22	Taeja BARTEE	FR	#1 Iowa Western CC {2}	5.25m	17-2¾	1/18
8	25	Mercy HONESTY	SO	#1 Iowa Western CC {3}	5.17m	16-11½	1/24
9	29	Arriana JOHNSON	SO	#3 Indian Hills (Iowa) {3}	5.09m	16-8½	1/18
10	33	Lee'Asia HAYES	FR	#17 Bryant & Stratton	5.04m	16-6½	1/18
10	33	Destiny DAVIS	FR	#2 Iowa Central CC {3}	5.04m	16-6½	1/25

## Women's Triple Jump

1	1	Mercy HONESTY	SO	#1 Iowa Western CC	12.83m	42-1¼	1/18
2	4	Paola BEHILE	FR	#2 Iowa Central CC	11.72m	38-5½	1/11
3	7	Sakina UMAR	SO	#1 Iowa Western CC {2}	11.52m	37-9½	1/24
4	22	Elfie SANOGO	FR	#1 Iowa Western CC {3}	10.70m	35-1¼	1/24
5	28	Lucia SANCHEZ SCRIVEN	SO	#10 Harper (Ill.)	9.88m	32-5	1/18
6	30	Brooklyn VOMACKA	FR	#1 Iowa Western CC {4}	9.77m	32-¾	1/24
7	31	Maggie ROWZE	FR	#7 Sauk Valley (Ill.)	9.57m	31-4¾	1/25
8	32	Natalia POCICA	SO	#10 Harper (Ill.) {2}	9.54m	31-3¾	1/18
9	33	Carli KOBEBMAN	FR	#7 Sauk Valley (Ill.) {2}	9.52m	31-2¾	12/7

## Women's Shot Put

1	2	Sarai SIMPSON	SO	#1 Iowa Western CC	14.29m	46-10¾	1/11
2	3	Chin-Loy RAYMOND	SO	#1 Iowa Western CC {2}	14.27m	46-10	1/11
3	7	Monifa EDWARDS	FR	#1 Iowa Western CC {3}	12.84m	42-1½	1/24
4	12	Unitee BROWN	FR	#2 Iowa Central CC	12.39m	40-7¾	1/25
5	14	Lovely HIBBERT	FR	#1 Iowa Western CC {4}	12.22m	40-1¼	1/18
6	16	Olivia COX	FR	#7 Sauk Valley (Ill.)	12.01m	39-5	12/14
7	20	Kailan MCEWEN	FR	#4 Hawkeye (Iowa)	11.39m	37-4½	1/17
8	30	Lilleann SHACKLEFORD	FR	#5 Cuyahoga (Ohio)	10.27m	33-8½	12/7
9	34	Kit BYARS	SO	#13 North Iowa Area	10.16m	33-4	1/25
10	35	Eden BROUWERS	FR	#2 Iowa Central CC {2}	10.15m	33-3¾	1/25

## Women's Weight Throw

1	4	Zuriya ROBINSON	SO	#2 Iowa Central CC	17.00m	55-9¼	1/25
2	7	Sarai SIMPSON	SO	#1 Iowa Western CC	15.21m	49-11	1/24
3	17	Chin-Loy RAYMOND	SO	#1 Iowa Western CC {2}	14.39m	47-2½	1/24
4	25	Lovely HIBBERT	FR	#1 Iowa Western CC {3}	12.94m	42-5½	1/11
5	28	Olivia COX	FR	#7 Sauk Valley (Ill.)	12.55m	41-2¼	12/14
6	29	Cynthia ALBERT	FR	#3 Indian Hills (Iowa)	12.50m	41-¼	1/25
7	34	Darcee O'LOUGHLIN	SO	#4 Hawkeye (Iowa)	12.16m	39-10¾	1/17
8	35	Abbi RICHTER	SO	#19 Southwestern (Ill.)	12.11m	39-8¾	1/18
9	36	Lilleann SHACKLEFORD	FR	#5 Cuyahoga (Ohio)	12.01m	39-5	12/7
10	40	Monifa EDWARDS	FR	#1 Iowa Western CC {4}	11.49m	37-8½	1/24

## Women's Pentathlon

1	1	Ella HOMAWO	FR	#2 Iowa Central CC	2,869	1/25
2	2	Eden BROUWERS	FR	#2 Iowa Central CC {2}	2,833	1/25
3	3	Jillian HULSING	SO	#7 Sauk Valley (Ill.)	2,414	1/25
4	4	Tasha WILLIAMS	SO	#4 Hawkeye (Iowa)	2,166	1/25
5	5	Emer MCAULIFFE	FR	#4 Hawkeye (Iowa) {2}	1,271	1/25





## Regional TFRI Event Summary



West

as of 1/28/2025 9:15:26 AM ET

## Women's 60 Meters

1	6	Kamaria KNIGHT	SO	#1 New Mexico JC	7.57c	(7.55A)	1/18
2	7	Ruth AGADAMA	SO	#8 South Plains (Te:)	7.59c	(7.57A)	1/18
3	10	La'Nica LOCKER	SO	#10 Hinds (Miss.) CC	7.61		1/17
4	11	Christiana BOYD	FR	#3 Western Texas	7.62c	(7.60A)	1/18
5	15	Privilage BOWER	FR	#6 Bismarck State (	7.65		12/7
6	22	Nakirsten HUGHES	FR	#15 Meridian (Miss.)	7.80		1/18
7	24	Trinity MONTGOMERY	SO	#10 Hinds (Miss.) CC {2}	7.81		1/17
8	29	Charlize FRASER	FR	#3 Western Texas {2}	7.82c	(7.80A)	1/18
8	29	Ritorion VIGNE	SO	#10 Hinds (Miss.) CC {3}	7.82		1/17
10	37	Charity RAYFORD	FR	#12 Ranger (Texas)	7.86		12/7
10	37	Tiana CULMER	SO	#6 Bismarck State ({2}	7.86		12/7

## Women's 60 Meter Hurdles

1	2	Lovina EWUSI	SO	#3 Western Texas	8.54c	(8.54A)	1/18
2	5	Rashema LINDO	FR	#8 South Plains (Te:)	8.72c	(8.72A)	1/18
3	7	Seanna GAYE-LESLIE	FR	#10 Hinds (Miss.) CC	8.75		1/17
4	9	Tumi SANYAOLU	FR	#8 South Plains (Te:){2}	8.97c	(8.97A)	1/18
5	12	Janae DAWES	FR	#3 Western Texas {2}	9.06c	(9.06A)	1/18
6	14	Brieanna BOYCE	SO	#3 Western Texas {3}	9.12c	(9.12A)	1/25
7	20	Dedra WOOD	FR	#6 Bismarck State (	9.17		1/25
7	20	Aliyah GIDHARRY	SO	#9 Central Arizona	9.17		1/25
9	24	Kaelyn GIARRUSSO	SO	#14 Glendale (Ariz.) (	9.22		1/25
10	27	Abril OKON	SO	#8 South Plains (Te:){3}	9.31c	(9.31A)	1/18

## Women's 200 Meters

1	3	Nandy KIHUYU	SO	#1 New Mexico JC	24.40c	(24.33A)	1/18
2	5	Charlize FRASER	FR	#3 Western Texas	24.46c	(24.39A)	1/25
3	8	Ruth AGADAMA	SO	#8 South Plains (Te:)	24.82c	(24.75A)	1/18
4	9	Tuwana MCLEAN	FR	#1 New Mexico JC {2}	24.89c	(24.82A)	1/25
5	12	Kamaria KNIGHT	SO	#1 New Mexico JC {3}	24.97c	(24.90A)	1/18
6	17	T'Anna LIBURD	SO	#9 Central Arizona	25.17		1/25
7	20	Christiana BOYD	FR	#3 Western Texas {2}	25.28c	(25.21A)	1/25
8	26	Privilage BOWER	FR	#6 Bismarck State (	25.54c	(25.94f)	12/14
9	27	Nalicia GLEN	FR	#1 New Mexico JC {4}	25.59c	(25.52A)	1/25
9	27	Shagay SHEPPY	FR	#3 Western Texas {3}	25.59c	(25.52A)	1/25

## Women's 400 Meters

1	2	Nandy KIHUYU	SO	#1 New Mexico JC	56.43c	(56.32A)	1/18
2	3	Queen USUNOBUN	FR	#10 Hinds (Miss.) CC	56.66c	(57.41f)	1/17
3	4	Brieanna BOYCE	SO	#3 Western Texas	56.75c	(56.64A)	1/25
4	7	Janae DAWES	FR	#3 Western Texas {2}	57.51c	(57.40A)	1/25
5	14	Caydence BREWER	SO	#10 Hinds (Miss.) CC {2}	58.47c	(59.24f)	1/17
6	17	T'kyla BENNETT	SO	#10 Hinds (Miss.) CC {3}	58.62c	(59.39f)	1/17
7	19	Tuwana MCLEAN	FR	#1 New Mexico JC {2}	58.70c	(58.59A)	1/25
8	21	Alfrenique KNOWLES	FR	#12 Ranger (Texas)	59.39		12/7
9	22	Shagay SHEPPY	FR	#3 Western Texas {3}	59.42c	(59.31A)	1/18
10	24	Aliya SCHOCK	SO	#6 Bismarck State (	59.56c	(1:00.35f)	12/7

## Women's 600 Meters

1	3	Jody ANN MITCHELL	SO	#1 New Mexico JC	1:34.53c	(1:34.53A)	1/25
2	4	Amal KACHOURI	FR	#1 New Mexico JC {2}	1:36.02c	(1:36.02A)	1/25
3	9	Ysanne PEART	SO	#1 New Mexico JC {3}	1:38.35c	(1:38.35A)	1/25
4	18	Daphne KAUSZ	SO	#1 New Mexico JC {4}	1:40.85c	(1:40.85A)	1/25
5	19	Kendra MUHAMMAD	FR	#12 Ranger (Texas)	1:41.38		12/7
6	20	Kate DARE	FR	#4 Mesa (Ariz.) CC	1:41.53		1/25
7	22	Nour RAHOU	FR	#8 South Plains (Te:)	1:42.06c	(1:31.12A)	1/18
8	23	Alfrenique KNOWLES	FR	#12 Ranger (Texas) {2}	1:42.31c	(1:42.31A)	1/25
9	24	Twyshanna HUIE	SO	#10 Hinds (Miss.) CC	1:43.75c	(1:45.02f)	1/17
10	26	Macie MORALES	FR	#12 Ranger (Texas) {3}	1:44.56c	(1:44.56A)	1/25

## Women's 800 Meters

1	1	Amal KACHOURI	FR	#1 New Mexico JC	2:10.41c	(2:11.14A)	1/25
2	4	Jody ANN MITCHELL	SO	#1 New Mexico JC {2}	2:13.65c	(2:14.40A)	1/25
3	6	Emily SILVA	SO	#1 New Mexico JC {3}	2:16.48c	(2:17.24A)	1/25
4	7	Kaydeen JOHNSON	FR	#13 Odessa (Texas)	2:17.28c	(2:17.67A)	1/18
5	11	Lindsey LOPES	SO	#5 Salt Lake (Utah)	2:22.01c	(2:24.37fA)	1/10
6	13	Daphne KAUSZ	SO	#1 New Mexico JC {4}	2:22.80c	(2:23.60A)	1/25
7	14	Avery JENSEN	SO	#5 Salt Lake (Utah) {2}	2:22.90c	(2:25.28fA)	1/10
8	17	Isabella BEILKE	FR	#11 Southern Idaho	2:23.54 OT		1/25
9	18	Kennedy KUNZ	FR	#11 Southern Idaho {2}	2:23.63c	(2:26.02fA)	1/10
10	19	Alyssa MABRY	FR	#12 Ranger (Texas)	2:24.40c	(2:25.21A)	1/25

## Women's 1000 Meters

1	3	Amal KACHOURI	FR	#1 New Mexico JC	2:58.74c	(2:58.74A)	1/18
2	5	Aubrie BARZEE	FR	#11 Southern Idaho	3:02.12 OT		1/25
3	6	Jody ANN MITCHELL	SO	#1 New Mexico JC {2}	3:02.19c	(3:02.19A)	1/18
4	8	Carmella BALDWIN	SO	#4 Mesa (Ariz.) CC	3:05.32		1/25
5	9	Kennedy KUNZ	FR	#11 Southern Idaho {2}	3:05.99 OT		1/25
6	11	Rachael BETHANCOURT	SO	#7 Paradise Valley (	3:07.38		1/25
7	14	Keira DAMRON	SO	#7 Paradise Valley ({2}	3:08.14		1/18
8	19	Avery JENSEN	SO	#5 Salt Lake (Utah)	3:11.23c OT	(3:11.23A)	1/9
9	20	Isabella BEILKE	FR	#11 Southern Idaho {3}	3:11.80 OT		1/25
10	21	Tara BOUCK	FR	#5 Salt Lake (Utah) {2}	3:11.87c OT	(3:11.87A)	1/9

## Women's Mile

1	4	Kaydeen JOHNSON	FR	#13 Odessa (Texas)	5:08.81c	(5:12.44A)	1/18
2	6	Francesca ALVARADO	SO	#1 New Mexico JC	5:09.65c	(5:16.54A)	1/25
3	9	Keira DAMRON	SO	#7 Paradise Valley (	5:14.64		1/25
4	12	Reatta DANOFF	SO	#2 Pima (Ariz.) CC	5:17.40		1/25
5	13	Elayna LOVERIDGE	SO	#5 Salt Lake (Utah)	5:17.56c	(5:27.27fA)	1/10
6	14	Tabetha HENRIE	FR	#5 Salt Lake (Utah) {2}	5:17.61c	(5:27.33fA)	1/10
7	16	Aubrie BARZEE	FR	#11 Southern Idaho	5:18.55 OT		1/25
8	18	Karen KIRATU	SO	#18 Southeast (Neb.)	5:18.96 OT		1/17
9	19	Mackenzie BETHANCOURT	SO	#7 Paradise Valley ({2}	5:19.65		1/25
10	21	Rachael BETHANCOURT	SO	#7 Paradise Valley ({3}	5:20.57		1/25



## Regional TFRI Event Summary



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## Women's 3000 Meters

1	2	Millicent WAFULA	FR	#13 Odessa (Texas)	9:57.69c	(10:04.98A)	1/18
2	3	Elizabeth ILANDA	FR	#13 Odessa (Texas)	{2}10:01.96c	(10:09.30A)	1/18
3	4	Angelina LIONE	FR	#5 Salt Lake (Utah)	10:02.41c	(10:21.62fA)	1/10
4	5	Naomi SOTELO	SO	#5 Salt Lake (Utah)	{2}10:05.05c	(10:24.34fA)	1/10
5	6	Salma SADDoug	FR	#13 Odessa (Texas)	{3}10:07.36c	(10:14.77A)	1/18
6	8	Melanie ANDERSON	FR	#5 Salt Lake (Utah)	{3}10:15.59c	(10:35.22fA)	1/10
7	9	Lilian MATEO	SO	#13 Odessa (Texas)	{4}10:15.82c	(10:23.33A)	1/18
8	11	Angela (Angy) Denisse SALADO FERNANDEZ	SO	#5 Salt Lake (Utah)	{4}10:18.97c	(10:38.70fA)	1/10
9	13	Edith NESLEN	FR	#5 Salt Lake (Utah)	{5}10:19.77c	(10:33.73A)	1/9
10	15	Lillian NEFF	SO	#11 Southern Idaho	10:22.74c	(10:42.59fA)	1/10

## Women's 5000 Meters

1	1	Lillian NEFF	SO	#11 Southern Idaho	17:59.15c	(18:24.51A)	12/6
2	3	Jessica VIERA	SO	#9 Central Arizona	18:36.26		1/25
3	4	Kinley JACKSON	FR	#4 Mesa (Ariz.) CC	18:38.21		1/25
4	10	Myla GREENZWEIG	SO	#12 Ranger (Texas)	20:06.69		12/7
5	12	Elexia ARAGON	FR	#2 Pima (Ariz.) CC	20:28.04		1/25
6	13	Elizabeth COPPOLA	FR	#2 Pima (Ariz.) CC	{2}20:37.96		1/25
7	15	Fernanda HERNANDEZ	SO	#16 Dawson (Mont.)	21:10.87c	(21:20.60f)	1/25
8	16	Reshila CURLEY	FR	#9 Central Arizona	{2}21:14.05		1/25

## Women's 4x400 Relay

1	3	Brieanna Boyce, Charliz Fraser, Shagay Sheppy, Janae Dawes	#3 Western Texas	3:50.61c	(3:50.17A)	1/25
2	4	Nandy Kihuyu, Jody Ann Mitchell, Tuwana McLean, Kamaria Knight	#1 New Mexico JC	3:51.54c	(3:51.10A)	1/18
3	5	Twyshanna Huie, Caydence Brewer, Queen Usunobun, T'kyla Bennett	#10 Hinds (Miss.) CC	3:51.58c	(3:54.65f)	1/17
4	11	Aliya Schock, Priviladje Bower, Aisha Zaffino, Dedra Wood	#6 Bismarck State (	4:11.41c	(4:14.75f)	12/14
5	14	#Type!	#12 Ranger (Texas)	4:17.72c	(4:21.14f)	1/17
6	15	#Type!	#2 Pima (Ariz.) CC	4:21.98		1/25
7	17	Rachael Bethancourt, Mackenzie Bethancourt, Olivia Coulston, Keira Damron	#7 Paradise Valley (	4:27.24		1/25

## Women's Distance Medley Relay

1	1	Ella Allred, Reatta Danoff, J'layah Spellman Collins, Linda Rivero	#2 Pima (Ariz.) CC	12:41.38		1/25
2	2	Tabetha Henrie, Avery Jensen, Lindsey Lopes, Angelina Lione	#5 Salt Lake (Utah)	12:42.44c	(13:01.52fA)	1/10
3	3	Regina Raimo, Kate Dare, Katie Munoz, Carmella Baldwin	#4 Mesa (Ariz.) CC	12:49.31		1/25

## Women's High Jump

1	2	Tiana PETROVA	#1 New Mexico JC	1.65mA	5-5	1/25
2	3	Kaelyn GIARRUSSO	SO #14 Glendale (Ariz.) (	1.62m	5-3¾	1/25
2	3	April NECAISE	SO #2 Pima (Ariz.) CC	1.62m	5-3¾	1/25
4	5	Abril OKON	SO #8 South Plains (Te:	1.60m	5-3	1/18
5	12	Sara JACOBSON	SR #4 Mesa (Ariz.) CC	1.52mA	4-11¾	1/10
5	12	Janiya ROSS	SO #2 Pima (Ariz.) CC	{2}1.52m	4-11¾	1/25
5	12	Vinae BUFERD-STILLMAN	FR #9 Central Arizona	1.52m	4-11¾	1/25
8	27	A'Kevia WEAVER	FR #17 Jacksonville (Te:	1.45m	4-9	1/25
9	36	Chloe HANCOCK	FR #7 Paradise Valley (	1.37m	4-6	1/25
10	37	Layla KONSKI	FR #2 Pima (Ariz.) CC	{3}1.32m	4-4	1/25

## Women's Pole Vault

1	1	Morgan PEPE	SO #2 Pima (Ariz.) CC	3.80m	12-5½	1/25
2	4	Madisyn WILLIAMS	FR #4 Mesa (Ariz.) CC	3.50m	11-5¾	1/25
3	7	Anna BROWN	FR #4 Mesa (Ariz.) CC	{2}3.20m	10-6	1/25
4	9	Mackenzie ANDERSON	FR #7 Paradise Valley (	3.05m	10-0	1/18
4	9	Mikaila BARAN	FR #7 Paradise Valley (	3.05m	10-0	1/25
6	12	Lauren ALLARD	SO #14 Glendale (Ariz.) (	2.90m	9-6¼	1/25
7	15	Brakelle MCBRIDE	FR #7 Paradise Valley ({3}	2.60m	8-6¼	1/18
7	15	Jordan NANTZ	FR #4 Mesa (Ariz.) CC	{3}2.60m	8-6¼	1/25
9	18	Hannah DROEG	FR #2 Pima (Ariz.) CC	{2}2.45m	8-½	1/25

## Women's Long Jump

1	5	Sydney ROQUEBRUN	SO #8 South Plains (Te:	5.63m	18-5¾	1/18
2	7	Makayla WHITFIELD	FR #6 Bismarck State (	5.57m	18-3¼	1/18
3	8	Kavel RITCHIE	SO #1 New Mexico JC	5.52m	18-1½	1/18
4	12	Alexia ANDERSON	SO #6 Bismarck State ({2}	5.41m	17-9	1/25
5	27	Sophia RODRIQUEZ	FR #1 New Mexico JC	{2}5.15mA	16-10¾	1/25
6	29	Sara JACOBSON	SR #4 Mesa (Ariz.) CC	5.09mA	16-8½	1/10
7	39	Ashanti PATTON	SO #15 Meridian (Miss.)	4.94m	16-2½	1/18
8	43	Aliyah GIDHARRY	SO #9 Central Arizona	4.88m		1/25
9	51	Tatum MATHENY	FR #4 Mesa (Ariz.) CC	{2}4.73mA	15-6¼	1/10
10	53	Tyler WASHINGTON	SO #2 Pima (Ariz.) CC	4.70m		1/25
10	53	Tatiana WHITE	FR #2 Pima (Ariz.) CC	4.70m		1/25



## Regional TFRI Event Summary



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## Women's Triple Jump

1	5	Janita ANTIPINA	FR	#1 New Mexico JC	11.68m	38-4	1/18
2	6	Sophia RODRIQUEZ	FR	#1 New Mexico JC {2}	11.67m	38-3½	1/18
3	8	Kavel RITCHIE	SO	#1 New Mexico JC {3}	11.47m	37-7¾	1/18
4	11	Alexia ANDERSON	SO	#6 Bismarck State (	11.20m	36-9	1/18
5	17	Ashanti PATTON	SO	#15 Meridian (Miss.)	10.89m	35-8¾	1/18
6	18	Makayla WHITFIELD	FR	#6 Bismarck State {2}	10.87m	35-8	12/7
7	19	Tatiyanna WHITE	FR	#2 Pima (Ariz.) CC	10.81m		1/25
8	21	Dedra WOOD	FR	#6 Bismarck State {3}	10.77m	35-4	1/18
9	25	Oyindamola ADETUTU	SO	#14 Glendale (Ariz.) (	10.56m		1/25

## Women's Shot Put

1	1	Esteisy SALAS	SO	#1 New Mexico JC	15.19m	49-10	1/18
2	4	Rejoice AGBEWODIE	SO	#9 Central Arizona	13.97m	45-10	1/25
3	11	Kahllah BAILEY	FR	#8 South Plains (Te:	12.65m	41-6	1/18
4	13	Yosiris CORDOBA	SO	#1 New Mexico JC {2}	12.26m	40-2¾	1/25
5	17	Athilia PRYCE	FR	#1 New Mexico JC {3}	11.72m	38-5½	1/25
6	24	Shyla-Mae CONSTABLE	FR	#9 Central Arizona {2}	11.06m	36-3½	1/25
7	25	Nichole ROBERTS	FR	#16 Dawson (Mont.)	11.03m	36-2¼	12/7
8	27	Seioriana GLASS	SO	#4 Mesa (Ariz.) CC	10.40m	34-1½	1/25
9	28	Carmen SPEAR	FR	#7 Paradise Valley (	10.31m	33-10	1/18
10	31	Sara JACOBSON	SR	#4 Mesa (Ariz.) CC {2}	10.26m	33-8	1/25

## Women's Weight Throw

1	1	Tania DA SILVA	SO	#1 New Mexico JC	20.82m	68-3¾	1/18
2	2	Rejoice AGBEWODIE	SO	#9 Central Arizona	18.04m	59-2¼	1/25
3	5	Shyla-Mae CONSTABLE	FR	#9 Central Arizona {2}	15.95m	52-4	1/25
4	6	Esteisy SALAS	SO	#1 New Mexico JC {2}	15.36m	50-4¾	1/18
5	9	Seioriana GLASS	SO	#4 Mesa (Ariz.) CC	14.97m	49-1½	1/25
6	15	Athilia PRYCE	FR	#1 New Mexico JC {3}	14.46m	47-5¼	1/18
7	20	Morgan MOSLEY	FR	#2 Pima (Ariz.) CC	13.92m	45-8	1/25
8	22	Brinley LENSCH	FR	#7 Paradise Valley (	13.37m	43-10½	1/25
9	27	Jaeleigha ABALOS	FR	#7 Paradise Valley {2}	12.57m	41-3	1/25
10	44	Carmen SPEAR	FR	#7 Paradise Valley {3}	11.08m	36-4¼	1/25