



Regional TFRI Event Summary



Atlantic

as of 2/25/2025 6:33:30 AM ET

Women's 60 Meters

1	33	Aniya SUKU	FR	#7 Bryant & Stratto	7.72	1/31
2	37	Michaelyn FISHER	FR	#2 Richard Bland (V	7.74	12/8
3	40	Jayla WERTS	SO	#2 Richard Bland (V{2}	7.76	2/21
4	42	Kettia AMBROSE	SO	#1 Monroe-New Ro	7.77	2/21
4	42	Brinel THOMAS	FR	#1 Monroe-New Ro	7.77	2/21
6	53	Ma-Avian WILLIAMS	SO	#3 Essex County (N.	7.83	2/8
7	55	Kimberly BAKER	SO	#3 Essex County (N.{2}	7.86	2/15
8	59	Ashia MARTIN	SO	#3 Essex County (N.{3}	7.87	1/25
9	68	Breshauna MILLER	FR	#2 Richard Bland (V{3}	7.92	1/25
10	72	Anijah JAMES	FR	#2 Richard Bland (V{4}	7.94	12/8

Women's 60 Meter Hurdles

1	14	Aleisha CLARKE	FR	#1 Monroe-New Ro	8.92	2/1
2	18	Shyla COOPER	FR	#2 Richard Bland (V	8.97	2/21
3	22	Jada HATCHER	FR	#2 Richard Bland (V{2}	9.00	12/8
4	23	Ma-Avian WILLIAMS	SO	#3 Essex County (N.	9.10	1/17
5	25	Anijah JAMES	FR	#2 Richard Bland (V{3}	9.13	12/8
6	27	Paula ORUSEDE	SO	#3 Essex County (N.{2}	9.16	1/17
7	28	Kadina DEEBLE	FR	#3 Essex County (N.{3}	9.18	1/17
8	35	Alisha JACKSON		#7 Bryant & Stratto	9.33	2/22
9	46	Erin SMITH	SO	#2 Richard Bland (V{4}	9.57	2/8
10	48	Aniya SUKU	FR	#7 Bryant & Stratto{2}	9.64	2/9

Women's 200 Meters

1	15	Jayla WERTS	SO	#2 Richard Bland (V	24.51	2/8
2	24	Kettia AMBROSE	SO	#1 Monroe-New Ro	24.83	2/1
3	37	Aniya SUKU	FR	#7 Bryant & Stratto	25.10	2/15
4	47	Brinel THOMAS	FR	#1 Monroe-New Ro{2}	25.29	2/1
5	50	Kimberly BAKER	SO	#3 Essex County (N.	25.41	1/31
6	52	Aaliyah MORGAN	FR	#3 Essex County (N.{2}	25.44	2/15
7	56	Michaelyn FISHER	FR	#2 Richard Bland (V{2}	25.58	2/8
8	57	J'Miaya MUSE	FR	#2 Richard Bland (V{3}	25.60	2/8
9	77	Kaliyah JONES	FR	#1 Monroe-New Ro{3}	26.02	2/1
10	82	Paula ORUSEDE	SO	#3 Essex County (N.{3}	26.08	1/31

Women's 400 Meters

1	11	Jayla WERTS	SO	#2 Richard Bland (V	56.28	1/31
2	21	Kettia AMBROSE	SO	#1 Monroe-New Ro	56.99	1/25
3	24	Kaliyah JONES	FR	#1 Monroe-New Ro{2}	57.22	2/15
4	33	Kimberly BAKER	SO	#3 Essex County (N.	57.95	1/31
5	35	Breshauna MILLER	FR	#2 Richard Bland (V{2}	58.49	1/25
6	42	Shermalee FREEMAN	FR	#3 Essex County (N.{2}	59.12	2/15
7	43	Paula ORUSEDE	SO	#3 Essex County (N.{3}	59.17	2/15
8	46	Aaliyah MORGAN	FR	#3 Essex County (N.{4}	59.36	1/31
9	49	Aniya SUKU	FR	#7 Bryant & Stratto	59.65c (1:00.44f)	12/8
10	56	J'Miaya MUSE	FR	#2 Richard Bland (V{3}	1:00.38c (1:01.18f)	12/8

Women's 600 Meters

1	7	Attoya HARVEY	SO	#1 Monroe-New Ro	1:35.20	2/21
2	14	Serena DOUGLAS	SO	#3 Essex County (N.	1:36.51	2/8
3	19	Kettia AMBROSE	SO	#1 Monroe-New Ro{2}	1:38.05	1/3
4	24	Shermalee FREEMAN	FR	#3 Essex County (N.{2}	1:38.51	1/17
5	26	Kaliyah JONES	FR	#1 Monroe-New Ro{3}	1:38.84	1/10
6	30	Breshauna MILLER	FR	#2 Richard Bland (V	1:40.56c (1:41.79f)	12/8
7	46	Oksanna SMITH	FR	#8 Lake-Sumter Sta	1:43.64	2/1
8	57	Aaliyah MORGAN	FR	#3 Essex County (N.{3}	1:45.82	1/3
9	66	Sade LEE	FR	#8 Lake-Sumter Sta{2}	1:46.55	2/7
10	78	Alycia MCKOY	FR	#10 Mohawk Valley (1:50.03c (1:28.43f)	2/16

Women's 800 Meters

1	15	Attoya HARVEY	SO	#1 Monroe-New Ro	2:16.93	2/1
2	17	Serena DOUGLAS	SO	#3 Essex County (N.	2:18.36	1/31
3	19	Tanesia GARDINER	FR	#1 Monroe-New Ro{2}	2:19.50	2/21
4		Sierra REA	FR	#5 Hagerstown (Md	2:34.05	2/15
5		Adaysa HOLLINESS	FR	#4 Marion Military I	2:36.51c (2:38.31f)	2/15
6		Sade LEE	FR	#8 Lake-Sumter Sta	2:40.82	1/18
7		Sipriana HILL	SO	#4 Marion Military I{2}	2:47.16	2/16
8		Athena SEEBALD	FR	#6 Hudson Valley (N	2:47.46	2/8
9		Lauren CLAYTON	FR	#4 Marion Military I{3}	2:49.23	1/19
10		Arial CRAWFORD	SO	#5 Hagerstown (Md{2}	2:49.83	2/8

Women's 1000 Meters

1	6	Attoya HARVEY	SO	#1 Monroe-New Ro	2:58.62	2/15
2	36	Serena DOUGLAS	SO	#3 Essex County (N.	3:08.02	1/10
3	37	Tanesia GARDINER	FR	#1 Monroe-New Ro{2}	3:08.14	2/15
4	60	Nthabiseng KOMANE	FR	#1 Monroe-New Ro{3}	3:17.33	2/1

Women's Mile

1	17	Joy JEPLETING	FR	#1 Monroe-New Ro	5:08.92	2/21
2	25	Attoya HARVEY	SO	#1 Monroe-New Ro{2}	5:11.80	1/25
3	53	Michaela GROSS	FR	#5 Hagerstown (Md	5:19.90c (5:23.06f)	1/31
4		Tanesia GARDINER	FR	#1 Monroe-New Ro{3}	5:40.48	2/7
5		Lea REIMER	SO	#14 BMCC (N.Y.)	6:22.67	2/21
6		Joanie PATTON	FR	#4 Marion Military I	6:25.61	2/1
7		Athena SEEBALD	FR	#6 Hudson Valley (N	6:26.03	1/31
8		Arial CRAWFORD	SO	#5 Hagerstown (Md{2}	6:41.98	2/21
9		Kaitlyn FICO	SO	#9 Onondaga (N.Y.)	6:46.52c (6:50.54f)	12/7
10		Kayla DUNSTAN		#11 Finger Lakes (N.'	6:50.87c (6:54.93f)	2/8

Women's 3000 Meters

1	19	Joy JEPLETING	FR	#1 Monroe-New Ro	10:14.90	2/1
2	52	Michaela GROSS	FR	#5 Hagerstown (Md	10:41.45c(10:46.94f)	1/12
3	69	Attoya HARVEY	SO	#1 Monroe-New Ro{2}	10:58.17	1/3
4		Sierra REA	FR	#5 Hagerstown (Md{2}	12:15.65c(12:21.95f)	1/18
5		Nthabiseng KOMANE	FR	#1 Monroe-New Ro{3}	12:39.10	2/7
6		Kayla DUNSTAN		#11 Finger Lakes (N.'	14:14.31c(14:21.63f)	1/25

Women's 5000 Meters

1	29	Michaela GROSS	FR	#5 Hagerstown (Md	18:17.59	2/15
2	74	Sierra REA	FR	#5 Hagerstown (Md{2}	21:07.79	1/25



Regional TFRI Event Summary



Atlantic

as of 2/25/2025 6:33:31 AM ET

Women's 4x400 Relay

1	9	Kettia Ambrose, Kaliyah Jones, Joy Jepleting, Attoya Harvey	#1	Monroe-New Ro	3:52.46	2/8
2	10	Kimberly Baker, Shermalee Freeman, Aaliyah Morgan, Paula Orusede	#3	Essex County (N.	3:53.00	2/15
3	32	J'Miaya Muse, Michaelyn Fisher, Breshauna Miller, Jayla Werts	#2	Richard Bland (V	4:18.60	2/21
4	40	Adaysha Holliness, Sirinity Glasper, Sipriana Hill, Courtney Teesdale	#4	Marion Military I	4:40.40	2/8
5	43	Kayla Hernandez, Chelsea Ratcliff, Medina Scribner, Beverly Blake	#12	Queensborough	4:45.47	2/15
6	44	Jessica Franklin, Sierra Rea, Arial Crawford, Michaela Carney	#5	Hagerstown (Md	4:46.03c (4:49.82f)	1/12

Women's Distance Medley Relay

1	5	Attoya Harvey, Kettia Ambrose, Tanesia Gardiner, Joy Jepleting	#1	Monroe-New Ro	12:13.90	2/15
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Women's High Jump

1	2	Aidan FAITH	SO	#5	Hagerstown (Md	1.68m	5-6	2/8
2	15	Raeya TOWNSEND	FR	#4	Marion Military I	1.55m	5-1	1/19
3	57	Carrie MOORE	SO	#13	Carroll (Md.) CC	1.37m	4-6	1/31
4	60	Adaysha HOLLINESS	FR	#4	Marion Military I{2}	1.35m	4-5	2/1

Women's Pole Vault

1	10	Michaela CARNEY	SO	#5	Hagerstown (Md	3.20m	10-6	1/31
2	16	Kayla VANDERFORD	SO	#5	Hagerstown (Md){2}	2.96m	9-8½	2/21
3	20	Ava WHITE	FR	#10	Mohawk Valley (2.65m	8-8½	2/21
4	26	Grace HOLMES	SO	#11	Finger Lakes (N.'	2.45m	8-½	1/25
5	30	Nicole CALOGERO	FR	#10	Mohawk Valley ({2}	2.30m	7-6½	1/25

Women's Long Jump

1	11	Brinel THOMAS	FR	#1	Monroe-New Ro	5.66m	18-7	2/15
2	12	Anijah JAMES	FR	#2	Richard Bland (V	5.61m	18-5	1/25
3	25	Jaden MILLER	FR	#8	Lake-Sumter Sta	5.34m	17-6¼	1/25
4	26	Shyla COOPER	FR	#2	Richard Bland (V{2}	5.33m	17-6	1/12
5	34	Ciarra MOORE	SO	#2	Richard Bland (V{3}	5.19m	17-½	12/8
6	40	Michaelyn FISHER	FR	#2	Richard Bland (V{4}	5.11m	16-9¼	1/12
7	42	Aleisha CLARKE	FR	#1	Monroe-New Ro{2}	5.06m	16-7¼	1/17
8	46	Kadina DEEBLE	FR	#3	Essex County (N.	5.03m	16-6	1/17
9	54	Shanaya HINTON	FR	#4	Marion Military I	4.98m	16-4¼	2/1
10	67	Jada HATCHER	FR	#2	Richard Bland (V{5}	4.87m	15-11¾	1/12

Women's Triple Jump

1	6	Ciarra MOORE	SO	#2	Richard Bland (V	11.74m	38-6¼	12/8
2	9	Alisha JACKSON		#7	Bryant & Stratto	11.68m	38-4	2/22
3	13	Shanaya HINTON	FR	#4	Marion Military I	11.34m	37-2½	2/1
4	16	Anijah JAMES	FR	#2	Richard Bland (V{2}	11.19m	36-8½	2/8
5	18	Shyla COOPER	FR	#2	Richard Bland (V{3}	11.09m	36-4¾	12/8
6	23	Erin SMITH	SO	#2	Richard Bland (V{4}	10.85m	35-7¼	1/31
7	28	Jaden MILLER	FR	#8	Lake-Sumter Sta	10.66m	34-11¾	1/18
8	34	Alycia MCKOY	FR	#10	Mohawk Valley (10.19m	33-5¼	2/16
9	40	Abigale DUNLAVEY	SO	#6	Hudson Valley (N	9.41m	30-10½	2/8
10	42	Grace HOLMES	SO	#11	Finger Lakes (N.'	8.08m	26-6¼	1/25

Women's Shot Put

1	24	DeMya CAMPBELL	SO	#2	Richard Bland (V	11.45m	37-6¾	12/8
2	45	Raina MASSEY	SO	#4	Marion Military I	10.30m	33-9½	1/19
3	54	Adaysha HOLLINESS	FR	#4	Marion Military I{2}	9.88m	32-5	2/15
4	65	Elliot BOAK		#9	Onondaga (N.Y.)	9.47m	31-1	12/7
5	74	Iamies HASSAN	SO	#6	Hudson Valley (N	9.09m	29-10	1/31
5	74	Alivia COCHRAN		#6	Hudson Valley (N	9.09m	29-10	1/31
7	93	Angelica SLINGERLAND	SO	#6	Hudson Valley (N{3}	8.65m	28-4½	1/31
8	94	Cali BUCHHOLZ	FR	#6	Hudson Valley (N{4}	8.55m	28-¾	1/31
9	100	Kaitlyn QUEEN	FR	#5	Hagerstown (Md	8.21m	26-11¼	1/31
10		Lauren SCHROM	FR	#6	Hudson Valley (N{5}	8.17m	26-9¾	2/8

Women's Weight Throw

1	41	Raina MASSEY	SO	#4	Marion Military I	12.16m	39-10¾	2/8
2	53	DeMya CAMPBELL	SO	#2	Richard Bland (V	11.18m	36-8¼	12/8
3	75	Lauren SCHROM	FR	#6	Hudson Valley (N	9.68m	31-9¼	2/8
4	82	Iamies HASSAN	SO	#6	Hudson Valley (N{2}	8.56m	28-1	2/8
5	84	Zoe EVANS	FR	#6	Hudson Valley (N{3}	8.22m	26-11¾	2/8
6	89	Elliot BOAK		#9	Onondaga (N.Y.)	7.51m	24-7¾	12/7
7	90	Angelica SLINGERLAND	SO	#6	Hudson Valley (N{4}	7.14m	23-5¼	2/8
8	91	Meghan COWLES	FR	#6	Hudson Valley (N{5}	7.04m	23-1¼	1/31
9	92	Jessica SLINGERLAND	SO	#6	Hudson Valley (N{6}	6.80m	22-3¾	1/31
10	94	Kaitlyn QUEEN	FR	#5	Hagerstown (Md	6.69m	21-11½	2/21

Women's Pentathlon

1	23	Adaysha HOLLINESS	FR	#4	Marion Military I	2,247	2/15
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Regional TFRI Event Summary



Central

as of 2/25/2025 6:33:31 AM ET

Women's 60 Meters

1	1	Maimuna JALLOW	FR	#1	Cloud County (K	7.30	2/23
1	1	Anita AFRIFA	SO	#8	Colby (Kan.) CC	7.30	1/18
3	3	Keliza SMITH	SO	#2	Barton (Kan.) CC	7.31	2/23
4	4	Kayveonna JACKSON	SO	#11	Allen (Kan.) CC	7.42	2/23
5	6	Ranayla MOTEN	FR	#11	Allen (Kan.) CC	{2} 7.44	2/23
6	7	Adetutu ALADELOYE	SO	#11	Allen (Kan.) CC	{3} 7.46	2/23
7	10	Royanah FARMER	SO	#6	Coffeyville (Kan.	7.49	2/23
8	12	Beatrice BOAKYE	FR	#8	Colby (Kan.) CC	{2} 7.55	2/23
9	17	Kayda AUSTIN	FR	#2	Barton (Kan.) CC	{2} 7.60	2/23
10	20	Linya GEDEON	SO	#6	Coffeyville (Kan.)	{2} 7.62	1/17

Women's 60 Meter Hurdles

1	1	Asharria ULETT	FR	#2	Barton (Kan.) CC	8.37	2/23
2	4	Chenessa DAVIS	SO	#1	Cloud County (K	8.54	2/23
3	7	Ty'yanah ADAMS	FR	#2	Barton (Kan.) CC	{2} 8.68	2/23
4	9	Linya GEDEON	SO	#6	Coffeyville (Kan.	8.71	2/23
5	12	Damaria BELL	FR	#3	Fort Scott (Kan.)	8.84	2/23
6	14	Olivia LEATHERMAN	FR	#9	Dodge City (Kan.	8.92	2/23
7	19	DiaMonae THOMAS	SO	#12	Highland (Kan.)	8.98	2/23
7	19	Tahlia LIENERT	FR	#1	Cloud County (K	{2} 8.98	2/23
9	26	Dekanya WEBB	FR	#8	Colby (Kan.) CC	9.14	2/23
10	29	Alexia WALKER	FR	#2	Barton (Kan.) CC	{3} 9.19	1/25

Women's 200 Meters

1	1	Anita AFRIFA	SO	#8	Colby (Kan.) CC	23.28	2/7
2	2	Keliza SMITH	SO	#2	Barton (Kan.) CC	23.54	2/15
3	3	Maimuna JALLOW	FR	#1	Cloud County (K	23.69	2/1
4	6	Adetutu ALADELOYE	SO	#11	Allen (Kan.) CC	24.14 OT	2/23
5	7	Ranayla MOTEN	FR	#11	Allen (Kan.) CC	{2} 24.22 OT	2/23
6	9	Rafiatu NUHU	SO	#1	Cloud County (K	{2} 24.32 OT	2/23
7	10	Kayda AUSTIN	FR	#2	Barton (Kan.) CC	{2} 24.38	2/15
8	18	Royanah FARMER	SO	#6	Coffeyville (Kan.	24.61 OT	2/23
9	21	Crystal CHAMBERS	SO	#3	Fort Scott (Kan.)	24.77 OT	2/23
10	26	Mekhila SANDERS	FR	#10	Garden City (Kar	24.91 OT	2/23

Women's 400 Meters

1	1	Keliza SMITH	SO	#2	Barton (Kan.) CC	53.77 OT	2/23
2	3	Rafiatu NUHU	SO	#1	Cloud County (K	54.72	2/8
3	4	Dayjonique CATO	SO	#3	Fort Scott (Kan.)	55.52 OT	2/23
4	5	Ivana ODONKOR	SO	#3	Fort Scott (Kan.)	{2} 55.80 OT	2/15
5	7	Natasha FOX	FR	#2	Barton (Kan.) CC	{2} 56.02	2/15
6	10	Amalinaly PEMBERTON	SO	#6	Coffeyville (Kan.	56.15 OT	2/15
7	12	Tierra WILLIAMS	FR	#6	Coffeyville (Kan.)	{2} 56.43 OT	2/23
8	13	Kennedy MOSLEY	SO	#3	Fort Scott (Kan.)	{3} 56.53 OT	2/15
9	19	Shone WALTERS	SO	#2	Barton (Kan.) CC	{3} 56.81 OT	2/23
10	20	Dhakiya BLAKE	SO	#6	Coffeyville (Kan.)	{3} 56.91 OT	2/15

Women's 600 Meters

1	1	Rafiatu NUHU	SO	#1	Cloud County (K	1:30.77	1/18
2	2	Nontokozo NCUBE	SO	#1	Cloud County (K	{2} 1:31.24	1/18
3	6	N Vanee ANCHIKE	SO	#1	Cloud County (K	{3} 1:35.03	2/8
4	8	Amalinaly PEMBERTON	SO	#6	Coffeyville (Kan.	1:35.35 OT	2/15
5	11	Mercy ANGAAMCHAAB	SO	#1	Cloud County (K	{4} 1:36.09	2/8
6	12	Kialia CLAIBORNE	SO	#2	Barton (Kan.) CC	1:36.15c (1:25.84A)	2/1
7	17	Natasha FOX	FR	#2	Barton (Kan.) CC	{2} 1:37.40 OT	1/25
8	18	Amanda KOTAMBE	FR	#1	Cloud County (K	{5} 1:37.98	2/8
9	20	Emmanuella SQUIRE	SO	#3	Fort Scott (Kan.)	1:38.17 OT	2/15
10	23	Narissa MCPHERSON	FR	#2	Barton (Kan.) CC	{3} 1:38.36 OT	1/25

Women's 800 Meters

1	2	Nontokozo NCUBE	SO	#1	Cloud County (K	2:10.58	2/8
2	3	N Vanee ANCHIKE	SO	#1	Cloud County (K	{2} 2:11.77	2/15
3	5	Shone WALTERS	SO	#2	Barton (Kan.) CC	2:12.85 OT	1/25
4	8	Rafiatu NUHU	SO	#1	Cloud County (K	{3} 2:14.70	2/1
5	9	Rosemary ARTHUR	SO	#8	Colby (Kan.) CC	2:14.86	2/15
6	10	Mercy ANGAAMCHAAB	SO	#1	Cloud County (K	{4} 2:15.25	2/15
7	21	Amanda KOTAMBE	FR	#1	Cloud County (K	{5} 2:19.68	2/15
8	29	Mercy KIBUIGUT	FR	#7	Crowder (Mo.)	2:20.53 OT	2/15
9	31	Videlda JEBET	FR	#7	Crowder (Mo.)	{2} 2:21.20 OT	2/15
10	35	Sarai CHAVEZ	SO	#9	Dodge City (Kan.	2:21.77	2/15

Women's 1000 Meters

1	1	N Vanee ANCHIKE	SO	#1	Cloud County (K	2:52.39	1/18
2	5	Rosemary ARTHUR	SO	#8	Colby (Kan.) CC	2:57.99 OT	2/23
3	7	Mercy ANGAAMCHAAB	SO	#1	Cloud County (K	{2} 2:58.68	1/18
4	9	Nontokozo NCUBE	SO	#1	Cloud County (K	{3} 2:59.78	1/18
5	18	Amanda KOTAMBE	FR	#1	Cloud County (K	{4} 3:04.00	1/18
6	24	Meryeme MAI	FR	#10	Garden City (Kar	3:06.35 OT	2/23
7	25	Abigail GRANTHAM	SO	#4	Hutchinson (Kan	3:07.09 OT	2/23
8	30	Sarai CHAVEZ	SO	#9	Dodge City (Kan.	3:07.39 OT	2/23
9	42	Beverlyne KIPTARUS	SO	#10	Garden City (Kar	{2} 3:09.86 OT	2/23
10	43	Dheniffer VAZ	JR	#5	Cowley (Kan.)	3:11.05	2/8

Women's Mile

1	8	N Vanee ANCHIKE	SO	#1	Cloud County (K	4:57.90	2/1
2	18	Mercy ANGAAMCHAAB	SO	#1	Cloud County (K	{2} 5:09.37	1/18
3	20	Rosemary ARTHUR	SO	#8	Colby (Kan.) CC	5:10.19 OT	1/25
4	23	Videlda JEBET	FR	#7	Crowder (Mo.)	5:11.14 OT	2/1
5	26	Faith JEPTOO	SO	#7	Crowder (Mo.)	{2} 5:11.81 OT	2/1
6	32	Mercy KIBUIGUT	FR	#7	Crowder (Mo.)	{3} 5:13.29 OT	2/1
7	37	Amanda KOTAMBE	FR	#1	Cloud County (K	{3} 5:15.67	2/1
8	43	Pelisha KOSGEI	FR	#7	Crowder (Mo.)	{4} 5:17.43	2/21
9	45	Abigail GRANTHAM	SO	#4	Hutchinson (Kan	5:18.28	2/15
10	59	Elizabeth HERNANDEZ	SO	#13	Butler (Kan.) CC	5:20.62 OT	1/25



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Central

as of 2/25/2025 6:33:31 AM ET

Women's 3000 Meters

1	9	Faith JEPTOO	SO	#7 Crowder (Mo.)	10:03.99	2/21
2	15	Videlda JEBET	FR	#7 Crowder (Mo.) {2}	10:10.73 OT	2/15
3	20	Mercy KIBUIGUT	FR	#7 Crowder (Mo.) {3}	10:15.60 OT	2/15
4	24	N Vanee ANCHIKE	SO	#1 Cloud County (K	10:19.11 OT	1/25
5	25	Jordyn PICOLET	SO	#4 Hutchinson (Kan	10:19.29	2/15
6	27	Pelisha KOSGEI	FR	#7 Crowder (Mo.) {4}	10:20.66 OT	1/25
7	29	Elizabeth HERNANDEZ	SO	#13 Butler (Kan.) CC	10:21.18	2/1
8	45	Meryeme MAI	FR	#10 Garden City (Kar	10:32.69 OT	1/25
9	56	Laura AVILA	SO	#4 Hutchinson (Kan){2}	10:46.47 OT	1/25
10	66	Ivy WASHINGTON	SO	#9 Dodge City (Kan.	10:55.50 OT	2/23

Women's 5000 Meters

1	6	N Vanee ANCHIKE	SO	#1 Cloud County (K	17:24.24	2/8
2	13	Faith JEPTOO	SO	#7 Crowder (Mo.)	17:31.72 OT	2/15
3	16	Pelisha KOSGEI	FR	#7 Crowder (Mo.) {2}	17:35.79 OT	2/15
4	21	Elizabeth HERNANDEZ	SO	#13 Butler (Kan.) CC	17:49.73 OT	2/15
5	26	Jordyn PICOLET	SO	#4 Hutchinson (Kan	18:06.64 OT	2/23
6	27	Meryeme MAI	FR	#10 Garden City (Kar	18:12.00 OT	2/23
7	40	Laura AVILA	SO	#4 Hutchinson (Kan){2}	18:35.89	2/1
8	47	Kayli MYERS	SO	#5 Cowley (Kan.)	19:00.70 OT	2/23
9	49	Alison UNRUH	SO	#13 Butler (Kan.) CC {2}	19:16.27	2/1
10	55	Celestine KIBORUS	FR	#17 Fort Hays Tech N	19:44.60	1/18

Women's 4x400 Relay

1	1	Natasha Fox, Kayda Austin, Shone Walters, Keliza Smith	#2 Barton (Kan.) CC	3:44.42	2/15
2	3	Nanhi Pannu, Nontokozi Ncube, Maimuna Jallow, Rafiatu Nuhu	#1 Cloud County (K	3:44.77	2/8
3	4	Jayden Piper, Emmanuella Squire, Dayjonique Cato, Ivana Odonkor	#3 Fort Scott (Kan.)	3:45.25 OT	2/23
4	7	Dhakiya Blake, Royaiah Farmer, Tierra Williams, Amalinally Pemberton	#6 Coffeyville (Kan.	3:49.19 OT	2/23
5	12	Ranayla Moten, Ala' Jah Brooks, Charity Beckham, Adetutu Aladeloye	#11 Allen (Kan.) CC	3:54.52	2/1
6	15	Beatrice Boakye, Anita Afrifa, Rosemary Arthur, Ashly Tharp	#8 Colby (Kan.) CC	3:58.91 OT	1/25
7	18	J'Na Demming, Shanteria Washington, Alyana Wallace, Alexia Lewis	#12 Highland (Kan.)	4:06.30 OT	2/23
8	20	Vilorina Tuilawaki, Rhea Flanders, Melania Turaga, Amy Styles	#14 Neosho County (4:09.30	2/15
9	22	Caylee May, Bianca Gleim, Olivia Leatherman, Sarai Chavez	#9 Dodge City (Kan.	4:10.78	2/15
10	24	#Type!	#10 Garden City (Kar	4:11.74c (4:15.08f)	1/11



Regional TFRI Event Summary



Central

as of 2/25/2025 6:33:31 AM ET

Women's 4x800 Relay

1	1	Mercy Kibuigut, Pelisha Kosgei, Faith Jeptoo, Videlma Jebet	#7 Crowder (Mo.)	9:29.59 OT	1/25
2	3	Mercy Angaamchaab, Amanda Kotambe, Jaelyn Rumback, Joella Mathilda	#1 Cloud County (K)	9:58.23 OT	2/23
3	4	Reid Harvey-McKean, Beverlyne Kiptarus, Umahan Sahin, Meryeme Mai	#10 Garden City (Kar)	9:58.43 OT	1/25
4	6	Teressa Martinez, Caylee May, Ava Washington, Sarai Chavez	#9 Dodge City (Kan.)	10:04.92 OT	2/23
5	7	Vilorina Tuilawaki, Amy Styles, Melania Turaga, Barbara Gurrola	#14 Neosho County (Kan.)	10:17.83 OT	2/23
6	8	Kayli Myers, Daniela Lozano-Cardenas, Dayanna Brito- Hernandez, Pauline Althoff	#5 Cowley (Kan.)	10:30.04 OT	2/23
7	11	Marcy Monell, Sanaa Nalls, Kaliyah Smith, Juaneya Sykes	#3 Fort Scott (Kan.)	11:41.35 OT	2/23
8	13	Shahd Atwa, Isabelle Gillham, Ashly Tharp, Natasha Some	#8 Colby (Kan.) CC	11:56.63 OT	2/23

Women's Distance Medley Relay

1	4	Mercy Angaamchaab, Rafiatu Nuhu, Nontokozo Ncube, N Vanee Anchike	#1 Cloud County (K)	12:06.51 OT	2/23
2	6	Faith Jeptoo, Videlma Jebet, Mercy Kibuigut, Pelisha Kosgei	#7 Crowder (Mo.)	12:20.67 OT	2/1
3	11	Ivy Washington, Bianca Gleim, Sarai Chavez, Ava Washington	#9 Dodge City (Kan.)	12:44.84 OT	2/23
4	13	Reid Harvey-McKean, Beverlyne Kiptarus, Mekhila Sanders, Meryeme Mai	#10 Garden City (Kar)	12:48.46	2/1
5	16	Laura Avila, Rio Kirven, Ava Lemaster, Abigail Grantham	#4 Hutchinson (Kan.)	13:09.86 OT	2/23
6	17	Alison Unruh, Jennifer Casas, La Tanya Johnson, Elizabeth Hernandez	#13 Butler (Kan.) CC	13:11.62 OT	2/23
7	19	Daniela Lozano- Cardenas, Grace Knight, Dayanna Brito-Hernandez, Savannah Fischer	#5 Cowley (Kan.)	13:28.67 OT	2/23
8	23	Melania Turaga, Amy Styles, Rhea Flanders, Barbara Gurrola	#14 Neosho County (Kan.)	14:22.43	2/8
9	27	Jakouria Jamerson, Samarrah Williams, Kaliyah Smith, Sanaa Nalls	#3 Fort Scott (Kan.)	15:19.57 OT	2/23

Women's High Jump

1	10	Jazz DILWORTH	SO	#3 Fort Scott (Kan.)	1.59m	5-2½	2/23
2	13	Jakouria JAMERSON	SO	#3 Fort Scott (Kan.) {2}	1.56m	5-1¼	2/23
3	15	Chenessa DAVIS	SO	#1 Cloud County (K)	1.55m	5-1	2/15
3	15	Cordaelia WILLIAMS	SO	#1 Cloud County (K)	1.55m	5-1	2/15
3	15	Emmanuella SQUIRE	SO	#3 Fort Scott (Kan.) {3}	1.55m	5-1	1/18
6	22	Alyana WALLACE	SO	#12 Highland (Kan.)	1.53m	5-¼	2/8
7	23	Tahlia LIENERT	FR	#1 Cloud County (K) {3}	1.52m	4-11¾	2/1
7	23	Kennedy MOSLEY	SO	#3 Fort Scott (Kan.) {4}	1.52m	4-11¾	2/23
7	23	Riannon ST. CLAIR	SO	#5 Cowley (Kan.)	1.52m	4-11¾	1/25
7	23	Sophia CALISTRO	FR	#9 Dodge City (Kan.)	1.52m	4-11¾	1/31
7	23	Alexia WALKER	FR	#2 Barton (Kan.) CC	1.52m	4-11¾	2/23



Regional TFRI Event Summary



Central

as of 2/25/2025 6:33:31 AM ET

Women's Pole Vault

1	5	Dakota DAPPER	SO	#5 Cowley (Kan.)	3.67m	12-½	2/1
2	6	Bradie MEDINA	SO	#1 Cloud County (K	3.42m	11-2½	2/1
3	8	Kennedy KIZARR	SO	#5 Cowley (Kan.) {2}	3.37m	11-¾	2/1
4	9	Elizabeth BROZEK	FR	#5 Cowley (Kan.) {3}	3.21m	10-6¼	2/8
5	13	Alycea MCCOY	FR	#4 Hutchinson (Kan	3.12m	10-2¾	1/17
6	14	Grace BENDER	FR	#4 Hutchinson (Kan){2}	3.05m	10-0	2/23
7	17	Isabelle CULLENS	FR	#6 Coffeyville (Kan.	2.90m	9-6¼	2/23
8	18	Anna WASHBURN	FR	#6 Coffeyville (Kan.){2}	2.75m	9-¼	2/23
9	21	Marcy MONELL	SO	#3 Fort Scott (Kan.)	2.60m	8-6¼	2/23
10	25	Amparo PAYNE	FR	#15 State Fair (Mo.)	2.50m	8-2½	2/15

Women's Long Jump

1	7	Celine RIDDLE	FR	#2 Barton (Kan.) CC	5.80m	19-½	2/23
2	10	Chloe PERRYMAN	SO	#2 Barton (Kan.) CC{2}	5.69m	18-8	2/15
3	16	Aalyiah LINTON	FR	#3 Fort Scott (Kan.)	5.54m	18-2¼	2/1
4	17	Alexia LEWIS	SO	#12 Highland (Kan.)	5.52m	18-1½	2/8
5	19	Azariah DAWES	FR	#4 Hutchinson (Kan	5.47m	17-11½	2/23
6	20	Jocelyn NUNEZ	FR	#15 State Fair (Mo.)	5.43m	17-9¾	1/24
7	23	Kymia BRIDGETT	FR	#2 Barton (Kan.) CC{3}	5.38m	17-8	1/18
8	28	Nele GOESL	FR	#1 Cloud County (K	5.31m	17-5¼	1/18
9	35	Yaya MORENO	SO	#4 Hutchinson (Kan){2}	5.18m	17-0	2/23
10	36	Makiya MOSLEY	FR	#2 Barton (Kan.) CC{4}	5.16m	16-11¼	1/25
10	36	Chenessa DAVIS	SO	#1 Cloud County (K){2}	5.16m	16-11¼	2/23

Women's Triple Jump

1	4	Celine RIDDLE	FR	#2 Barton (Kan.) CC	12.20m	40-½	1/18
2	6	Kymia BRIDGETT	FR	#2 Barton (Kan.) CC{2}	11.74m	38-6¼	2/23
3	12	Isabelle CULLENS	FR	#6 Coffeyville (Kan.	11.35m	37-3	1/17
4	15	Aalyiah LINTON	FR	#3 Fort Scott (Kan.)	11.20m	36-9	2/15
5	20	Nele GOESL	FR	#1 Cloud County (K	11.02m	36-2	2/1
6	21	Azariah DAWES	FR	#4 Hutchinson (Kan	11.01m	36-1½	2/1
7	24	Anna WASHBURN	FR	#6 Coffeyville (Kan.){2}	10.83m	35-6½	2/15
8	27	Leah WRIGHT	FR	#11 Allen (Kan.) CC	10.73m	35-2½	2/23
9	31	Riannon ST. CLAIR	SO	#5 Cowley (Kan.)	10.43m	34-2¾	2/23
10	33	Journey SANDER	FR	#15 State Fair (Mo.)	10.25m	33-7½	1/11

Women's Shot Put

1	5	Cierra GRAY	SO	#5 Cowley (Kan.)	14.32m	46-11¾	2/23
2	7	Deisheline MAYER SCOTT	FR	#4 Hutchinson (Kan	13.74m	45-1	2/23
3	8	Janiel MONTAQUE	FR	#4 Hutchinson (Kan){2}	13.47m	44-2½	2/23
4	14	Zadie MACKEY	FR	#2 Barton (Kan.) CC	12.72m	41-8¾	1/18
5	15	Cedricka WILLIAMS	SO	#2 Barton (Kan.) CC{2}	12.69m	41-7¾	2/1
6	16	Aiyanna GREEN	SO	#4 Hutchinson (Kan){3}	12.52m	41-1	2/1
7	21	Bree ROWE	SO	#5 Cowley (Kan.) {2}	11.63m	38-2	2/23
8	25	Shaniece POWELL	FR	#6 Coffeyville (Kan.	11.44m	37-6½	1/18
9	28	Jessi MCDOWELL	FR	#5 Cowley (Kan.) {3}	11.22m	36-9¾	2/23
10	29	Nora HENRY	FR	#16 Mineral Area (Mc	11.16m	36-7½	1/25

Women's Weight Throw

1	3	Cedricka WILLIAMS	SO	#2 Barton (Kan.) CC	17.41m	57-1½	1/25
2	8	Mercedes GLOVER	JR	#5 Cowley (Kan.)	15.55m	51-¼	2/23
3	11	Mayce MCDONALD	SO	#5 Cowley (Kan.) {2}	15.06m	49-5	1/25
4	12	Aiyanna GREEN	SO	#4 Hutchinson (Kan	15.01m	49-3	2/23
5	14	Ana MANOUSARIDIS	SO	#6 Coffeyville (Kan.	14.84m	48-8¼	1/18
6	15	Shaniece POWELL	FR	#6 Coffeyville (Kan.){2}	14.80m	48-6¾	1/18
7	16	Deisheline MAYER SCOTT	FR	#4 Hutchinson (Kan){2}	14.72m	48-3½	2/15
8	17	Cierra GRAY	SO	#5 Cowley (Kan.) {3}	14.68m	48-2	1/25
9	18	Hadley WILSON	FR	#5 Cowley (Kan.) {4}	14.55m	47-9	1/17
10	19	Zadie MACKEY	FR	#2 Barton (Kan.) CC{2}	14.46m	47-5¼	2/23

Women's Pentathlon

1	4	Alexia WALKER	FR	#2 Barton (Kan.) CC	3,191 OT	2/23
2	6	Tahlia LIENERT	FR	#1 Cloud County (K	3,075 OT	2/23
3	11	Jakouria JAMERSON	SO	#3 Fort Scott (Kan.)	2,822 OT	2/23
4	16	Emmanuella SQUIRE	SO	#3 Fort Scott (Kan.){2}	2,638	2/1
5	18	Marcy MONELL	SO	#3 Fort Scott (Kan.){3}	2,515 OT	2/23
6	19	Carlie CARLGREN	FR	#1 Cloud County (K){2}	2,432	2/1
7	21	Berlynn BLACK	SO	#12 Highland (Kan.)	2,311 OT	2/23
8	22	Vilorina TUILAWAKI	SO	#14 Neosho County (2,278	2/1
9	25	Jazz DILWORTH	SO	#3 Fort Scott (Kan.){4}	2,209 OT	2/23
10	28	Leah WRIGHT	FR	#11 Allen (Kan.) CC	1,875 OT	2/23



Regional TFRI Event Summary



Midwest

as of 2/25/2025 6:33:31 AM ET

Women's 60 Meters

1	7	Zariah GREAVES	FR	#2	Iowa Central CC	7.46	2/8
2	12	Serena GRACE	FR	#1	Iowa Western CC	7.55	1/11
2	12	Destiny MITCHELL	SO	#3	Indian Hills (Iow	7.55	2/8
4	17	Avia LANE	FR	#3	Indian Hills (Iow	{2} 7.60	12/14
5	20	Zekira SNOW	SO	#3	Indian Hills (Iow	{3} 7.62	2/8
6	30	Judith KOUMEDZINA	SO	#1	Iowa Western CC	{2} 7.69	2/8
7	33	Keyonna MCGILL	SO	#10	Cuyahoga (Ohio)	7.72	2/15
8	49	Taeja BARTEE	FR	#1	Iowa Western CC	{3} 7.80	2/22
9	54	Nyla NORMAN	SO	#3	Indian Hills (Iow	{4} 7.84	1/18
10	55	Mechak Linda BULA BULA	FR	#2	Iowa Central CC	{2} 7.86	1/25

Women's 60 Meter Hurdles

1	2	Dymonde NAVE	SO	#3	Indian Hills (Iow	8.43	2/1
2	11	Tanique TAYLOR	SO	#1	Iowa Western CC	8.79	2/22
3	34	Arriana JOHNSON	SO	#3	Indian Hills (Iow	{2} 9.32	2/22
4	38	Zoe ALLEN	FR	#4	Vincennes (Ind.)	9.42	1/24
5	40	Hannah QUANG	FR	#2	Iowa Central CC	9.49	2/8
6	42	Taja CONLEY	SO	#6	North Iowa Area	9.51	2/22
7	43	Ella HOMAWOOD	FR	#2	Iowa Central CC	{2} 9.52	2/8
8	44	Addison (Addi) HINDT	FR	#2	Iowa Central CC	{3} 9.53	2/22
9	49	Delaney GALE	SO	#7	Harper (Ill.)	9.68	2/14
9	49	Eden BROUWERS	FR	#2	Iowa Central CC	{4} 9.68	2/22

Women's 200 Meters

1	19	Kenyatta GRATE	SO	#3	Indian Hills (Iow	24.68	1/18
2	21	Serena GRACE	FR	#1	Iowa Western CC	24.77c (25.15f)	2/22
3	25	Zariah GREAVES	FR	#2	Iowa Central CC	24.90c (25.28f)	2/22
4	27	Nyla NORMAN	SO	#3	Indian Hills (Iow	{2} 24.94	12/7
5	28	Kaylia KELLY	SO	#1	Iowa Western CC	{2} 24.97c (25.35f)	2/22
6	33	Zekira SNOW	SO	#3	Indian Hills (Iow	{3} 25.05 OT	12/14
7	44	Laurie LOUIS	SO	#3	Indian Hills (Iow	{4} 25.27c (25.66f)	2/22
8	54	Mechak Linda BULA BULA	FR	#2	Iowa Central CC	{2} 25.46	1/18
9	66	Keyonna MCGILL	SO	#10	Cuyahoga (Ohio)	25.75c (26.15f)	1/25
10	71	Taeja BARTEE	FR	#1	Iowa Western CC	{3} 25.88c (26.28f)	2/22

Women's 400 Meters

1	25	Laurie LOUIS	SO	#3	Indian Hills (Iow	57.25c (58.01f)	2/22
2	28	Alexa ZANDERS	FR	#3	Indian Hills (Iow	{2} 57.49c (58.25f)	2/22
3	30	Mechak Linda BULA BULA	FR	#2	Iowa Central CC	57.60c (58.36f)	2/22
3	30	Serena GRACE	FR	#1	Iowa Western CC	57.60c (58.36f)	2/22
5	34	Nyla NORMAN	SO	#3	Indian Hills (Iow	{3} 58.02 OT	12/14
6	35	Keyonna MCGILL	SO	#10	Cuyahoga (Ohio)	58.49 OT	2/8
7	40	Kaylia KELLY	SO	#1	Iowa Western CC	{2} 58.79c (59.57f)	2/22
8	41	Ellie LOGSDON	SO	#8	DuPage (Ill.)	59.03 OT	2/8
9	65	Jacarla BLACK	SO	#10	Cuyahoga (Ohio)	{2} 1:01.57 OT	2/8
10	66	Zoe ALLEN	FR	#4	Vincennes (Ind.)	1:01.77	2/7

Women's 600 Meters

1	9	Angeline ESTRADA	SO	#1	Iowa Western CC	1:35.62c (1:36.79f)	2/22
2	21	Mechak Linda BULA BULA	FR	#2	Iowa Central CC	1:38.34c (1:39.54f)	1/25
3	27	Chadrak Belinda BULA BULA	FR	#2	Iowa Central CC	{2} 1:39.63c (1:40.85f)	1/25
4	29	Juliette GAVOIS	FR	#2	Iowa Central CC	{3} 1:40.11 OT	2/1
5	38	Sara BELGACEM	FR	#4	Vincennes (Ind.)	1:42.34 OT	2/14
6	44	Natalie BOGDANOVA KIRILOVA	SO	#2	Iowa Central CC	{4} 1:43.03c (1:44.29f)	2/22
7	50	Fanny DEN UYL	FR	#2	Iowa Central CC	{5} 1:44.37 OT	2/8
8	60	Alivia EDENS	FR	#2	Iowa Central CC	{6} 1:46.18c (1:47.48f)	2/22
9	68	Carly MCKEEVER	FR	#1	Iowa Western CC	{2} 1:47.29c (1:48.60f)	2/22
10	73	Vivienne FORTE	FR	#15	Joliet (Ill.) JC	1:48.67c (1:50.01f)	1/24

Women's 800 Meters

1	12	Angeline ESTRADA	SO	#1	Iowa Western CC	2:16.23 OT	2/1
2	18	Sara BELGACEM	FR	#4	Vincennes (Ind.)	2:18.90c (2:20.50f)	2/22
3	23	Juliette GAVOIS	FR	#2	Iowa Central CC	2:20.11 OT	2/15
4	24	Wijdane INZALINE	FR	#1	Iowa Western CC	{2} 2:20.26	2/15
5	27	Alivia EDENS	FR	#2	Iowa Central CC	{2} 2:20.38 OT	2/15
6	30	Natalie BOGDANOVA KIRILOVA	SO	#2	Iowa Central CC	{3} 2:21.05 OT	2/8
7	33	Abbigail (Abbi) HUTCHINSON	FR	#2	Iowa Central CC	{4} 2:21.50c (2:23.13f)	1/25
8	38	Alyssa KULESA	FR	#1	Iowa Western CC	{3} 2:22.13	2/8
9	41	Elizabeth EWUSIE	FR	#1	Iowa Western CC	{4} 2:22.46	2/8
10	62	Fanny DEN UYL	FR	#2	Iowa Central CC	{5} 2:27.34 OT	1/25

Women's 1000 Meters

1	2	Juliana SAKAT	FR	#1	Iowa Western CC	2:56.42c (2:58.34f)	2/22
2	11	Abbigail (Abbi) HUTCHINSON	FR	#2	Iowa Central CC	3:00.62 OT	2/8
3	12	Wijdane INZALINE	FR	#1	Iowa Western CC	{2} 3:01.45c (3:03.43f)	2/22
4	13	Angeline ESTRADA	SO	#1	Iowa Western CC	{3} 3:02.02c (3:04.00f)	2/22
5	16	Alivia EDENS	FR	#2	Iowa Central CC	{2} 3:02.68 OT	2/1
6	17	Natalie BOGDANOVA KIRILOVA	SO	#2	Iowa Central CC	{3} 3:03.79 OT	2/1
7	20	Grace COLLINS	FR	#12	Des Moines Area	3:05.46c (3:07.48f)	2/22
8	23	Elizabeth EWUSIE	FR	#1	Iowa Western CC	{4} 3:06.25 OT	1/24
9	31	Alyssa KULESA	FR	#1	Iowa Western CC	{5} 3:07.60 OT	2/1
10	41	Juliette GAVOIS	FR	#2	Iowa Central CC	{4} 3:09.10 OT	2/8

Women's Mile

1	1	Juliana SAKAT	FR	#1	Iowa Western CC	4:48.52 OT	1/24
2	6	Nora BRADY	SO	#13	Heartland (Ill.) C	4:56.61c (4:59.54f)	2/8
3	7	Hafssa BOUTRICH	FR	#1	Iowa Western CC	{2} 4:57.57 OT	1/24
4	10	Abbigail (Abbi) HUTCHINSON	FR	#2	Iowa Central CC	5:04.51c (5:07.52f)	2/22
5	16	Elizabeth EWUSIE	FR	#1	Iowa Western CC	{3} 5:08.76c (5:11.81f)	2/22
6	38	Alivia EDENS	FR	#2	Iowa Central CC	{2} 5:15.90 OT	2/8
7	48	Wijdane INZALINE	FR	#1	Iowa Western CC	{4} 5:18.73	1/18
8	54	Tiffani KOONCE	FR	#3	Indian Hills (Iow	5:20.43	1/25
9	56	Ayianna OLIVAS	SO	#1	Iowa Western CC	{5} 5:20.50	2/15
10	62	Imane JOURJI	FR	#2	Iowa Central CC	{3} 5:22.01 OT	2/15



Regional TFRI Event Summary



Midwest

as of 2/25/2025 6:33:31 AM ET

Women's 3000 Meters

1	1	Juliana SAKAT	FR	#1	Iowa Western CC	9:30.36	1/18
2	13	Hafssa BOUTRICH	FR	#1	Iowa Western CC{2}	10:08.59	1/18
3	14	Abbigail (Abbi) HUTCHINSON	FR	#2	Iowa Central CC	10:09.79 OT	2/15
4	18	Elizabeth EWUSIE	FR	#1	Iowa Western CC{3}	10:14.84	2/15
5	32	Nora BRADY	SO	#13	Heartland (Ill.) C	10:24.94c(10:30.29f)	1/24
6	40	Imane JOURJI	FR	#2	Iowa Central CC {2}	10:30.23	1/18
7	46	Tiffani KOONCE	FR	#3	Indian Hills (Iowa)	10:33.58 OT	2/8
8	51	Carmen SOLIS	SO	#8	DuPage (Ill.)	10:41.23c(10:46.72f)	2/21
9	53	Kayden SPENCER	FR	#12	Des Moines Area	10:41.76 OT	2/8
10	61	Ava LAMILZA	SO	#16	Macomb (Mich.)	10:50.55 OT	2/21

Women's 5000 Meters

1	1	Juliana SAKAT	FR	#1	Iowa Western CC	16:20.80	2/1
2	8	Elizabeth EWUSIE	FR	#1	Iowa Western CC{2}	17:24.90c(17:32.90f)	2/22
3	12	Nora BRADY	SO	#13	Heartland (Ill.) C	17:31.00	2/21
4	14	Hafssa BOUTRICH	FR	#1	Iowa Western CC{3}	17:33.40	2/15
5	20	Abbigail (Abbi) HUTCHINSON	FR	#2	Iowa Central CC	17:49.27c(17:57.45f)	2/22
6	33	Tiffani KOONCE	FR	#3	Indian Hills (Iowa)	18:28.12	2/1
7	35	Grace COLLINS	FR	#12	Des Moines Area	18:30.47c(18:38.97f)	2/15
8	37	Kayden SPENCER	FR	#12	Des Moines Area{2}	18:31.56c(18:40.07f)	2/15
9	38	Imane JOURJI	FR	#2	Iowa Central CC {2}	18:34.88c(18:43.41f)	2/22
10	39	Ayianna OLIVAS	SO	#1	Iowa Western CC{4}	18:35.37	2/15

Women's 4x400 Relay

1	8	Nyla Norman, Kenyatta Grate, Laurie Louis, Alexa Zanders	#3	Indian Hills (Iowa)	3:52.23	1/25
2	13	Serena Grace, Angeline Estrada, Taeja Bartee, Judith Koumedzina	#1	Iowa Western CC	3:57.46 OT	2/1
3	14	Mechak Linda Bula, Juliette Gavois, Hannah Quang, Chadrak Belinda Bula Bula	#2	Iowa Central CC	3:58.89c(4:02.06f)	2/22
4	25	#Type!	#7	Harper (Ill.)	4:12.23c(4:15.57f)	2/21
5	28	Taja Conley, Adhel Deng, Suzanne Guedeyi, Tenisha Herbert	#6	North Iowa Area	4:16.61c(4:20.01f)	2/22
6	30	Ciara May, Keyonna McGill, Jacarla Black, Scarlet Carey	#10	Cuyahoga (Ohio)	4:17.29 OT	2/15
7	31	Sara Belgacem, Adi Fuller, Jasmyn Self, Zoe Allen	#4	Vincennes (Ind.)	4:18.20c(4:21.62f)	2/22
8	33	Brianna Smith, Steffanie McGuffey, Olivia Urban, Lauren Lee	#11	Muskegon (Mich)	4:25.44c(4:28.96f)	1/25
9	34	#Type!	#8	DuPage (Ill.)	4:26.22c(4:29.75f)	2/14
10	37	Mallori Jones, Tasha Williams, Alyssa Wondercheck, Halima Biggs	#5	Hawkeye (Iowa)	4:28.47c(4:32.03f)	2/1

Women's 4x800 Relay

1	2	Natalie Bogdanova Kirilova, Fanny den Uyl, Juliette Gavois, Alivia Edens	#2	Iowa Central CC	9:38.36 OT	2/1
2	5	Elizabeth Ewusie, Jessica Heyen, Alyssa Kulesa, Ayianna Olivas	#1	Iowa Western CC	10:02.40c(10:09.34f)	2/22
3	9	Aubrey Kuntz, Rylee Olsen, Chloe Ferneau, Arianna Pedrin	#14	Southeastern (Iowa)	10:45.64c(10:53.08f)	2/22
4	10	Cloey Usher, Emily Usher, Bridget Canton, Olivia Spurling	#6	North Iowa Area	11:20.04c(11:27.88f)	2/22
5	12	Alison Pasdiora, Olivia Chapman, Maureen Bluemle, Samantha Blankenship	#8	DuPage (Ill.)	11:52.56c(12:00.78f)	1/31



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Women's Distance Medley Relay

1	2	Hafssa Boutrich, Serena Grace, Angeline Estrada, Juliana Sakat	#1 Iowa Western CC	11:44.45	2/8
2	8	Natalie Bogdanova Kirilova, Chadrak Belinda Bula Bula, Juliette Gavois, Alivia Edens	#2 Iowa Central CC	12:34.65c(12:42.73f)	2/22
3	15	Sara Belgacem, Zoe Allen, Jasmyn Self, Adi Fuller	#4 Vincennes (Ind.)	12:57.41 OT	2/15
4	20	Isabella Cifuentes, Brianna Smith, Olivia Urban, Lauren Lee	#11 Muskegon (Mich	13:39.20 OT	2/15
5	21	Cloey Usher, Emily Usher, Bridget Canton, Olivia Spurling	#6 North Iowa Area	14:04.62c(14:13.66f)	2/22
6	22	Chloe Ferneau, Aubrey Kuntz, Arianna Pedrin, Rylee Olsen	#14 Southeastern (Ic	14:21.06c(14:30.28f)	2/22
7	24	#Type!	#9 Sauk Valley (Ill.)	14:30.64c(14:39.96f)	2/21
8	25	Holly Milbrandt, Keyonna Mcgill, Jacarla Black, Hannah Cunningham	#10 Cuyahoga (Ohio)	14:51.64c(15:01.19f)	1/18
9	26	#Type!	#8 DuPage (Ill.)	14:57.68c(15:07.29f)	2/14

Women's High Jump

1	8	Rasheda SAMUELS	FR #1 Iowa Western CC	1.60m	5-3	2/22
1	8	Halima BIGGS	FR #5 Hawkeye (Iowa)	1.60m	5-3	2/22
3	13	Eden BROUWERS	FR #2 Iowa Central CC	1.56m	5-1¼	2/22
4	15	Steffanie MCGUFFEY	SO #11 Muskegon (Mich	1.55m	5-1	1/18
4	15	Arriana JOHNSON	SO #3 Indian Hills (Iow	1.55m	5-1	12/7
6	30	Tasha WILLIAMS	SO #5 Hawkeye (Iowa) {2}	1.50m	4-11	2/22
6	30	Kira MESSERLY	FR #2 Iowa Central CC {2}	1.50m	4-11	1/25
6	30	Jillian HULSING	SO #9 Sauk Valley (Ill.)	1.50m	4-11	1/25
9	35	Ella HOMAWOOD	FR #2 Iowa Central CC {3}	1.47m	4-9¾	2/22
10	39	Taeja BARTEE	FR #1 Iowa Western CC {2}	1.45m	4-9	2/22
10	39	Zariah GREAVES	FR #2 Iowa Central CC {4}	1.45m	4-9	2/22
10	39	Mallori JONES	FR #5 Hawkeye (Iowa) {3}	1.45m	4-9	2/1

Women's Pole Vault

1	1	Sophia DO AMARAL SALVI	SO #4 Vincennes (Ind.)	4.00m	13-1½	2/14
2	19	Lucia SANCHEZ SCRIVEN	SO #7 Harper (Ill.)	2.70m	8-10¼	2/8
3	21	Eden BROUWERS	FR #2 Iowa Central CC	2.60m	8-6¼	2/8
4	28	Chadarak Belinda BULA BULA	FR #2 Iowa Central CC {2}	2.40m	7-10½	2/22
5	29	Ella KUD	FR #8 DuPage (Ill.)	2.31m	7-7	2/21
6	33	Abbigail (Abbi) HUTCHINSON	FR #2 Iowa Central CC {3}	2.25m	7-4½	2/22
7	34	Kira MESSERLY	FR #2 Iowa Central CC {4}	1.95m	6-4¾	2/22
8	35	Darcee O'LOUGHLIN	SO #5 Hawkeye (Iowa)	1.80m	5-10¾	2/22

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	5.85m	19-2½	2/7
3	13	Taeja BARTEE	FR #1 Iowa Western CC {2}	5.59m	18-4¼	2/21
4	14	Mercy HONESTY	SO #1 Iowa Western CC {3}	5.58m	18-3¾	2/15
5	22	Dymonde NAVE	SO #3 Indian Hills (Iow	5.40m	17-8¾	1/25
6	24	Zekira SNOW	SO #3 Indian Hills (Iow {2}	5.35m	17-6¾	1/25
7	27	Alyssa WONDERCHECK	FR #5 Hawkeye (Iowa)	5.32m	17-5½	1/11
8	29	Ella HOMAWOOD	FR #2 Iowa Central CC {2}	5.29m	17-4¼	1/11
9	30	Halima BIGGS	FR #5 Hawkeye (Iowa) {2}	5.28m	17-4	2/1
10	33	Paola BEHILE	FR #2 Iowa Central CC {3}	5.21m	17-1¼	2/22

Women's Triple Jump

1	1	Mercy HONESTY	SO #1 Iowa Western CC	12.95m	42-6	2/21
2	3	Paola BEHILE	FR #2 Iowa Central CC	12.33m	40-5½	2/21
3	5	Sakina UMAR	SO #1 Iowa Western CC {2}	12.16m	39-10¾	2/22
4	17	Elfie SANOGO	FR #1 Iowa Western CC {3}	11.18m	36-8¼	2/15
5	29	Natalia POCICA	SO #7 Harper (Ill.)	10.64m	34-11	2/14
6	32	Lucia SANCHEZ SCRIVEN	SO #7 Harper (Ill.) {2}	10.27m	33-8½	2/21
7	35	Maeva GOUNE TIBBOLO	FR #2 Iowa Central CC {2}	10.05m	32-11¾	2/22
8	36	Brooklyn VOMACKA	FR #1 Iowa Western CC {4}	10.01m	32-10¼	2/22
9	37	Maggie ROWZE	FR #9 Sauk Valley (Ill.)	9.57m	31-4¾	1/25
10	38	Abbigail (Abbi) HUTCHINSON	FR #2 Iowa Central CC {3}	9.52m	31-2¾	2/22
10	38	Carli KOBEBMAN	FR #9 Sauk Valley (Ill.) {2}	9.52m	31-2¾	12/7

Women's Shot Put

1	3	Sarai SIMPSON	SO #1 Iowa Western CC	14.59m	47-10½	2/1
2	4	Chin-Loy RAYMOND	SO #1 Iowa Western CC {2}	14.36m	47-1½	2/22
3	6	Unitee BROWN	FR #2 Iowa Central CC	13.86m	45-5¾	2/22
4	13	Monifa EDWARDS	FR #1 Iowa Western CC {3}	12.94m	42-5½	2/1
5	17	Zuriya ROBINSON	SO #2 Iowa Central CC {2}	12.35m	40-6¼	2/1
6	18	Lovely HIBBERT	FR #1 Iowa Western CC {4}	12.22m	40-1¼	1/18
7	19	Olivia COX	FR #9 Sauk Valley (Ill.)	12.01m	39-5	12/14
8	26	Kailan MCEWEN	FR #5 Hawkeye (Iowa)	11.39m	37-4½	1/17
9	32	Eden BROUWERS	FR #2 Iowa Central CC {3}	11.07m	36-4	2/22
10	39	Brandy JARMON	FR #1 Iowa Western CC {5}	10.62m	34-10¼	2/22

Women's Weight Throw

1	4	Zuriya ROBINSON	SO #2 Iowa Central CC	17.00m	55-9¼	1/25
2	6	Chin-Loy RAYMOND	SO #1 Iowa Western CC	15.74m	51-7¾	2/22
3	7	Sarai SIMPSON	SO #1 Iowa Western CC {2}	15.59m	51-1¾	2/1
4	27	Cynthia ALBERT	FR #3 Indian Hills (Iow	13.45m	44-1½	2/15
5	32	Lovely HIBBERT	FR #1 Iowa Western CC {3}	12.94m	42-5½	1/11
6	35	Olivia COX	FR #9 Sauk Valley (Ill.)	12.55m	41-2¼	12/14
7	39	Kit BYARS	SO #6 North Iowa Area	12.29m	40-4	2/15
8	41	Darcee O'LOUGHLIN	SO #5 Hawkeye (Iowa)	12.16m	39-10¾	1/17
9	43	Abbi RICHTER	SO #18 Southwestern (I	12.11m	39-8¾	1/18
10	45	Lilleann SHACKLEFORD	FR #10 Cuyahoga (Ohio)	12.01m	39-5	12/7



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Midwest

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Women's Pentathlon

1	7	Eden BROUWERS	FR	#2	Iowa Central CC	3,056	2/22
2	10	Ella HOMAWOO	FR	#2	Iowa Central CC {2}	2,869	1/25
3	13	Arriana JOHNSON	SO	#3	Indian Hills (Iowa)	2,783	2/1
4	20	Jillian HULSING	SO	#9	Sauk Valley (Ill.)	2,414	1/25
5	24	Kira MESSERLY	FR	#2	Iowa Central CC {3}	2,245	2/22
6	27	Tasha WILLIAMS	SO	#5	Hawkeye (Iowa)	2,166	1/25
7	30	Emer MCAULIFFE	FR	#5	Hawkeye (Iowa) {2}	1,271	1/25



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West

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Women's 60 Meters

1	4	Ruth AGADAMA	SO	#2 South Plains (Te	7.42c	(7.40A)	2/15
2	7	Mickayla GARDENER	FR	#4 Central Arizona	7.46		2/21
3	11	Kamaria KNIGHT	SO	#1 New Mexico JC	7.51c	(7.49A)	2/1
4	15	La'Nica LOCKER	SO	#7 Hinds (Miss.) CC	7.56		2/8
5	16	Nandy KIHUYU	SO	#1 New Mexico JC {2}	7.57c	(7.55A)	2/1
6	19	Christiana BOYD	FR	#9 Western Texas	7.61c	(7.59A)	2/1
7	22	Trinity MONTGOMERY	SO	#7 Hinds (Miss.) CC {2}	7.64		2/21
8	25	Nalicia GLEN	FR	#1 New Mexico JC {3}	7.65	(0.0)	2/24
8	25	Privilege BOWER	FR	#10 Bismarck State (7.65		12/7
8	25	Tuwana MCLEAN	FR	#1 New Mexico JC {3}	7.65	(0.0)	2/24

Women's 60 Meter Hurdles

1	3	Brianna BOYCE	SO	#9 Western Texas	8.52c	(8.52A)	2/15
2	4	Lovina EWUSI	SO	#9 Western Texas {2}	8.54c	(8.54A)	1/18
3	6	Seanna GAYE-LESLIE	FR	#7 Hinds (Miss.) CC	8.57		2/21
4	8	Rashema LINDO	FR	#2 South Plains (Te	8.69c	(8.69A)	2/15
5	10	Oluwatumininu SANYAOLU	FR	#2 South Plains (Te{2}	8.78c	(8.78A)	2/15
6	13	Janae DAWES	FR	#9 Western Texas {3}	8.90		2/8
7	16	Kaelyn GIARRUSSO	SO	#12 Glendale (Ariz.) (8.95		2/15
7	16	Juwonna WHITEHORNE	FR	#2 South Plains (Te{3}	8.95c	(8.95A)	2/15
9	21	Dedra WOOD	FR	#10 Bismarck State (8.99		2/8
10	24	Aliyah GIDHARRY	SO	#4 Central Arizona	9.11		2/15

Women's 200 Meters

1	4	La'Nica LOCKER	SO	#7 Hinds (Miss.) CC	23.96		2/8
2	5	Nandy KIHUYU	SO	#1 New Mexico JC	24.09	(0.0)	2/24
3	8	Kamaria KNIGHT	SO	#1 New Mexico JC {2}	24.24	(0.0)	2/24
4	11	Queen USUNOBUN	FR	#7 Hinds (Miss.) CC {2}	24.45		2/16
5	12	Tuwana MCLEAN	FR	#1 New Mexico JC {3}	24.46	(0.0)	2/24
5	12	Charlize FRASER	FR	#9 Western Texas	24.46c	(24.39A)	1/25
7	14	Oluwatumininu SANYAOLU	FR	#2 South Plains (Te	24.47		2/21
8	16	Brianna BOYCE	SO	#9 Western Texas {2}	24.52c	(24.45A)	2/15
9	17	Mickayla GARDENER	FR	#4 Central Arizona	24.58c	(24.51A)	2/15
10	20	Trinity MONTGOMERY	SO	#7 Hinds (Miss.) CC {3}	24.70		2/16

Women's 400 Meters

1	2	Nandy KIHUYU	SO	#1 New Mexico JC	54.54c	(54.43A)	2/15
2	6	Caydence BREWER	SO	#7 Hinds (Miss.) CC	55.83c	(56.57f)	2/21
3	8	Twyshanna HUIE	SO	#7 Hinds (Miss.) CC {2}	56.07c	(56.81f)	2/21
4	9	Queen USUNOBUN	FR	#7 Hinds (Miss.) CC {3}	56.11		2/8
5	14	Janae DAWES	FR	#9 Western Texas	56.56		2/8
6	15	Shagay SHEPPY	FR	#9 Western Texas {2}	56.69c	(56.58A)	2/15
7	16	T'Anna LIBURD	SO	#4 Central Arizona	56.74		1/18
8	17	Brianna BOYCE	SO	#9 Western Texas {3}	56.75c	(56.64A)	1/25
9	18	Lovina EWUSI	SO	#9 Western Texas {4}	56.78		2/8
10	23	Tuwana MCLEAN	FR	#1 New Mexico JC {2}	57.08c	(56.97A)	2/1

Women's 600 Meters

1	3	Jody ANN MITCHELL	SO	#1 New Mexico JC	1:33.09		2/24
2	4	Grace KOMBETTO	SO	#4 Central Arizona	1:33.57c	(1:33.57A)	2/15
3	5	Lovina EWUSI	SO	#9 Western Texas	1:34.95c	(1:24.77A)	2/15
4	10	Amal KACHOURI	FR	#1 New Mexico JC {2}	1:36.02c	(1:36.02A)	1/25
5	13	Kaydeen JOHNSON	FR	#6 Odessa (Texas)	1:36.17c	(1:25.86A)	2/1
6	15	Tyfone MARTINS	SO	#1 New Mexico JC {3}	1:36.66		2/24
7	16	Nour RAHOU	FR	#2 South Plains (Te	1:37.10c	(1:26.69A)	2/15
8	22	Ysanne PEART	SO	#1 New Mexico JC {4}	1:38.35c	(1:38.35A)	1/25
9	32	Daphne KAUSZ	SO	#1 New Mexico JC {5}	1:40.85c	(1:40.85A)	1/25
10	34	Madison STERN-REGALADO	FR	#9 Western Texas {2}	1:41.07c	(1:30.24A)	2/15

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}	2:12.26c	(2:12.64A)	2/15
3	6	Emily SILVA	SO	#1 New Mexico JC {3}	2:13.99c	(2:14.37A)	2/15
4	7	Avery JENSEN	SO	#5 Salt Lake (Utah)	2:14.28c	(2:14.92A)	2/15
5	11	Lindsey LOPES	SO	#5 Salt Lake (Utah) {2}	2:15.88c	(2:18.21fA)	2/20
6	13	Grace KOMBETTO	SO	#4 Central Arizona	2:16.29		2/21
7	14	Kaydeen JOHNSON	FR	#6 Odessa (Texas)	2:16.83c	(2:17.22A)	2/15
8	16	Reatta DANOFF	SO	#3 Pima (Ariz.) CC	2:18.31		2/8
9	20	Rachael BETHANCOURT	SO	#11 Paradise Valley (2:19.52		2/21
10	22	Isabella BEILKE	FR	#14 Southern Idaho	2:19.72c	(2:20.38A)	2/15

Women's 1000 Meters

1	3	Amal KACHOURI	FR	#1 New Mexico JC	2:56.84		2/24
2	4	Emily SILVA	SO	#1 New Mexico JC {2}	2:57.85		2/24
3	8	Kaydeen JOHNSON	FR	#6 Odessa (Texas)	2:59.74c	(2:59.74A)	2/15
4	10	Reatta DANOFF	SO	#3 Pima (Ariz.) CC	3:00.39		2/1
5	14	Aubrie BARZEE	FR	#14 Southern Idaho	3:02.12 OT		1/25
6	15	Jody ANN MITCHELL	SO	#1 New Mexico JC {3}	3:02.19c	(3:02.19A)	1/18
7	19	Carmella BALDWIN	SO	#8 Mesa (Ariz.) CC	3:05.32		1/25
8	21	Ava STAFFORD	SO	#10 Bismarck State (3:05.66c	(3:07.69f)	2/22
9	22	Kennedy KUNZ	FR	#14 Southern Idaho {2}	3:05.99 OT		1/25
10	26	Jayne ELVIN	SO	#1 New Mexico JC {4}	3:07.11c	(3:07.11A)	2/15

Women's Mile

1	2	Millicent WAFULA	FR	#6 Odessa (Texas)	4:51.32c	(4:54.74A)	2/1
2	3	Angelina LIONE	FR	#5 Salt Lake (Utah)	4:53.67c	(5:03.11fA)	2/20
3	4	Salma SADDOUN	FR	#6 Odessa (Texas) {2}	4:56.30c	(4:59.78A)	2/1
4	5	Amal KACHOURI	FR	#1 New Mexico JC	4:56.57c	(5:00.06A)	2/1
5	9	Kaydeen JOHNSON	FR	#6 Odessa (Texas) {3}	4:59.63c	(5:03.15A)	2/1
6	11	Elizabeth ILANDA	FR	#6 Odessa (Texas) {4}	5:04.81c	(5:08.39A)	2/1
7	12	Mazee SOUTHWARD	FR	#5 Salt Lake (Utah) {2}	5:07.18c	(5:17.06fA)	2/20
8	13	Melanie ANDERSON	FR	#5 Salt Lake (Utah) {3}	5:07.33c	(5:17.21fA)	2/20
9	14	Angela Denisse SALADO FERNANDEZ	SO	#5 Salt Lake (Utah) {4}	5:07.74c	(5:17.63fA)	2/20
10	15	Naomi SOTELO	SO	#5 Salt Lake (Utah) {5}	5:08.73c	(5:18.66fA)	2/20



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West

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Women's 3000 Meters

1	2	Angela (Angy) Denisse SALADO FERNANDEZ	SO	#5	Salt Lake (Utah)	9:49.54 OT	2/15
2	3	Millicent WAFULA	FR	#6	Odessa (Texas)	9:50.46c (9:57.66A)	2/15
3	4	Angelina LIONE	FR	#5	Salt Lake (Utah) {2}	9:51.00 OT	2/15
4	5	Elizabeth ILANDA	FR	#6	Odessa (Texas) {2}	9:51.25c (9:58.46A)	2/15
5	6	Salma SADDUG	FR	#6	Odessa (Texas) {3}	9:52.57c (9:59.80A)	2/15
6	7	Lilian MATEO	SO	#6	Odessa (Texas) {4}	9:54.61c (10:01.86A)	2/15
7	8	Nhamoinesu MABVUKA	FR	#13	Meridian (Miss.)	9:55.93	2/7
8	10	Naomi SOTELO	SO	#5	Salt Lake (Utah) {3}	10:05.05c(10:24.34fA)	1/10
9	11	Francesca ALVARADO	SO	#1	New Mexico JC	10:05.43c(10:12.82A)	2/1
10	12	Melanie ANDERSON	FR	#5	Salt Lake (Utah) {4}	10:07.14 OT	2/15

Women's 5000 Meters

1	2	Nhamoinesu MABVUKA	FR	#13	Meridian (Miss.)	16:54.32 OT	2/15
2	3	Angela (Angy) Denisse SALADO FERNANDEZ	SO	#5	Salt Lake (Utah)	17:08.36 OT	2/1
3	4	Elizabeth ILANDA	FR	#6	Odessa (Texas)	17:23.06c(17:36.97A)	2/15
4	5	Salma SADDUG	FR	#6	Odessa (Texas) {2}	17:23.73c(17:37.64A)	2/15
5	7	Melanie ANDERSON	FR	#5	Salt Lake (Utah) {2}	17:24.67 OT	2/1
6	9	Angelina LIONE	FR	#5	Salt Lake (Utah) {3}	17:25.51 OT	2/1
7	10	Millicent WAFULA	FR	#6	Odessa (Texas) {3}	17:28.29c(17:42.27A)	2/15
8	11	Lilian MATEO	SO	#6	Odessa (Texas) {4}	17:29.00c(17:42.98A)	2/15
9	15	Edith NESLEN	FR	#5	Salt Lake (Utah) {4}	17:35.65 OT	2/1
10	17	Lindsie FAUSETT	SO	#5	Salt Lake (Utah) {5}	17:39.34c(18:04.23A)	2/15

Women's 4x400 Relay

1	2	Tuwana McLean, Kamaria Knight, Jody Ann Mitchell, Nandy Kihuyu	#1	New Mexico JC	3:44.62c (3:44.18A)	2/15
2	5	Twyshanna Huie, Queen Usunobun, T'kyla Bennett, Caydence Brewer	#7	Hinds (Miss.) CC	3:46.82	2/8
3	6	Shagay Sheppy, Charlize Fraser, Brianna Boyce, Lovina Ewusi	#9	Western Texas	3:48.19c (3:47.75A)	2/15
4	11	Amiyanee Harris, T'Anna Liburd, Aliyah Gidharry, Grace Kombetto	#4	Central Arizona	3:53.35	1/18
5	16	Cshanti Pierce, Taitiana Jones, Jakhia Martin, Amirah Nock	#13	Meridian (Miss.)	4:00.72	2/16
6	17	Aliya Schock, Aisha Zaffino, Makayla Whitfield, Ava Stafford	#10	Bismarck State (4:02.26c (4:05.48f)	2/8
7	19	Avery Jensen, Lindsey Lopes, Tabettha Henrie, Tara Bouck	#5	Salt Lake (Utah)	4:07.10c (4:06.66A)	2/15
8	21	Charity Rayford, Chasity Rayford, Ki'Sha Tyner, Andrea Teruel	#15	Ranger (Texas)	4:09.33	2/8
9	23	Layla Konski, Hannah Droeg, Maylee Thompson, Tyler Washington	#3	Pima (Ariz.) CC	4:10.83	2/1
10	26	Tumi Sanyaolu, Nour Rahou, Destinee Perez, Yukari Fuller	#2	South Plains (Te	4:12.83c (4:12.39A)	2/1



Regional TFRI Event Summary



West

as of 2/25/2025 6:33:32 AM ET

Women's Distance Medley Relay

1	1	Emily Silva, Ysanne Peart, Jody Ann Mitchell, Amal Kachouri	#1	New Mexico JC	11:43.91c (11:49.64A)	2/1
2	3	Lilian Mateo, Yvette Benavides, Salma Saddoug, Millicent Wafula	#6	Odessa (Texas)	12:04.43c (12:10.33A)	2/1
3	7	Aubrie Barzee, Isabella Beilke, Kennedy Kunz, Laynee Rowley	#14	Southern Idaho	12:33.40c (12:43.51A)	2/15
4	9	Ella Allred, Reatta Danoff, J'layah Spellman Collins, Linda Rivero	#3	Pima (Ariz.) CC	12:41.38	1/25
5	10	Tabetha Henrie, Avery Jensen, Lindsey Lopes, Angelina Lione	#5	Salt Lake (Utah)	12:42.44c (13:01.52fA)	1/10
6	12	Macie Morales, Alfrenique Knowles, Kendra Muhammad, Alyssa Mabry	#15	Ranger (Texas)	12:48.31	2/8
7	14	Regina Raimo, Kate Dare, Katie Munoz, Carmella Baldwin	#8	Mesa (Ariz.) CC	12:49.31	1/25
8	18	Tatyana Enriquez, Amiyane Harris, Grace Kombetto, Jessica Viera	#4	Central Arizona	13:18.20	2/1

Women's High Jump

1	1	Tiana PETROVA	FR	#1	New Mexico JC	1.70m	5-7	2/15
2	2	Abril OKON	SO	#2	South Plains (Te	1.68m	5-6	2/21
3	4	Isabel GREEN	SO	#3	Pima (Ariz.) CC	1.67m	5-5½	1/18
3	4	Janiya ROSS	SO	#3	Pima (Ariz.) CC	1.67m	5-5½	1/18
5	6	Kaelyn GIARRUSSO	SO	#12	Glendale (Ariz.) (1.65m	5-5	2/15
6	7	April NECAISE	SO	#3	Pima (Ariz.) CC	{3} 1.62m	5-3¾	1/25
7	10	Tyler WASHINGTON	SO	#3	Pima (Ariz.) CC	{4} 1.59m	5-2½	2/15
7	10	Aliyah GIDHARRY	SO	#4	Central Arizona	1.59m	5-2½	2/15
9	15	Sara JACOBSON	SR	#8	Mesa (Ariz.) CC	1.55m	5-1	1/17
10	23	Vinae BUFERD-STILLMAN	FR	#4	Central Arizona	{2} 1.52m	4-11¾	1/18
10	23	Hannah DROEG	FR	#3	Pima (Ariz.) CC	{5} 1.52m	4-11¾	1/17

Women's Pole Vault

1	2	Morgan PEPE	SO	#3	Pima (Ariz.) CC	3.80m	12-5½	1/25
2	3	Madisyn WILLIAMS	FR	#8	Mesa (Ariz.) CC	3.70mA	12-1½	2/15
2	3	Olga LAPUZOVA	FR	#2	South Plains (Te	3.70m	12-1½	2/21
4	7	Anna BROWN	FR	#8	Mesa (Ariz.) CC	{2} 3.40mA	11-1¾	2/15
5	10	Lauren ALLARD	SO	#12	Glendale (Ariz.) (3.20m	10-6	2/21
5	10	Mikaila BARAN	FR	#11	Paradise Valley (3.20m	10-6	2/1
7	14	Mackenzie ANDERSON	FR	#11	Paradise Valley ({2}	3.05m	10-0	1/18
8	21	Jordan NANTZ	FR	#8	Mesa (Ariz.) CC	{3} 2.60m	8-6¼	1/18
8	21	Brakelle MCBRIDE	FR	#11	Paradise Valley ({3}	2.60m	8-6¼	1/18
10	26	Hannah DROEG	FR	#3	Pima (Ariz.) CC	{2} 2.45m	8-½	1/25

Women's Long Jump

1	2	Ruth AGADAMA	SO	#2	South Plains (Te	5.88m	19-3½	2/1
2	4	Sophia RODRIQUEZ	FR	#1	New Mexico JC	5.84mw	19-2 (2.1)	2/24
3	5	Sydney ROQUEBRUN	SO	#2	South Plains (Te{2}	5.83m	19-1½	1/30
4	6	Layla KONSKI	FR	#3	Pima (Ariz.) CC	5.81m	19-¾ (0.0)	2/15
5	8	Kavel RITCHIE	SO	#1	New Mexico JC	{2} 5.78m	18-11¾ (0.8)	2/24
6	9	Maylee THOMPSON	SO	#3	Pima (Ariz.) CC	{2} 5.70mw	18-8½ (2.5)	1/17
7	15	Makayla WHITFIELD	FR	#10	Bismarck State (5.57m	18-3¾	1/18
8	18	Sara JACOBSON	SR	#8	Mesa (Ariz.) CC	5.48m		2/15
9	21	Alexia ANDERSON	SO	#10	Bismarck State ({2}	5.41m	17-9	1/25
10	31	Hannah DROEG	FR	#3	Pima (Ariz.) CC	{3} 5.22m		2/15
10	31	Kaelyn GIARRUSSO	SO	#12	Glendale (Ariz.) (5.22m		2/8

Women's Triple Jump

1	2	Sophia RODRIQUEZ	FR	#1	New Mexico JC	12.35m	40-6¼ (1.9)	2/24
2	8	Janita ANTIPINA	FR	#1	New Mexico JC	{2} 11.69m	38-4¼ (2.0)	2/24
3	10	Kavel RITCHIE	SO	#1	New Mexico JC	{3} 11.67mw	38-3½ (3.0)	2/7
4	11	Alexia ANDERSON	SO	#10	Bismarck State (11.36m	37-3¾	2/8
5	14	Oyindamola ADETUTU	SO	#12	Glendale (Ariz.) (11.26m		2/16
6	18	Ashanti PATTON	SO	#13	Meridian (Miss.)	11.09m	36-4¾	2/21
7	22	Makayla WHITFIELD	FR	#10	Bismarck State ({2}	10.87m	35-8	12/7
8	25	Tatiana WHITE	FR	#3	Pima (Ariz.) CC	10.81m		1/25
9	26	Dedra WOOD	FR	#10	Bismarck State ({3}	10.77m	35-4	1/18
10	30	Erin MABRY	FR	#8	Mesa (Ariz.) CC	10.48m		1/18

Women's Shot Put

1	1	Esteisy SALAS	SO	#1	New Mexico JC	16.25m	53-3¾	2/1
2	2	Rejoice AGBEWODIE	SO	#4	Central Arizona	15.09m	49-6¼	2/1
3	9	Suerena ALEXANDER	FR	#2	South Plains (Te	13.23m	43-5	2/15
4	10	Kahllah BAILEY	FR	#2	South Plains (Te{2}	13.11m	43-¼	2/15
5	11	Athilia PRYCE	FR	#1	New Mexico JC	{2} 13.03m	42-9	2/24
6	12	Yosiris CORDOBA	SO	#1	New Mexico JC	{3} 13.01m	42-8¼	2/24
7	20	Jamelia NICHOLAS	SO	#4	Central Arizona	{2} 11.80m	38-8¾	2/16
8	22	Sara JACOBSON	SR	#8	Mesa (Ariz.) CC	11.57m	37-11½	2/15
9	23	Nichole ROBERTS	FR	#16	Dawson (Mont.)	11.46m	37-7¼	2/22
10	27	Shyla-Mae CONSTABLE	FR	#4	Central Arizona	{3} 11.29m	37-½	1/18



Regional TFRI Event Summary



West

as of 2/25/2025 6:33:32 AM ET

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	#4	Central Arizona	19.20m	63-0	2/8
3	5	Shyla-Mae CONSTABLE	FR	#4	Central Arizona {2}	16.03m	52-7¼	2/1
4	9	Esteisy SALAS	SO	#1	New Mexico JC {2}	15.36m	50-4¾	1/18
5	10	Seioriana GLASS	SO	#8	Mesa (Ariz.) CC	15.29m	50-2	2/8
6	13	Athilia PRYCE	FR	#1	New Mexico JC {3}	14.93m	48-11¾	2/1
7	23	Morgan MOSLEY	FR	#3	Pima (Ariz.) CC	13.92m	45-8	1/25
8	25	Tiffany NUNEZ	FR	#8	Mesa (Ariz.) CC {2}	13.55mA	44-5½	2/15
9	28	Brinley LENSCH	FR	#11	Paradise Valley (13.37m	43-10½	1/25
10	30	Jamelia NICHOLAS	SO	#4	Central Arizona {3}	13.14m	43-1½	2/16

Women's Pentathlon

1	1	Sara JACOBSON	SR	#8	Mesa (Ariz.) CC	3,393		2/15
2	2	Abril OKON	SO	#2	South Plains (Te	3,313c	(3313A)	2/1
3	3	Kaelyn GIARRUSSO	SO	#12	Glendale (Ariz.) (3,272		2/15
4	5	Maylee THOMPSON	SO	#3	Pima (Ariz.) CC	3,115		1/17
5	8	Aliyah GIDHARRY	SO	#4	Central Arizona	3,025		2/15
6	9	Hannah DROEG	FR	#3	Pima (Ariz.) CC {2}	2,966		2/15
7	12	Juwonna WHITEHORNE	FR	#2	South Plains (Te{2}	2,818c	(2818A)	2/1
8	14	Layla KONSKI	FR	#3	Pima (Ariz.) CC {3}	2,776		2/15
9	15	Tatum MATHENY	FR	#8	Mesa (Ariz.) CC {2}	2,667		1/17
10	17	Tyler WASHINGTON	SO	#3	Pima (Ariz.) CC {4}	2,556		2/15