



WOMEN — 2025 Checkpoint #7, May 13

100 METERS

Current	Team	Score	Last Week
1	Fresno Pacific	-45.84	1
2	Tusculum	-46.47	2
3	Minnesota State	-46.51	8 ▲ 5
4	Washburn	-46.63	3 ▼ 1
4	New Mexico Highland	-46.63	3 ▼ 1
6	Pittsburg State	-46.70	5 ▼ 1
7	Cal State San Bernardi	-46.78	6 ▼ 1
8	Lenoir-Rhyne	-46.98	7 ▼ 1
9	Northwest Missouri	-47.11	9
9	U-Mary	-47.11	10 ▲ 1

400 METER HURDLES

Current	Team	Score	Last Week
1	Fresno Pacific	-242.89	1
2	Seton Hill	-246.90	NR
3	West Texas A&M	-248.04	2 ▼ 1
4	Oklahoma Baptist	-249.00	3 ▼ 1
5	Findlay	-249.33	6 ▲ 1
6	U-Mary	-249.41	4 ▼ 2
7	Angelo State	-249.52	5 ▼ 2
8	Midwestern State	-250.00	7 ▼ 1
9	Point Loma Nazarene	-250.58	8 ▼ 1
10	Grand Valley State	-250.75	9 ▼ 1

5000 METERS

Current	Team	Score	Last Week
1	Adams State	-3825.28	1
2	Grand Valley State	-3899.10	2
3	West Texas A&M	-3911.61	3
4	Wingate	-3980.69	4
5	Lewis	-3992.95	5
6	Colo. School of Mines	-4006.25	6
7	Western Colorado	-4034.76	7
8	Pittsburg State	-4049.67	8
9	Chico State	-4065.79	9
10	Lee (Tenn.)	-4095.88	10

100 METER HURDLES

Current	Team	Score	Last Week
1	Minnesota State	-53.26	1
2	Pittsburg State	-55.34	2
3	Fresno Pacific	-56.79	3
4	Ashland	-56.97	4
5	Wingate	-57.27	8 ▲ 3
6	Northern Michigan	-57.53	5 ▼ 1
7	Oklahoma Baptist	-57.60	6 ▼ 1
8	Angelo State	-57.69	7 ▼ 1
9	Azusa Pacific	-57.70	10 ▲ 1
10	Biola (Calif.)	-58.02	11 ▲ 1

800 METERS

Current	Team	Score	Last Week
1	Grand Valley State	-513.82	1
2	CSU Pueblo	-518.95	2
3	Northwest Missouri	-519.26	3
4	Adams State	-522.75	4
5	Midwestern State	-524.08	5
6	Ashland	-524.11	11 ▲ 5
7	Hillsdale	-527.26	7
8	Academy of Art	-528.20	6 ▼ 2
9	Minnesota Duluth	-529.33	9
10	Oklahoma Baptist	-529.81	8 ▼ 2

10,000 METERS

Current	Team	Score	Last Week
1	Lewis	-8414.42	1
2	West Texas A&M	-8419.75	2
3	Grand Valley State	-8429.13	3
4	Colo. School of Mines	-8466.22	4
5	UC-Colorado Springs	-8559.54	5
6	Chico State	-8628.30	6
7	Pittsburg State	-8689.57	7
8	Wingate	-8720.34	8
9	Lee (Tenn.)	-8830.44	9
10	Biola (Calif.)	-8896.95	10

200 METERS

Current	Team	Score	Last Week
1	U-Mary	-94.01	1
2	West Texas A&M	-94.44	2
3	Cal State San Bernardi	-94.67	3
4	Lenoir-Rhyne	-94.99	4
5	Southwest Baptist	-95.24	5
6	Fresno Pacific	-95.57	8 ▲ 2
7	Pittsburg State	-95.61	6 ▼ 1
8	Tusculum	-95.80	7 ▼ 1
9	Minnesota State	-96.39	9
10	Findlay	-96.60	10

1500 METERS

Current	Team	Score	Last Week
1	Adams State	-1040.32	1
2	CSU Pueblo	-1050.49	2
3	West Texas A&M	-1055.14	3
4	Grand Valley State	-1055.48	4
5	Pittsburg State	-1064.52	5
6	Wingate	-1067.57	6
7	Lee (Tenn.)	-1081.51	8 ▲ 1
8	Lewis	-1082.75	7 ▼ 1
9	Stanislaus State	-1084.78	9
10	Western Washington	-1087.56	11 ▲ 1

HIGH JUMP

Current	Team	Score	Last Week
1	Pittsburg State	6.96	1
2	Azusa Pacific	6.90	2
3	Minnesota State	6.80	3
4	Texas A&M-Kingsville	6.74	4
5	Grand Valley State	6.70	5
6	California (Pa.)	6.70	11 ▲ 5
7	Neb.-Kearney	6.61	6 ▼ 1
8	Sioux Falls	6.60	6 ▼ 2
9	Harding	6.54	8 ▼ 1
9	Augustana (S.D.)	6.54	9

400 METERS

Current	Team	Score	Last Week
1	Fresno Pacific	-216.37	2 ▲ 1
2	Northwest Missouri	-216.43	1 ▼ 1
3	Lincoln (Mo.)	-218.13	4 ▲ 1
4	Findlay	-218.56	6 ▲ 2
5	Lubbock Christian	-219.40	3 ▼ 2
6	Texas A&M-Kingsville	-219.44	4 ▼ 2
7	U-Mary	-219.49	7
8	Harding	-219.54	10 ▲ 2
9	Southwest Baptist	-220.81	8 ▼ 1
10	Lenoir-Rhyne	-221.11	9 ▼ 1

STEEPLECHASE

Current	Team	Score	Last Week
1	Adams State	-2488.65	1
2	Western Washington	-2581.19	2
3	UC-Colorado Springs	-2600.09	3
4	Wingate	-2603.17	4
5	Lewis	-2667.87	5
6	Ouachita Baptist	-2673.73	6
7	Wayne State (Mich.)	-2682.48	NR
8	Slippery Rock	-2690.95	8
9	Grand Valley State	-2697.12	7 ▼ 2
10	Cedarville	-2729.23	9 ▼ 1

POLE VAULT

Current	Team	Score	Last Week
1	Roberts Wesleyan	16.74	1
2	Pittsburg State	16.47	2
3	Grand Valley State	15.91	7 ▲ 4
4	Findlay	15.28	3 ▼ 1
5	Hillsdale	15.20	4 ▼ 1
6	Point Loma Nazarene	15.02	5 ▼ 1
7	Minnesota State	14.95	6 ▼ 1
8	Lewis	14.63	8
9	Colo. School of Mines	14.61	9
10	Ashland	14.47	10



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LONG JUMP

Current	Team	Score	Last Week
1	Minnesota State	24.77	1
2	Pittsburg State	24.51	2
3	Lewis	23.56	3
4	Grand Valley State	23.42	4
5	Fayetteville State	23.16	5
6	Angelo State	23.14	6
7	Texas A&M-Kingsville	23.12	7
8	Mount Olive	22.92	8
9	Shippensburg	22.82	14 ▲ 5
10	UC-Colorado Springs	22.79	9 ▼ 1

HAMMER

Current	Team	Score	Last Week
1	Ashland	228.53	1
2	Missouri Southern	222.72	2
3	Indianapolis	221.21	3
4	Grand Valley State	220.04	7 ▲ 3
5	Colo. School of Mines	219.28	4 ▼ 1
6	Angelo State	215.97	6
7	Hillsdale	215.93	5 ▼ 2
8	Mount Olive	213.56	8
9	Washburn	210.83	9
10	Neb.-Kearney	210.21	12 ▲ 2

TRIPLE JUMP

Current	Team	Score	Last Week
1	Minnesota State	49.57	1
2	Harding	47.06	2
3	Claflin	46.77	3
4	Pittsburg State	46.75	4
5	West Texas A&M	46.65	5
6	Limestone	46.33	6
7	UC-Colorado Springs	46.06	8 ▲ 1
7	Wingate	46.06	7
9	Shippensburg	45.98	10 ▲ 1
10	Cal Poly Pomona	45.94	9 ▼ 1

JAVELIN

Current	Team	Score	Last Week
1	Central Missouri	188.87	1
2	Pittsburg State	180.95	2
3	Southwest Baptist	175.35	3
4	Azusa Pacific	173.07	4
5	Shippensburg	171.24	5
6	Embry-Riddle (Fla.)	165.23	6
7	Sioux Falls	159.60	7
8	Slippery Rock	157.93	9 ▲ 1
9	Bloomsburg	157.16	8 ▼ 1
10	Chico State	157.06	10

SHOT PUT

Current	Team	Score	Last Week
1	Grand Valley State	59.77	1
2	Western Washington	58.38	2
3	Azusa Pacific	58.14	3
4	Missouri Southern	57.41	4
5	Ashland	56.39	5
6	Findlay	55.76	8 ▲ 2
7	Sioux Falls	55.45	6 ▼ 1
8	Indianapolis	54.37	7 ▼ 1
9	Slippery Rock	54.29	10 ▲ 1
10	CSU Pueblo	53.88	9 ▼ 1

HEPTATHLON

Current	Team	Score	Last Week
1	Azusa Pacific	20079.00	1
2	Minnesota State	20050.00	2
3	Western Oregon	17384.00	3
4	Missouri S&T	17135.00	4
5	Central Washington	16636.00	5
6	Harding	16224.00	6
7	Ashland	16015.00	7
8	Chico State	15444.00	8
9	Ouachita Baptist	15355.00	9
10	Slippery Rock	14981.00	10

DISCUS

Current	Team	Score	Last Week
1	Grand Valley State	208.00	1
2	Neb.-Kearney	190.83	2
3	Wayne State (Neb.)	188.03	3
4	Sioux Falls	181.63	4
5	Central Missouri	177.78	5
6	Angelo State	177.75	6
7	Colorado Mesa	177.43	7
8	CUI	177.10	9 ▲ 1
9	Minnesota State	176.65	8 ▼ 1
10	Pittsburg State	174.33	10