



Regional TFRI Team Summary



WOMEN — 2025 Checkpoint #2, April 8

ATLANTIC

Current	Team	Score	Last Week
1	Shippensburg	562.31	1
2	Slippery Rock	552.55	2
3	Charleston (W.Va.)	380.32	3
4	Millersville	360.85	5 ▲ 1
5	Winston-Salem State	347.87	12 ▲ 7
6	Claflin	292.27	11 ▲ 5
7	Point Park (Pa.)	283.36	7
8	East Stroudsburg	276.97	4 ▼ 4
9	Fayetteville State	264.44	9
10	Edinboro	235.26	10
11	Kutztown	234.83	6 ▼ 5
12	Davis and Elkins	214.79	15 ▲ 3
13	Lock Haven	211.21	8 ▼ 5
14	Bloomsburg	202.84	20 ▲ 6
15	Seton Hill	201.17	13 ▼ 2

CENTRAL

Current	Team	Score	Last Week
1	Pittsburg State	775.12	1
2	U-Mary	681.31	2
3	Oklahoma Baptist	442.56	6 ▲ 3
4	Harding	433.44	3 ▼ 1
5	Washburn	430.37	5
6	Ouachita Baptist	403.40	4 ▼ 2
7	Missouri Southern	322.94	7
8	Minnesota State	297.57	9 ▲ 1
9	Central Missouri	286.90	8 ▼ 1
10	Northwest Missouri	213.80	11 ▲ 1
11	Sioux Falls	212.22	16 ▲ 5
12	Augustana (S.D.)	176.21	29 ▲ 17
13	Emporia State	174.75	12 ▼ 1
14	Neb.-Kearney	168.82	13 ▼ 1
15	Winona State	163.81	24 ▲ 9

EAST

Current	Team	Score	Last Week
1	Southern Connecticut	664.52	20 ▲ 19
2	Felician	546.21	1 ▼ 1
3	Southern New Hamps	390.41	NR
4	New Haven	368.10	2 ▼ 2
5	UDC	357.21	8 ▲ 3
6	Roberts Wesleyan	356.01	10 ▲ 4
7	Holy Family (Pa.)	348.70	3 ▼ 4
8	Saint Anselm	312.54	NR
9	Adelphi	311.12	4 ▼ 5
10	Molloy	273.09	9 ▼ 1
11	Assumption	239.84	NR
12	Georgian Court	232.61	5 ▼ 7
13	Wilmington (Del.)	228.39	6 ▼ 7
14	Goldey-Beacom	225.23	12 ▼ 2
15	Jefferson (Pa.)	223.28	11 ▼ 4

MIDWEST

Current	Team	Score	Last Week
1	Grand Valley State	1156.04	1
2	Ashland	585.22	3 ▲ 1
3	Lewis	473.19	2 ▼ 1
4	Findlay	453.83	12 ▲ 8
5	Hillsdale	360.51	6 ▲ 1
6	Southwest Baptist	285.97	4 ▼ 2
7	Lincoln (Mo.)	264.97	NR
8	Wayne State (Mich.)	259.04	5 ▼ 3
9	Indianapolis	237.81	7 ▼ 2
10	Northern Michigan	227.66	11 ▲ 1
11	UW-Parkside	216.24	10 ▼ 1
12	Tiffin	174.15	9 ▼ 3
13	Maryville (Mo.)	170.23	8 ▼ 5
14	Cedarville	149.31	14
15	Walsh	129.91	15

SOUTH

Current	Team	Score	Last Week
1	Lee (Tenn.)	730.71	2 ▲ 1
2	Alabama-Huntsville	646.06	1 ▼ 1
3	Embry-Riddle (Fla.)	617.44	3
4	Tampa	466.71	4
5	Albany State (Ga.)	396.34	5
6	Montevallo	362.46	7 ▲ 1
7	Mississippi College	350.65	8 ▲ 1
8	Clark Atlanta	308.86	6 ▼ 2
9	UPR Rio Piedras	287.70	9
10	Benedict	237.40	10
11	Florida Southern	235.63	11
12	Tuskegee	226.87	17 ▲ 5
13	Nova Southeastern	221.23	12 ▼ 1
14	West Alabama	164.58	14
15	Fort Valley State	158.71	13 ▼ 2

SOUTH CENTRAL

Current	Team	Score	Last Week
1	West Texas A&M	667.32	1
2	Angelo State	664.21	2
3	Adams State	492.64	8 ▲ 5
4	UC-Colorado Springs	464.35	3 ▼ 1
5	Texas A&M-Kingsville	459.53	4 ▼ 1
6	Colo. School of Mines	454.60	7 ▲ 1
7	Colorado Mesa	428.43	9 ▲ 2
8	CSU Pueblo	395.40	5 ▼ 3
9	Lubbock Christian	351.82	6 ▼ 3
10	New Mexico Highland	281.31	12 ▲ 2
11	Midwestern State	258.78	11
12	Eastern New Mexico	232.49	10 ▼ 2
13	Western Colorado	200.71	13
14	Black Hills State	181.24	17 ▲ 3
15	Oklahoma Christian	123.16	18 ▲ 3

SOUTHEAST

Current	Team	Score	Last Week
1	Wingate	1032.06	1
2	Mount Olive	648.63	2
3	Lenoir-Rhyne	502.66	3
4	Tusculum	434.98	5 ▲ 1
5	Converse	333.68	4 ▼ 1
6	Anderson (S.C.)	332.51	7 ▲ 1
7	Lincoln Memorial	288.44	12 ▲ 5
8	Flagler	240.00	9 ▲ 1
9	Belmont Abbey	229.48	10 ▲ 1
10	North Greenville	223.68	6 ▼ 4
11	Newberry	223.59	11
12	Catawba	217.31	8 ▼ 4
13	Limestone	182.91	24 ▲ 11
14	Carson-Newman	174.34	15 ▲ 1
15	UNC Pembroke	158.24	13 ▼ 2

WEST

Current	Team	Score	Last Week
1	Azusa Pacific	666.96	1
2	Western Washington	534.21	2
3	Cal Poly Pomona	488.24	4 ▲ 1
4	Fresno Pacific	481.70	5 ▲ 1
5	CUI	443.56	3 ▼ 2
6	Biola (Calif.)	359.42	9 ▲ 3
7	Point Loma Nazarene	347.47	6 ▼ 1
8	Chico State	346.19	13 ▲ 5
9	Central Washington	334.00	7 ▼ 2
10	Academy of Art	292.78	11 ▲ 1
11	Cal State San Bernard	284.62	8 ▼ 3
12	Cal State San Marcos	250.90	10 ▼ 2
13	Stanislaus State	237.00	15 ▲ 2
14	Western Oregon	167.70	14
15	Vanguard (Calif.)	164.74	12 ▼ 3