

National TFRI Team Summary



as of 4/1/25 7:50 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

1

Washington (Mo.)

UAA

unch

LW: 1

Event	NQR	Athlete	Yr	Season Qual. Best		Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season									
► 100m	2	Jasmine WRIGHT	JR	11.78w	(2.8)	3/29/25	28	2.37	30.37
► 200m	3	Lauren GAY	SR	24.33	(1.5)	3/29/25	26	2.40	28.40
► 200m	25	Quinn BIRD	FR	24.94	(1.0)	3/29/25	0.95	0.33	1.28
► 200m	35	Nicole STEWART	SR	25.07	(1.5)	3/29/25	0.45	0.14	0.59
► 400m	2	Kylie SPYTEK	JR	55.48		3/29/25	28	2.88	30.88
► 400m	3	Catherine CHRISTOPHER	SO	55.68		3/29/25	26	2.51	28.51
► 400m	17	Caroline ECHOLS	SO	57.32		3/29/25	4.5	0.53	5.03
► 400m	30	Izzy GORTON	SR	57.96		3/29/25	0.7	0.16	0.86
► 400m	46	Gayle HENDERSON	SO	58.79		3/29/25	0.1	0.00	0.10
► 400H	27	Ruby KAPLAN	SR	1:05.68		3/29/25	0.85	0.13	0.98
► 400H	46	Clare MARCHANT	FR	1:06.77		3/29/25	0.1	0.00	0.10
► 800m	2	Izzy GORTON	SR	2:09.68		3/28/25	28	3.35	31.35
► 800m	3	Caroline ECHOLS	SO	2:10.94		3/28/25	26	2.48	28.48
► 800m	23	Sophie BEKINS	SR	2:16.01		3/29/25	1.5	0.33	1.83
► 800m	26	Virginia PRIDGEN	SR	2:16.33		3/29/25	0.9	0.26	1.16
► 800m	32	Katie RECTOR	JR	2:17.05		3/29/25	0.6	0.11	0.71
► 800m	33	Cate STEVENS	JR	2:17.14		3/28/25	0.55	0.09	0.64
► 800m	49	Ellie CAIN	FR	2:18.17		3/29/25	0.025	0.00	0.03
► 800m	50	Morgan FOWLER	SR	2:18.20		3/29/25	0.01	0.00	0.01
► 1500m	3	Sophie BEKINS	SR	4:30.53		3/28/25	26	2.47	28.47
► 1500m	6	Katie RECTOR	JR	4:33.03		3/28/25	20	1.56	21.56
► 1500m	13	Virginia PRIDGEN	SR	4:36.54		3/28/25	8	0.69	8.69
► 1500m	29	Mackenzie RAUE	FR	4:40.44		3/28/25	0.75	0.23	0.98
► 1500m	44	Jillian HETH	JR	4:43.76		3/28/25	0.15	0.00	0.15
► Steeple	4	Abigail PATTERSON	SR	10:49.47		3/28/25	24	1.85	25.85
► Steeple	13	Julia PATTERSON	SR	11:06.41		3/28/25	8	0.75	8.75
► Steeple	26	Riley CLARK	JR	11:22.23		3/28/25	0.9	0.19	1.09
► 10,000m	30	Vivienne LARSON	SO	37:33.80		3/28/25	0.7	0.05	0.75
► 4x100	4	Maya Davis, Lauren Gay, Nicole Stewart, Jasmine Wright		46.83		3/29/25	24	2.94	26.94
► 4x400	3	Quinn Bird, Catherine Christopher, Kylie Spytek, Izzy Gorton		3:45.82		3/29/25	26	3.90	29.90
► HJ	2	Ebunoluwa OPATA	SR	1.66m	5-5¼	3/29/25	28	3.05	31.05
► HJ	11	Olivia THEISEN	SO	1.61m	5-3¼	3/29/25	10	0.58	10.58
► PV	1	Yasmin RUFF	SR	4.10m	13-5¼	3/29/25	30	5.15	35.15
► LJ	9	Ebunoluwa OPATA	SR	5.66mw	18-7 (3.4)	3/29/25	D 2	1.04	3.04
► LJ	43	Olivia THEISEN	SO	5.32m	17-5½ (1.0)	3/29/25	0.175	0.00	0.18
► TJ	1	Ebunoluwa OPATA	SR	12.09m	39-8 (1.2)	3/29/25	30	3.47	33.47

1

Washington (Mo.)

UAA

unch

LW: 1

[illegible]



USTFCCA NCAA Division III Outdoor Track & Field National TFRI Team Summary



as of 4/1/25 7:50 AM ET
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D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

2

Williams
NESCAC

▲ 29
LW: 31

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	2	Rachel ARTHUR	SR	11.78w (2.8)	3/22/25	28	2.37	30.37
▶ 100H	31	Ziann FACEY	JR	15.29 (0.7)	3/28/25	0.65	0.00	0.65
▶ 100H	50	Olivia LABELLE	FR	15.44 (1.9)	3/28/25	0.01	0.00	0.01
▶ 200m	8	Rachel ARTHUR	SR	24.65 (-0.4)	3/28/25	16	1.10	17.10
▶ 200m	30	Bella KING-HARVEY	SO	25.01 (-0.8)	3/22/25	0.7	0.23	0.93
▶ 400m	1	Bella KING-HARVEY	SO	55.31	3/28/25	30	3.19	33.19
▶ 400m	25	Annika PALUSKA	FR	57.73	3/22/25	0.95	0.29	1.24
▶ 400m	26	Cate DONALDSON	SO	57.74	3/22/25	0.9	0.28	1.18
▶ 400m	39	Claire JENSEN	SO	58.45	3/22/25	0.275	0.00	0.28
▶ 400m	41	Ella SUKUP	JR	58.59	3/22/25	0.225	0.00	0.23
▶ 800m	5	Annika PALUSKA	FR	2:11.49	3/28/25	22	2.11	24.11
▶ 1500m	5	Lily YAMPOLSKY	FR	4:31.15	3/28/25	22	2.24	24.24
▶ Steeple	12	Charlene PENG	SO	11:02.40	3/28/25	9	0.90	9.90
▶ 5000m	11	Morgan EIGEL	SO	17:21.46	3/28/25	10	0.69	10.69
▶ 5000m	12	Tamar BYL-BRANN	SO	17:22.34	3/28/25	9	0.67	9.67
▶ 5000m	27	Nora JOHNSON	SR	17:34.50	3/28/25	0.85	0.29	1.14
▶ 5000m	38	Julia BRENNAN	SO	17:41.56	3/28/25	0.3	0.07	0.37
▶ 5000m	49	Fiona PICONE	JR	17:52.10	3/28/25	0.025	0.00	0.03
▶ 4x100	6	Bella King-Harvey, Rachel Arthur, Ella Sukup, Cate Donaldson		47.09	3/28/25	20	2.14	22.14
▶ 4x400	2	Cate Donaldson, Claire Jensen, Annika Paluska, Bella King-Harvey		3:44.80	3/28/25	28	4.33	32.33
▶ HJ	4	Amelie JAMANKA	JR	1.65m 5-5	3/28/25	24	2.39	26.39
▶ PV	6	Ellie FITZGERALD	JR	3.82m 12-6¼	3/22/25	20	1.80	21.80
▶ PV	11	Jae YU	SR	3.75m 12-3½	3/28/25	10	1.25	11.25
▶ PV	13	Poppy MILLER	SR	3.60m 11-9¾	3/28/25	8	0.59	8.59
▶ LJ	13	Kelsey TARBY	SO	5.62m 18-5¼ (0.5)	3/22/25	8	0.78	8.78
▶ LJ	46	Mireya KING	FR	5.30m 17-4¾ (1.3)	3/22/25	0.1	0.00	0.10
▶ TJ	8	Rafaela DELGADO	FR	11.71m 38-5 (0.0)	3/28/25	16	1.40	17.40
▶ TJ	47	Mireya KING	FR	10.92m 35-10 (0.0)	3/28/25	0.075	0.00	0.08
▶ SP	28	Maria FARETI	FR	12.46m 40-10½	3/22/25	0.8	0.06	0.86
▶ HT	48	Chloe SCHNEEBERG	SR	45.46m 149-2	3/28/25	0.05	0.00	0.05
▶ HEPT	24	Vivian KOLES	FR	3,142	3/28/25	1	0.04	1.04
WILLIAMS TFRI Team Total								316.15

3

Emory
UAA

▲ 14
LW: 17

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	12	Eva CARCHIDI	SR	12.00 (0.3)	3/28/25	9	0.82	9.82
▶ 100m	20	Jada KENNER	FR	12.11 (0.9)	3/28/25	3	0.44	3.44
▶ 100m	31	Audrey JOHNSON	SR	12.23 (1.1)	3/28/25	0.65	0.11	0.76
▶ 100m	42	Maura DIANNO	SR	12.29 (0.9)	3/28/25	0.2	0.00	0.20
▶ 100H	3	Nikki BOON	SR	14.23 (1.3)	3/28/25	D 2	2.63	4.63
▶ 100H	45	Melayna PETTIGREW	FR	15.38 (0.7)	3/28/25	0.125	0.00	0.13
▶ 200m	26	Nikki BOON	SR	24.95 (2.0)	3/28/25	0.9	0.31	1.21
▶ 200m	47	Kaya BINETTI	SR	25.27 (-0.4)	3/28/25	0.075	0.00	0.08
▶ 400m	29	Amaya GRANT	FR	57.89	3/28/25	0.75	0.20	0.95
▶ 400H	30	Melayna PETTIGREW	FR	1:05.85	3/22/25	0.7	0.08	0.78
▶ 400H	32	Caroline HANSEN	SR	1:05.93	3/22/25	0.6	0.05	0.65
▶ 800m	4	Madison TIAFFAY	JR	2:11.45	3/28/25	24	2.13	26.13
▶ 800m	7	Luna MCCAULEY	JR	2:12.71	3/28/25	18	1.39	19.39
▶ 800m	30	Nikki BOON	SR	2:16.77	3/28/25	0.7	0.17	0.87
▶ 800m	35	Payton SULLIVAN	JR	2:17.49	3/28/25	0.45	0.02	0.47
▶ 800m	41	Payton FLEMING	SO	2:17.73	3/28/25	0.225	0.00	0.23
▶ 1500m	1	Madison TIAFFAY	JR	4:28.77	3/28/25	30	3.12	33.12
▶ 1500m	18	Luna MCCAULEY	JR	4:38.46	3/28/25	4	0.46	4.46
▶ 1500m	22	Payton FLEMING	SO	4:39.42	3/28/25	2	0.35	2.35
▶ 1500m	24	Rowan MILLER	FR	4:39.60	3/28/25	1	0.33	1.33
▶ 1500m	27	Liesl SCHERRER	SR	4:40.06	3/28/25	0.85	0.27	1.12
▶ Steeple	25	Davis JOHNSON	FR	11:21.68	3/28/25	0.95	0.21	1.16
▶ 4x100	2	Kaya Binetti, Eva Carchidi, Dashiell Tao Harris, Audrey Johnson		46.78	3/28/25	28	3.09	31.09
▶ 4x400	4	Audrey Johnson, Jada Kenner, Dashiell Tao Harris, Eva Carchidi		3:46.96	3/28/25	24	3.42	27.42
▶ HJ	8	Nikki BOON	SR	1.63m 5-4¼	3/28/25	D 2	1.37	3.37
▶ LJ	3	Nikki BOON	SR	5.91m 19-4¾ (0.0)	3/28/25	26	3.22	29.22
▶ TJ	11	Caroline HANSEN	SR	11.63m 38-2 (-0.5)	3/28/25	10	1.06	11.06
▶ TJ	14	Amaya GRANT	FR	11.50m 37-8¾ (-1.9)	3/28/25	7	0.70	7.70
▶ TJ	23	Audrey JOHNSON	SR	11.29m 37-½ (-0.6)	3/28/25	1.5	0.25	1.75
▶ SP	15	Sarah FINEMAN	SR	12.84m 42-1½	3/28/25	6	0.51	6.51
▶ SP	41	Nikki BOON	FR	12.32m 40-5	3/28/25	0.225	0.00	0.23
▶ DISC	38	Jeanette HYDUKOVICH	FR	40.03m 131-4	3/22/25	0.3	0.00	0.30
▶ JAV	12	Nikki BOON	SR	39.49m 129-7	3/28/25	D 2	1.07	3.07
▶ JAV	20	Mable MUTUMWA	SO	37.55m 123-3	3/28/25	3	0.26	3.26
▶ HEPT	1	Nikki BOON	SR	5,638	3/28/25	30	6.31	36.31

National TFRI Team Summary



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WOMEN — 2025 Checkpoint #1, April 1

3

Emory
UAA

14
LW: 17

LW: 17

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
EMORY TFR1 Team Total								274.54

4

MIT
NEWMAC

1
LW: 3

LW: 3

<i>Event</i>	NOR	<i>Athlete</i>	<i>Yr</i>	<i>Season Qual. Best</i>	<i>Date</i>	<i>Pl. Pts.</i>	<i>Bonus</i>	TOTAL
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Scored bests come from CURRENT qualifying season

▶ 400m	14	Marina MILLER	SR	56.93		3/29/25	7	0.76	7.76
▶ 400m	16	Olivia DIAS	SR	57.31		3/29/25	5	0.54	5.54
▶ 400m	21	Krystal MONTGOMERY	JR	57.54		3/29/25	2.5	0.40	2.90
▶ Steeple	9	Liv GIRAND	SO	10:56.68		3/29/25	14	1.32	15.32
▶ Steeple	16	Heather JENSEN	SO	11:13.95		3/29/25	5	0.48	5.48
▶ 10,000m	3	Kate SANDERSON	JR	34:52.91		3/29/25	26	2.23	28.23
▶ 10,000m	7	Rujuta SANE	JR	35:23.27		3/29/25	18	1.46	19.46
▶ 4x400	5	Marina Miller, Olivia Dias, Shreya Kalyan, Krystal Montgomery		3:47.58		3/29/25	22	3.16	25.16
▶ TJ	7	Nony OTU UGWU	JR	11.74m	38-6¼ (-0.1)	3/29/25	18	1.53	19.53
▶ SP	1	Alexis BOYKIN	SR	15.34m	50-4	3/29/25	30	7.77	37.77
▶ SP	32	Emily BALL	SR	12.44m	40-9¾	3/29/25	0.6	0.04	0.64
▶ DISC	1	Alexis BOYKIN	SR	48.32m	158-7	3/29/25	D	2	4.70
▶ DISC	41	Emily BALL	SR	39.78m	130-6	3/29/25	0.225	0.00	0.23
▶ DISC	42	Macy BRENNAN	SO	39.70m	130-3	3/29/25	0.2	0.00	0.20
▶ HT	1	Alexis BOYKIN	SR	58.12m	190-8	3/29/25	30	6.84	36.84
▶ HT	36	Emily BALL	SR	46.28m	151-10	3/29/25	0.4	0.00	0.40
▶ JAV	3	Elaine WANG	JR	40.82m	133-11	3/29/25	26	2.30	28.30

MIT TFR1 Team Total 240.44

5

Chicago
UAA

1
LW: 6

LW: 6

<i>Event</i>	NOR	<i>Athlete</i>	<i>Yr</i>	<i>Season Oual. Best</i>	<i>Date</i>	<i>Pl. Pts.</i>	<i>Bonus</i>	TOTAL
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Scored bests come from CURRENT qualifying season

▶ 100m	2	Gabri MESCHINO	SR	11.78w	(2.8)	3/29/25	28	2.37	30.37
▶ 100H	4	Ren BROWN	SR	14.28	(-1.9)	3/29/25	24	2.35	26.35
▶ 400H	1	Ren BROWN	SR	59.74		3/29/25	30	4.57	34.57
▶ 400H	14	Sharona SCHWAB	JR	1:03.66		3/29/25	7	0.92	7.92
▶ 800m	15	Emma KELLY	JR	2:14.77		3/29/25	6	0.60	6.60
▶ 800m	27	Elisabeth CAMIC	SR	2:16.49		3/29/25	0.85	0.23	1.08
▶ 1500m	12	Emma KELLY	JR	4:36.22		3/28/25	9	0.76	9.76
▶ 1500m	21	Elisabeth CAMIC	SR	4:38.74		3/28/25	2.5	0.43	2.93
▶ 5000m	5	Anna WATSON	SR	16:56.52		3/28/25	22	2.45	24.45
▶ 5000m	7	Nora HOLMES	JR	17:06.07		3/28/25	18	1.60	19.60
▶ 10,000m	10	Estelle SNIDER	SO	35:41.70		3/28/25	12	1.11	13.11
▶ 4x100	36	Maddie Lyons, Gabri Meschino, Arielle Troadec, Ava Hagwell		48.94		3/29/25	0.4	0.00	0.40
▶ HJ	40	Elizabeth MULVANEY	SO	1.56m	5-1¼	3/29/25	0.25	0.00	0.25
▶ PV	41	Celeste TAYLOR	JR	3.35m	10-11¾	3/29/25	0.225	0.00	0.23

CHICAGO TFRI Team Total 177.62



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WOMEN — 2025 Checkpoint #1, April 1

6 **George Fox**
NWC

31
LW: 37

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	15	Ayahna BAHATI	SR	14.81 (1.9)	3/8/25	6	0.67	6.67
▶ 100H	22	Jenna HUNTSMAN	JR	15.01 (1.9)	3/8/25	2	0.31	2.31
▶ 400H	22	Jenna HUNTSMAN	JR	1:05.18	3/29/25	2	0.30	2.30
▶ 800m	6	Ellie RISING	SR	2:12.52	3/1/25	20	1.47	21.47
▶ 1500m	20	Ellie RISING	SR	4:38.47	3/22/25	3	0.46	3.46
▶ Steeple	19	Breanna SCHMITT	SO	11:15.81	3/22/25	3.5	0.42	3.92
▶ 10,000m	37	Sarah PULLEN	JR	38:03.45	3/1/25	0.35	0.00	0.35
▶ 4x100	37	Jenna Huntsman, Ayahna Bahati, Beth Parangan, Karys Gates		48.99	3/22/25	0.35	0.00	0.35
▶ 4x400	33	Karys Gates, Annalise Gonzales, Marcella Leita, Ellie Rising		4:04.79	3/22/25	0.55	0.00	0.55
▶ HJ	15	Breeauna O'REAR	SR	1.60m 5-3	3/21/25	6	0.35	6.35
▶ PV	8	Grace TULLY	SR	3.80m 12-5½	3/22/25	16	1.63	17.63
▶ PV	35	Shelby LARSON	SR	3.39m 11-1½	3/1/25	0.45	0.00	0.45
▶ LJ	24	Victoria AZAR	SR	5.48m 17-11¾ (0.8)	3/1/25	1	0.22	1.22
▶ SP	48	Ellena CORWIN	SR	12.15m 39-10½	3/8/25	0.05	0.00	0.05
▶ JAV	6	Brecken VANDENHOEK	SR	40.04m 131-5	3/22/25	20	1.51	21.51
▶ JAV	7	Ellena CORWIN	SR	40.01m 131-3	3/29/25	18	1.49	19.49
▶ HEPT	4	Breeauna O'REAR	SR	4,622	3/21/25	24	2.91	26.91
▶ HEPT	5	Jenna HUNTSMAN	JR	4,456	3/21/25	22	2.47	24.47
▶ HEPT	15	Savannah JOHNSTONE	FR	3,524	3/21/25	6	0.56	6.56
▶ HEPT	17	Natalie LANGENBERG	FR	3,436	3/21/25	4.5	0.44	4.94
▶ HEPT	23	Kyesha FARMER	FR	3,201	3/21/25	1.5	0.12	1.62
▶ HEPT	31	Emma HARDY	FR	2,371	3/21/25	0.65	0.00	0.65
GEORGE FOX TFRI Team Total								173.23

7 Colorado College

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 800m	9	Ella FULLERTON	JR	2:13.20	3/8/25	14	1.17	15.17
► 800m	11	Allison BARKER	SO	2:13.73	3/8/25	10	0.93	10.93
► 1500m	4	Isabel OLSON	SR	4:31.02c (4:36.84A)	3/22/25	24	2.29	26.29
► 1500m	28	Abby GOODFRIED	JR	4:40.25c (4:46.27A)	3/29/25	0.8	0.25	1.05
► 5000m	1	Isabel OLSON	SR	16:45.58	3/28/25	30	3.52	33.52
► 5000m	3	Sydney RANKIN	SR	16:53.85	3/8/25	26	2.71	28.71
► 5000m	13	Charlie FLINT	SO	17:22.70	3/8/25	8	0.66	8.66
► 5000m	19	Britt HELGAAS	SR	17:28.73	3/8/25	3.5	0.47	3.97
► 5000m	47	Elliot SINGER	SR	17:48.74	3/8/25	0.075	0.00	0.08
► 10,000m	5	Alison MUELLER-HICKLER	JR	35:18.61	3/28/25	22	1.54	23.54
► 10,000m	14	Charlie FLINT	SO	35:57.42	3/28/25	7	0.91	7.91
► 10,000m	16	Britt HELGAAS	SR	36:14.99	3/28/25	5	0.75	5.75
► 4x400	42	Clara Lippert, Allison Barker, Ella Fullerton, Gabriela Lues		4:08.32c (4:07.88A)	3/22/25	0.2	0.00	0.20

COLORADO COLLEGE TFRI Team Total 165.78

8 **Elmhurst**
CCIW

60
LW: 68

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	1	Alyssa BUSKER	SR	11.63w (3.4)	3/30/25	30	3.66	33.66
▶ 100m	5	Lauren MARSHALL	SR	11.82w (2.7)	3/30/25	22	2.04	24.04
▶ 100H	12	Nakala NADEAU	SR	14.69w (2.7)	3/30/25	9	0.89	9.89
▶ 200m	1	Alyssa BUSKER	SR	24.02 (0.4)	3/30/25	30	3.79	33.79
▶ 4x100	1	Tiana Grady, Lauren Marshall, Hannah Schwarz, Alyssa Busker		46.20	3/30/25	30	4.92	34.92
▶ PV	37	Kate WEBER	JR	3.36m 11-¼	3/29/25	0.35	0.00	0.35
▶ LJ	38	Vanessa CARR	JR	5.34m 17-6¼ (1.1)	3/29/25	0.3	0.00	0.30
▶ TJ	37	Vanessa CARR	JR	11.02mw 36-2 (2.8)	3/29/25	0.35	0.00	0.35
ELMHURST TFRI Team Total								137.29



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

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9

Colby
NESCAC



22

LW: 31

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	6	Simone WAHEED	SO	11.87 (1.6)	3/28/25	20	1.62	21.62
▶ 200m	17	Simone WAHEED	SO	24.81 (-0.4)	3/28/25	4.5	0.64	5.14
▶ 200m	26	Fiona MEJICO	SR	24.95 (-0.4)	3/28/25	0.9	0.31	1.21
▶ 400m	19	Olivia DOHERTY	JR	57.48	3/22/25	3.5	0.44	3.94
▶ 400m	32	Kaitlyn EWALD	SO	58.23	3/22/25	0.6	0.00	0.60
▶ 400H	2	Fiona MEJICO	SR	59.79	3/22/25	28	4.52	32.52
▶ 400H	24	Michelle BARNES	SO	1:05.43	3/28/25	1	0.21	1.21
▶ 4x100	3	Tally Zeller, Fiona Mejico, Simone Waheed, Charlotte Brake-Hoffman		46.79	3/28/25	26	3.06	29.06
▶ 4x400	1	Tally Zeller, Olivia Doherty, Kaitlyn Ewald, Fiona Mejico		3:44.14	3/28/25	30	4.62	34.62
▶ HEPT	27	Sarah LENOX	FR	2,930	3/28/25	0.85	0.00	0.85
COLBY TFRI Team Total								130.77

10

Claremont-Mudd-Scripps



17

LW: 27

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	9	Josephine JETT	SO	11.92 (1.3)	3/22/25	14	1.26	15.26
▶ 100H	5	Josephine JETT	SO	14.30 (1.1)	3/1/25	22	2.24	24.24
▶ 200m	14	Josephine JETT	SO	24.77 (1.4)	3/29/25	D 2	0.75	2.75
▶ 400H	32	Shriya VELICHALA	JR	1:05.93	3/29/25	0.6	0.05	0.65
▶ 800m	37	Chloe GUDAS	FR	2:17.61	3/8/25	0.35	0.00	0.35
▶ Steeple	14	Revere SCHMIDT	SO	11:08.56	3/8/25	7	0.67	7.67
▶ Steeple	22	Olivia BACKHOLM	FR	11:19.14	3/29/25	2	0.30	2.30
▶ 5000m	40	Angela GUSHUE	SR	17:42.99	3/8/25	0.25	0.03	0.28
▶ 5000m	50	Jie YI DENISE CHEN	FR	17:52.17	3/8/25	0.01	0.00	0.01
▶ 4x100	18	Luna Young, Josephine Jett, Mallory Venezia, Sydney Behrens		48.12	3/29/25	4	0.23	4.23
▶ 4x400	38	Shriya Velichala, Luna Young, Lily Dyre, Kaitlyn Creighton		4:07.23	3/1/25	0.3	0.00	0.30
▶ HJ	15	Simone ROGERS	SR	1.60m 5-3	3/1/25	6	0.35	6.35
▶ PV	17	Madeline SEIFERT	JR	3.53m 11-7	3/22/25	4.5	0.29	4.79
▶ HT	5	Antonia HEKSTER	SR	52.20m 171-3	3/29/25	22	1.89	23.89
▶ JAV	4	Sophia LAUDI	FR	40.48m 132-10	3/29/25	24	1.90	25.90
▶ JAV	35	Quinn SMITH	FR	36.74m 120-7	2/16/25	0.45	0.00	0.45
CLAREMONT-MUDD-SCRIPPS TFRI Team Total								119.42

11

Nebraska Wesleyan
American Rivers



15

LW: 26

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► SP	5	Emmily BERGLUND	SO	13.55m 44-5½	3/28/25	22	1.99	23.99
► DISC	2	Anna LUNDAHL	SR	46.98m 154-2	3/28/25	28	3.49	31.49
► DISC	4	Kaelyn MEANS	SO	46.09m 151-3	3/28/25	24	2.69	26.69
► DISC	12	Aspin COLLINS	FR	43.11m 141-5	3/28/25	9	0.84	9.84
► DISC	47	Ava LARMON	FR	38.98m 127-11	3/28/25	0.075	0.00	0.08
► HT	24	Kaelyn MEANS	SO	48.00m 157-6	3/28/25	1	0.15	1.15
► HT	30	Lyndsie BOSQUEZ	FR	47.34m 155-4	3/28/25	0.7	0.00	0.70
► HT	43	Tiernan STANTON	SO	45.64m 149-9	3/28/25	0.175	0.00	0.18
► JAV	5	Avery DECKER	SR	40.13m 131-8	3/28/25	22	1.59	23.59
NEBRASKA WESLEYAN TFRI Team Total								117.70

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12

Johns Hopkins
Centennial



1

LW: 11

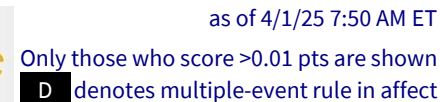
Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 400H	25	Lianne SAUSSY	JR	1:05.58	3/29/25	0.95	0.17	1.12	
▶ 800m	1	Annie HUANG	SR	2:08.63	3/29/25	30	4.09	34.09	
▶ 800m	8	Emma KOTHARI	JR	2:12.86	3/29/25	16	1.32	17.32	
▶ 800m	37	Diana VALENTINI	SO	2:17.61	3/29/25	0.35	0.00	0.35	
▶ 1500m	9	Macenzie SETTON	JR	4:34.19	3/29/25	14	1.25	15.25	
▶ 1500m	10	Adriana CATALANO	JR	4:34.62	3/29/25	12	1.14	13.14	
▶ 1500m	31	Harrinee SENTHILKUMAR	SR	4:40.64	3/29/25	0.65	0.21	0.86	
▶ 1500m	32	Carter BROTHERTON	FR	4:40.81	3/29/25	0.6	0.19	0.79	
▶ 1500m	36	Elena BLODNIKAR	FR	4:41.51	3/29/25	0.4	0.11	0.51	
▶ 1500m	40	Aisling CALLAHAN	JR	4:42.83	3/29/25	0.25	0.00	0.25	
▶ 4x100	17	Mirra Klimov, Lianne Saussy, Anna Zinsser, Ellie Lewis		48.00	3/29/25	4.5	0.35	4.85	
▶ 4x400	16	Emma Kothari, Diana Valentini, Lianne Saussy, Ryan Bigelow		3:59.93	3/29/25	5	0.31	5.31	
▶ LJ	34	Chloe ZHANG	SO	5.37m	17-7½ (1.0)	3/29/25	0.5	0.00	0.50
▶ TJ	6	Sara BARTLETT	SR	11.76m	38-7 (1.0)	3/29/25	20	1.62	21.62
▶ SP	26	Erika EZUMBA	JR	12.48m	40-11½	3/29/25	0.9	0.09	0.99
▶ HT	29	Erika EZUMBA	JR	47.38m	155-6	3/29/25	0.75	0.00	0.75
JOHNS HOPKINS TFRI Team Total								117.67	

13

Trinity (Texas)

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	11	Danya SELBER	SR	14.57w (2.2)	3/22/25	10	1.11	11.11
▶ 200m	19	Annabelle LANIK	FR	24.87w (3.7)	3/22/25	3.5	0.47	3.9
▶ 400m	22	CC GRAY	SR	57.58	3/29/25	2	0.38	2.38
▶ 400H	21	Danya SELBER	SR	1:05.04	3/29/25	2.5	0.34	2.84
▶ 800m	18	Annette SMITH	SO	2:15.35	3/29/25	4	0.47	4.47
▶ 800m	43	Emerson VOLDAN	FR	2:17.75	3/29/25	0.175	0.00	0.18
▶ Steeple	44	Ellie CATRON	SR	11:40.78	3/29/25	0.15	0.00	0.15
▶ 4x100	12	Nia Scott, CC Gray, Danya Selber, Annabelle Lanik		47.64	3/22/25	9	0.85	9.85
▶ 4x400	10	Halle Hamilton, Annette Smith, Lilly Broussard, CC Gray		3:56.75	3/29/25	12	0.73	12.73
▶ HJ	37	Sophia ORTIZ	FR	1.57m 5-1¾	3/22/25	0.35	0.00	0.35
▶ PV	27	Addison DOSS	FR	3.42m 11-2½	3/22/25	0.85	0.00	0.85
▶ PV	50	Victoria BAKER	SO	3.33m 10-11	3/29/25	0.01	0.00	0.01
▶ LJ	1	Annabelle LANIK	FR	5.98mw 19-7½ (2.2)	3/29/25	30	4.03	34.03
▶ LJ	16	Joy AREOLA	SR	5.59mw 18-4¼ (2.9)	3/22/25	5	0.66	5.66
▶ TJ	4	Joy AREOLA	SR	11.96m 39-3 (1.8)	3/29/25	24	2.65	26.65
▶ TJ	46	Ciandra CARRICO	SO	10.93mw 35-10½ (2.5)	3/22/25	0.1	0.00	0.10
TRINITY (TEXAS) TFRI Team Total								115.32



14 Wartburg American Rivers

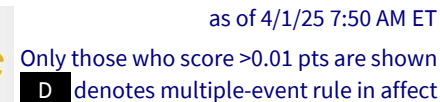
16 **DePauw**
NCAC

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	17	JoJo TYYNISMAA	JR	14.93 (-1.9)	3/29/25	4.5	0.46	4.96
▶ 100H	29	Grace BRADEN	SO	15.21 (-1.9)	3/29/25	0.75	0.00	0.75
▶ 400H	3	JoJo TYYNISMAA	JR	1:01.37	3/29/25	26	2.76	28.76
▶ 400H	10	Sophia STAHL	SO	1:03.48	3/29/25	12	1.04	13.04
▶ 400H	42	Ryann DECKER	FR	1:06.47	3/29/25	0.2	0.00	0.20
▶ Steeple	3	Ellie MEYER	SR	10:36.88	3/28/25	26	3.05	29.05
▶ 10,000m	27	Kelly GIARDINA	JR	37:25.87	3/28/25	0.85	0.12	0.97
▶ 4x100	29	Ryann Decker, Addie Parker, Olivia Tollari, JoJo Tynnismaa		48.79	3/29/25	0.75	0.00	0.75
▶ 4x400	25	Bella Skay, Kiana Carnes, Caitlin Benesh, Olivia Tollari		4:04.02	3/29/25	0.95	0.00	0.95
▶ HJ	40	Samantha NIELSEN	JR	1.56m 5-1¼	3/29/25	0.25	0.00	0.25
▶ TJ	22	Shaniah JOHNSON	SR	11.31m 37-1¼ (1.7)	3/29/25	2	0.29	2.29
▶ DISC	36	Tara JOCHUMSEN	SR	40.17m 131-10	3/29/25	0.4	0.00	0.40
▶ HT	2	Emma TRUE	SR	54.28m 178-1	3/29/25	28	3.43	31.43
WARTBURG TFRI Team Total								113.80

15 Calvin
MIAA

43
LW: 58

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	7	Sydney RADIGAN	JR	11.90 (0.3)	3/28/25	18	1.37	19.37
▶ 100H	35	Mia DEJONGE	JR	15.31w (2.2)	3/28/25	0.45	0.00	0.45
▶ 200m	18	Sydney RADIGAN	JR	24.84 (-0.4)	3/28/25	4	0.55	4.55
▶ 800m	48	Peyton LUDWIG	FR	2:18.06	3/28/25	0.05	0.00	0.05
▶ 1500m	18	Natalie TEBBEN	SR	4:38.46	3/28/25	4	0.46	4.46
▶ Steeple	1	Sophie BULL	JR	10:24.32	3/28/25	30	4.53	34.53
▶ Steeple	6	Jenna ALLMAN	SR	10:54.54	3/28/25	20	1.47	21.47
▶ 4x400	30	Jessie Bossenbroek, Trinity Kolka, Emmy Nordbeck, Peyton Ludwig		4:04.46	3/28/25	0.7	0.00	0.70
▶ TJ	35	Julienne STRYDOM	JR	11.05m 36-3 (-1.1)	3/28/25	0.45	0.00	0.45
▶ SP	19	Ryann ROHRER	JR	12.69m 41-7¾	3/28/25	3.5	0.33	3.83
▶ DISC	29	Karen BEKHET	SR	40.55m 133-1	3/28/25	0.75	0.02	0.77
▶ HEPT	11	Ella EASTERLING	FR	3,789	3/28/25	10	0.91	10.91
CALVIN TFRI Team Total								101.55



17 **Tufts**
NESCAC

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	45	Simi LAWAL	SO	12.31 (1.8)	3/22/25	0.125	0.00	0.13
► 400m	27	Makayla MORIARTY	FR	57.79	3/22/25	0.85	0.26	1.11
► 400m	37	Arielle CHECHILE	FR	58.33	3/22/25	0.35	0.00	0.35
► 400H	8	Emma SMITH	SR	1:03.35	3/22/25	16	1.13	17.13
► 400H	31	Anne-Sophie JANSSEN	JR	1:05.91	3/22/25	0.65	0.06	0.71
► 5000m	46	Elizabeth DONAHUE	JR	17:48.41	3/29/25	0.1	0.00	0.10
► 4x100	30	Cameron Stanton, Makayla Moriarty, Elysse Cumberland, Simi Lawal		48.82	3/22/25	0.7	0.00	0.70
► 4x400	7	Harper Meek, Emma Smith, Makayla Moriarty, Arielle Chechile		3:52.20	3/22/25	18	1.80	19.80
► HJ	15	Harper MEEK	SR	1.60m 5-3	3/22/25	6	0.35	6.35
► PV	15	Nyla THOMPSON	SR	3.55m 11-7¾	3/29/25	6	0.37	6.37
► PV	15	Natalie GERMANOV	FR	3.55m 11-7¾	3/29/25	6	0.37	6.37
► PV	30	Emma GALL	SO	3.40m 11-1¾	3/29/25	0.7	0.00	0.70
► LJ	4	Elysse CUMBERLAND	FR	5.84m 19-2 (1.4)	3/22/25	24	2.45	26.45
► LJ	35	Jordan ANDREW	SR	5.36m 17-7 (0.1)	3/29/25	0.45	0.00	0.45
► TJ	40	Nora JEAN-JACQUES	SO	10.99m 36-¾ (0.0)	3/22/25	0.25	0.00	0.25
► DISC	21	Mia KURTZ	FR	41.41m 135-11	3/22/25	2.5	0.29	2.79
► JAV	38	Harper DANFORTH	FR	36.62m 120-2	3/22/25	0.3	0.00	0.30
► JAV	40	Jackie WELLS	SO	36.54m 119-11	3/22/25	0.25	0.00	0.25
TUFTS TFRI Team Total								90.32

18 **Lynchburg**
ODAC

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	45	Rylee TURNER	JR	12.31w (2.2)	3/29/25	0.125	0.00	0.13
► 100H	6	Betsy MOHNKERN	SR	14.36w (2.6)	3/29/25	20	1.90	21.90
► 1500m	35	Allison DELL	SR	4:41.33	3/29/25	0.45	0.13	0.58
► HJ	37	Margo FOX	JR	1.57m 5-1¾	3/22/25	0.35	0.00	0.35
► PV	21	Allison BOBST	SR	3.50m 11-5¾	3/29/25	2.5	0.15	2.65
► PV	41	Cameron WEBER	SO	3.35m 10-11¾	3/29/25	0.225	0.00	0.23
► LJ	18	Margo FOX	JR	5.58m 18-3¾ (0.2)	3/29/25	4	0.62	4.62
► LJ	29	Kacey KELLY	JR	5.42m 17-9½ (0.0)	3/29/25	0.75	0.00	0.75
► LJ	47	Selah PARKER	FR	5.29m 17-4¼ (0.0)	3/29/25	0.075	0.00	0.08
► TJ	3	Kacey KELLY	JR	11.99m 39-4 (0.6)	3/29/25	26	2.84	28.84
► JAV	18	Kacey KELLY	JR	37.90m 124-4	3/29/25	4	0.41	4.41
► HEPT	7	Margo FOX	JR	3,942	3/22/25	18	1.22	19.22
LYNCBURG TFRI Team Total								83.74

19 North Central (Ill.) CCIW

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	45	Allie DOCKINS	SR	12.31w (2.4)	3/29/25	0.125	0.00	0.13
▶ 200m	4	Lindsey NOVAK	SR	24.43 (1.5)	3/29/25	24	1.95	25.95
▶ 400m	9	Lindsey NOVAK	SR	56.41	3/29/25	14	1.28	15.28
▶ PV	2	Gwen BERENYI	JR	4.03m 13-2½	3/29/25	28	4.28	32.28
▶ PV	19	Natalie JOHNSON	SR	3.51m 11-6¼	3/29/25	3.5	0.20	3.70
▶ LJ	16	Katelyn MCCANN	JR	5.59m 18-4¼ (1.8)	3/29/25	5	0.66	5.66
▶ HT	45	Gabrielle HARDING	SR	45.60m 149-7	3/29/25	0.125	0.00	0.13
▶ JAV	50	Robin LEE	SR	35.95m 118-0	3/29/25	0.01	0.00	0.01
NORTH CENTRAL (ILL.) TFRI Team Total								83.13



National TFRI Team Summary



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20

Washington and Lee

ODAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	35	Lilly VERSEN	FR	12.24 (1.6)	3/29/25	0.45	0.09	0.54
▶ 100H	16	Amanda ROMANO	SR	14.83w (2.3)	3/29/25	5	0.63	5.63
▶ 400H	5	Amanda ROMANO	SR	1:02.68	3/29/25	22	1.60	23.60
▶ 800m	41	Mimi KEMP	SR	2:17.73	3/29/25	0.225	0.00	0.23
▶ 1500m	42	Emma MITCHELL	SR	4:43.56	3/22/25	0.2	0.00	0.20
▶ Steeple	42	Brianna BREYVAULT	JR	11:38.49	3/29/25	0.2	0.00	0.20
▶ 5000m	18	Sophia BRESCHI	JR	17:28.24	3/22/25	4	0.48	4.48
▶ 4x100	41	Ashley D'Ambrosia, Lilly Versen, Olivia D'Ambrosia, Ana Hodneland		49.06	3/22/25	0.225	0.00	0.23
▶ 4x400	14	Ana Hodneland, Annabelle Sutliff, Amanda Romano, Jesma Evans		3:59.04	3/22/25	7	0.43	7.43
▶ HJ	7	Camille GILLUM	JR	1.64m 5-4½	3/22/25	18	1.81	19.81
▶ PV	9	Ashley D'AMBROSIA	SR	3.78m 12-4¾	3/29/25	14	1.46	15.46
▶ PV	25	Layla KEADLE	FR	3.48m 11-5	3/29/25	0.95	0.07	1.02
▶ HT	19	Bailey HEDGEMON	JR	48.69m 159-9	3/29/25	3.5	0.37	3.87

WASHINGTON AND LEE TFRI Team Total 82.68

21

Whitworth

NWC

▲ 47

LW: 68

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	43	Emily BROWN	SO	1:06.61	3/1/25	0.175	0.00	0.18
▶ 4x100	33	Brianna Tira, Jordyn Lungo, Margaret Byle, Isabella Pereira		48.85	3/11/25	0.55	0.00	0.55
▶ 4x400	47	Hannah Marcoe, Margaret Byle, Lulu Brady, Marlee Paget		4:09.08	3/11/25	0.075	0.00	0.08
▶ HJ	31	Brianna TIRA	SO	1.58m 5-2¼	3/1/25	0.65	0.00	0.65
▶ LJ	45	Brianna TIRA	SO	5.31m 17-5¼ (0.0)	3/1/25	0.125	0.00	0.13
▶ LJ	47	Isabella PEREIRA	SO	5.29m 17-4¼ (0.0)	3/11/25	0.075	0.00	0.08
▶ TJ	13	Isabella PEREIRA	SO	11.51m 37-9¼ (-0.2)	3/1/25	8	0.72	8.72
▶ TJ	32	Brianna TIRA	SO	11.11m 36-5½ (0.0)	3/11/25	0.6	0.00	0.60
▶ SP	10	Madison CARR	SO	12.91m 42-4¼	3/21/25	12	0.59	12.59
▶ SP	42	Amblessed OKEMGBO	JR	12.27m 40-3¼	3/1/25	0.2	0.00	0.20
▶ DISC	10	Amblessed OKEMGBO	JR	43.26m 141-11	3/11/25	12	0.93	12.93
▶ HT	49	Madison CARR	SO	45.33m 148-9	3/1/25	0.025	0.00	0.03
▶ JAV	10	Devyn CHELIN	SO	39.65m 130-1	3/29/25	12	1.20	13.20
▶ HEPT	6	Emily BROWN	SO	4,071	3/21/25	20	1.53	21.53
▶ HEPT	19	Shayla HILLSTROM	FR	3,320	3/21/25	3.5	0.28	3.78
▶ HEPT	22	Rylee DARNOLD	FR	3,205	3/21/25	2	0.13	2.13
▶ HEPT	29	Alexis STOREY	FR	2,742	3/21/25	0.75	0.00	0.75

WHITWORTH TFRI Team Total 78.11

National TFRI Team Summary



as of 4/1/25 7:50 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

22

Chapman
SCIAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	50	Makenna LIZARDE	JR	12.33 (1.5)	2/22/25	0.01	0.00	0.01
▶ 100H	49	Khyra STINER	SR	15.43 (1.2)	3/29/25	0.025	0.00	0.03
▶ 200m	47	Kaylee SMITH	SR	25.27 (1.4)	3/29/25	0.075	0.00	0.08
▶ 400m	18	Sarah CHARLES	SO	57.45	3/29/25	4	0.45	4.45
▶ 400m	32	Kaylee SMITH	SR	58.23	3/1/25	0.6	0.00	0.60
▶ 400m	42	Allison KREMER	SR	58.61	3/29/25	0.2	0.00	0.20
▶ 400H	13	Chayanit KITNITCHIVA	SR	1:03.63	3/29/25	8	0.94	8.94
▶ 1500m	49	Annika CARLSON	JR	4:44.31	3/14/25	0.025	0.00	0.03
▶ Steeple	7	Annika CARLSON	JR	10:54.82	3/1/25	18	1.45	19.45
▶ 10,000m	25	Brenda DAZA	SO	37:22.54	3/28/25	0.95	0.15	1.10
▶ 4x100	8	Khyra Stiner, Kaylee Smith, Allison Kremer, Makenna Lizarde		47.30	3/1/25	16	1.53	17.53
▶ 4x400	6	Kaylee Smith, Makenna Lizarde, Chayanit Kitnitchiva, Sarah Charles		3:50.97	3/14/25	20	2.14	22.14
▶ LJ	27	Lindsey GRAY	JR	5.44m 17-10¼ (1.9)	3/29/25	0.85	0.06	0.91
CHAPMAN TFRI Team Total								75.47

23

Carthage

LW: 31

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► LJ	13	Christina HALL	JR	5.62m 18-5¼ (1.1)	3/29/25	8	0.78	8.78
► LJ	37	Teagan JOHNSTON	SR	5.35mw 17-6¾ (2.4)	3/29/25	0.35	0.00	0.35
► SP	17	Alexis MATTOX	SR	12.75m 41-10	3/29/25	4.5	0.40	4.90
► SP	18	Jackie TUZIL	JR	12.70m 41-8	3/29/25	4	0.34	4.34
► SP	22	Madison PAYNE	JR	12.59m 41-3¾	3/29/25	2	0.22	2.22
► SP	28	Mikayla WRIGHT	SR	12.46m 40-10½	3/29/25	0.8	0.06	0.86
► DISC	6	Nicole TARPLEY	SR	45.10m 148-0	3/29/25	20	2.08	22.08
► DISC	23	Jackie TUZIL	JR	41.08m 134-10	3/29/25	1.5	0.19	1.69
► HT	7	Alexis MATTOX	SR	51.39m 168-7	3/29/25	18	1.40	19.40
► HT	12	Nicole TARPLEY	SR	49.70m 163-1	3/29/25	9	0.68	9.68
CARTHAGE TFRI Team Total								74.30

24

Mount Union
OAC

LW: 9

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	23	Kenadee WAYT	SR	12.14 (1.0)	3/22/25	1.5	0.35	1.85
▶ 200m	23	Kenadee WAYT	SR	24.91 (-2.0)	3/22/25	1.5	0.37	1.87
▶ 400m	4	Kenadee WAYT	SR	55.81	3/22/25	24	2.27	26.27
▶ 800m	44	Kenadee WAYT	SR	2:17.77	3/29/25	0.15	0.00	0.15
▶ 5000m	42	Gianini VENUTO	SR	17:45.17	3/29/25	0.2	0.00	0.20
▶ 4x100	11	Kennedy Berger, Paula Incorvati, Madison Miles, Kenadee Wayt		47.49	3/29/25	10	1.15	11.15
▶ 4x400	9	Ella McElwee, Charlie Besecker, Cora Liskai, Callie Cyrus		3:55.56	3/29/25	14	0.90	14.90
▶ PV	37	Jessica MASON	SO	3.36m 11-¼	3/29/25	0.35	0.00	0.35
▶ LJ	25	Kalie CAMPBELL	SO	5.46mw 17-11 (2.6)	3/22/25	0.95	0.14	1.09
▶ TJ	44	Madeline BURGESS	FR	10.94m 35-10¾ (-1.4)	3/29/25	0.15	0.00	0.15
▶ SP	9	Makayla SITZLAR	JR	13.06m 42-10¼	3/29/25	14	0.88	14.88
MOUNT UNION TFRI Team Total								72.86

25

John Carroll
OAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	8	Dakota HOUSTON	FR	11.91w (3.4)	3/30/25	16	1.31	17.31
▶ 100m	43	Mia SCOTT	SR	12.30w (2.5)	3/30/25	0.175	0.00	0.18
▶ 200m	2	Dakota HOUSTON	FR	24.20w (2.6)	3/30/25	28	2.98	30.98
▶ 4x100	9	Mia Scott, Sandra King, Kaleigh McNamara, Dakota Houston		47.33	3/30/25	14	1.47	15.47
▶ JAV	16	Lily SHAHAN	FR	38.16m 125-3	3/30/25	5	0.51	5.51
▶ JAV	43	Leah FRITSCH	JR	36.20m 118-9	3/30/25	0.175	0.00	0.18
JOHN CARROLL TFRI Team Total								69.63

National TFRI Team Summary



as of 4/1/25 7:50 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

26

Ohio Northern

OAC



32

LW: 58

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	40	Olyvia ASHBROOK	SR	15.36w (3.4)	3/30/25	0.25	0.00	0.25
▶ 200m	44	Tatum WALSH	FR	25.22w (2.6)	3/30/25	0.15	0.00	0.15
▶ Steeple	33	Natalie ARMBRUSTER	JR	11:29.80	3/28/25	0.55	0.00	0.55
▶ 10,000m	24	Ashley HOCKSTOK	SR	37:17.23	3/28/25	1	0.19	1.19
▶ 10,000m	36	Kennedy RADER	JR	38:01.92	3/28/25	0.4	0.00	0.40
▶ 4x100	42	Paige Simpson, Kendra Krichbaum, Stacey Legg, Tatum Walsh		49.12	3/30/25	0.2	0.00	0.20
▶ HJ	31	Emersyn GERKEN	FR	1.58m 5-2¼	3/30/25	0.65	0.00	0.65
▶ PV	3	Claire SCHWELLER	JR	3.89m 12-9	3/30/25	26	2.54	28.54
▶ PV	47	Jaclyn BOARDMAN	SR	3.34m 10-11½	3/30/25	0.075	0.00	0.08
▶ PV	47	Anna MARCHINY	FR	3.34m 10-11½	3/30/25	0.075	0.00	0.08
▶ SP	13	Hannah FRIEND	SR	12.88m 42-3¼	3/30/25	8	0.55	8.55
▶ SP	37	Anna BRADY	SO	12.37m 40-7	3/30/25	0.35	0.00	0.35
▶ SP	40	Katelyn WAGNER	SO	12.33m 40-5½	3/30/25	0.25	0.00	0.25
▶ SP	43	Izzy BURMAN	SR	12.25m 40-2¼	3/30/25	0.175	0.00	0.18
▶ DISC	9	Hannah FRIEND	SR	43.44m 142-6	3/30/25	14	1.04	15.04
▶ DISC	14	Samantha SELLERS	SR	42.50m 139-5	3/30/25	7	0.64	7.64
▶ HT	21	Izzy BURMAN	SR	48.06m 157-8	3/30/25	2.5	0.17	2.67
▶ HT	37	Hannah FRIEND	SR	46.20m 151-7	3/30/25	0.35	0.00	0.35
▶ JAV	23	Katlyn FLOYD	SO	37.48m 123-0	3/30/25	1.5	0.23	1.73

OHIO NORTHERN TFRI Team Total	68.85
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27

Centre

SAA

54

LW: 81

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	9	Madjo DOUMBIA	SR	11.92w (2.8)	3/22/25	14	1.26	15.26
▶ 100m	19	Chloe HEIN	SO	12.08 (1.7)	3/22/25	3.5	0.52	4.02
▶ 200m	12	Madjo DOUMBIA	SR	24.71 (-0.8)	3/22/25	9	0.93	9.93
▶ 200m	29	Chloe HEIN	SO	25.00 (1.8)	3/22/25	0.75	0.24	0.99
▶ 400H	18	Janea BOTTINELLI	SR	1:04.70	3/22/25	4	0.46	4.46
▶ LJ	2	Chloe HEIN	SO	5.92m 19-5¼ (0.5)	3/22/25	28	3.34	31.34
CENTRE TFRI Team Total								65.99

CENTRE TFRI Team Total **65.99**

28

Redlands (Calif.)

SCIAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	26	Sabrina SEMMERE	JR	12.18w (2.9)	3/29/25	0.9	0.25	1.15
▶ 100H	14	Eleanor BACHMEIER	SR	14.79 (0.5)	3/29/25	7	0.71	7.71
▶ 100H	25	Elisabeth EICHINGER	JR	15.07 (1.2)	3/29/25	0.95	0.21	1.16
▶ 200m	37	Sabrina SEMMERE	JR	25.13 (1.4)	3/29/25	0.35	0.06	0.41
▶ 800m	12	Chloe BULLOCK	SR	2:13.91	3/8/25	9	0.85	9.85
▶ 1500m	48	Chloe BULLOCK	SR	4:44.08	3/29/25	0.05	0.00	0.05
▶ 10,000m	39	Abigail JOHNSON	SR	38:11.41	3/8/25	0.275	0.00	0.28
▶ 4x100	21	Sabrina Tanouye, Sabrina Semmere, Eleanor Bachmeier, Maigan Adams		48.18	3/29/25	2.5	0.17	2.67
▶ 4x400	13	Eleanor Bachmeier, Faith Kasper, Sabrina Semmere, Chloe Bullock		3:58.87	3/29/25	8	0.45	8.45
▶ HJ	15	Mari EVONUK	FR	1.60m 5-3	3/1/25	6	0.35	6.35
▶ LJ	26	Maigan ADAMS	SR	5.45m 17-10¾ (-1.2)	2/16/25	0.9	0.10	1.00
▶ LJ	30	Eleanor BACHMEIER	SR	5.41mw 17-9 (2.8)	3/29/25	0.7	0.00	0.70
▶ TJ	5	Maigan ADAMS	SR	11.95mw 39-2½ (3.2)	3/29/25	22	2.59	24.59

REDLANDS (CALIF.) TFRI Team Total 64.36

29

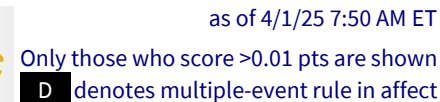
Berry

SAA

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	50	Macy MURDOCK	JR	15.44w (2.8)	3/9/25	0.01	0.00	0.01
▶ 400H	9	Macy MURDOCK	JR	1:03.41	3/22/25	14	1.09	15.09
▶ 800m	10	Anna ROSE	SR	2:13.45	3/28/25	12	1.06	13.06
▶ 1500m	38	Anna ROSE	SR	4:41.85	3/22/25	0.3	0.07	0.37
▶ 5000m	34	Anna ROSE	SR	17:39.38	3/28/25	0.5	0.14	0.64
▶ 10,000m	40	Ariel ELLIS	JR	38:21.51	3/28/25	0.25	0.00	0.25
▶ 4x400	32	Julianne Shirley, Lucy Nicholson, Marianna Moell, Macy Murdock		4:04.53	3/28/25	0.6	0.00	0.60
▶ HJ	31	Kris WILLIAMS	SO	1.58m 5-2¼	3/9/25	0.65	0.00	0.65
▶ SP	2	Onoyeme EGURE	SO	14.03m 46-½	3/22/25	28	3.40	31.40
▶ JAV	24	Cortney BROWN	SR	37.30m 122-5	3/22/25	1	0.16	1.16

BERRY TFRI Team Total 63.23



30 UW-La Crosse
WIAC

▼ 28
LW: 2

31 **SUNY Delhi**
NAC

LW:

32 UW-Whitewater
WIAC

LW: 11

33 Greenville SLIAC

42
LW: 75

34 UW-River Falls

34
LW: 68

Event	NQR	Athlete	Yr	Season Qual.	Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season									
► PV	7	Annika GUNDERSON	JR	3.81m	12-6	3/28/25	18	1.71	19.7
► PV	14	Abigail BIGGS	FR	3.57m	11-8½	3/28/25	7	0.46	7.46
► PV	27	Kalli Jo KLOCKE	SR	3.42m	11-2½	3/28/25	0.85	0.00	0.85
► DISC	39	Georgia MUNDT	FR	40.02m	131-4	3/28/25	0.275	0.00	0.28
► DISC	45	Madison LEIFER	FR	39.38m	129-3	3/28/25	0.125	0.00	0.13
► HEPT	10	Haylie RASMUSSEN	SO	3,827		3/21/25	12	0.96	12.96
► HEPT	14	Brielle KUECHLE	FR	3,734		3/21/25	7	0.84	7.84
► HEPT	18	Lauren MACHACEK	FR	3,391		3/21/25	4	0.38	4.38
► HEPT	20	Savannah LEOPOLD	SO	3,293		3/21/25	3	0.25	3.25
► HEPT	25	Jacklyn TEPLY	FR	3,064		3/21/25	0.95	0.00	0.95
► HEPT	28	Elena FUGLESTAD	SO	2,751		3/21/25	0.8	0.00	0.80
UW-RIVER FALLS TFRI Team Total									58.60



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

35

Augustana (Ill.)

CCIW



15

LW: 20

AUGUSTANA (ILL.) TFRI Team Total	57.60
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36

Belhaven (Miss.)

CCS



4

LW: 40

BELHAVEN (MISS.) TFRI Team Total 55.41

37

St. Thomas (Texas)

SCAC

LW:

ST. THOMAS (TEXAS) TFRI Team Total 54.36

38

Middlebury

NESCAC



11

LW: 27

MIDDLEBURY TFRI Team Total 53.61



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

39

Westminster (Pa.)

PAC



36

LW: 75

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 400m	48	Jenna ZENDRON	SO	58.85	3/15/25	0.05	0.00	0.05
► HJ	8	Breanna DAVIS	SR	1.63m 5-4¼	3/29/25	16	1.37	17.37
► PV	4	Madison CONLEY	SR	3.86m 12-8	3/29/25	24	2.17	26.17
► DISC	13	Shelby RAMBO	JR	42.71m 140-2	3/29/25	8	0.71	8.71
WESTMINSTER (PA.) TFR1 Team Total								52.30

40

Ripon

MWC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	30	Bridget FINN	SR	15.26w (3.3)	3/22/25	0.7	0.00	0.70
▶ 400H	45	Bridget FINN	SR	1:06.72	3/22/25	0.125	0.00	0.13
▶ 1500m	43	Jenny CORTES	JR	4:43.70	3/28/25	0.175	0.00	0.18
▶ HJ	8	Bridget FINN	SR	1.63m 5-4¼	3/22/25	16	1.37	17.37
▶ LJ	43	Bridget FINN	SR	5.32m 17-5½ (0.9)	3/28/25	0.175	0.00	0.18
▶ HEPT	2	Bridget FINN	SR	4,718	3/22/25	28	3.23	31.23
▶ HEPT	26	Nicole ARNHOLD	JR	3,043	3/22/25	0.9	0.00	0.90
RIPON TFRI Team Total								50.68

41

Susquehanna

Landmark

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100H	1	Chloe YODER	SR	14.05w (2.7)	3/29/25	30	3.66	33.66
► 100H	23	Hannah ALDERFER	SR	15.03w (2.7)	3/29/25	1.5	0.28	1.78
► 4x400	49	Hannah Alderfer, Ashley Newman, Denicia German, Liza Levin		4:09.35	3/29/25	0.025	0.00	0.03
► LJ	9	Hannah ALDERFER	SR	5.66m 18-7 (0.0)	3/29/25	14	1.04	15.04
SUSQUEHANNA TFRI Team Total								50.51

42

Widener

MAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	38	Maria MUZZARELLI	SR	12.27 (-1.2)	3/29/25	0.3	0.01	0.31
▶ 200m	37	Kayla ROBINSON	SO	25.13 (-0.4)	3/29/25	0.35	0.06	0.41
▶ 200m	50	Maria MUZZARELLI	SR	25.29 (-0.6)	3/29/25	0.01	0.00	0.01
▶ 10,000m	31	Kathryn LONG	JR	37:35.15	3/29/25	0.65	0.04	0.69
▶ LJ	12	Kayla ROBINSON	SO	5.65m 18-6½ (0.0)	3/29/25	9	0.96	9.96
▶ TJ	2	Kayla ROBINSON	SO	12.05m 39-6½ (0.0)	3/29/25	28	3.22	31.22
▶ HT	15	Isabel RODRIGUEZ	JR	49.22m 161-6	3/29/25	6	0.53	6.53
WIDENER TFRI Team Total								49.13

43

Linfield

NWC



25

LW: 68

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► PV	35	Analissa PARESA	FR	3.39m	11-1½	3/1/25	0.45	0.00	0.45
► LJ	7	Kira HAWAABOO	SO	5.69m	18-8 (0.0)	3/1/25	18	1.28	19.28
► HEPT	3	Kira HAWAABOO	SO	4,629		3/21/25	26	2.93	28.93
LINFIELD TFRI Team Total								48.66	

44

Illinois Wesleyan

CCIW



24

LW: 68

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	8	Adriana CRABTREE	JR	4:33.77	3/28/25	16	1.35	17.35
▶ 10,000m	20	Annalesha CHUDY	SR	36:52.47	3/28/25	3	0.41	3.41
▶ 4x100	45	Isabella Gonzalez, Katarina Petrovic, Jordynn Griffin, Olivia Skibinski		49.21	3/29/25	0.125	0.00	0.13
▶ 4x400	39	Isabella Gonzalez, Caroline Hill, Alexandra Reinhart, Jordynn Griffin		4:08.15	3/29/25	0.275	0.00	0.28
▶ TJ	27	Franchesca SMITH	SR	11.23m 36-10¼ (1.6)	3/29/25	0.85	0.11	0.96
▶ HT	4	Carlyssa KING	SR	52.78m 173-2	3/29/25	24	2.24	26.24
ILLINOIS WESLEYAN TFRI Team Total								48.37



National TFRI Team Summary



WOMEN — 2025 Checkpoint #1, April 1

45 Central (Iowa)
American Rivers▼ 37
LW: 8

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	25	Ava PARKINS	SO	12.17w (3.7)	3/28/25	0.95	0.27	1.22
▶ 100m	45	Mary GUSTASON	JR	12.31w (3.7)	3/28/25	0.125	0.00	0.13
▶ 200m	13	Emily MCMARTIN	JR	24.73w (3.0)	3/28/25	8	0.87	8.87
▶ 5000m	2	Peyton STEFFEN	JR	16:53.39	3/28/25	28	2.76	30.76
▶ 5000m	21	Addy PARROTT	SR	17:29.60	3/28/25	2.5	0.44	2.94
▶ 4x100	35	Mary Gustason, Ava Parkins, Danika Arnold, Emily McMartin		48.91	3/28/25	0.45	0.00	0.45
▶ 4x400	19	Lizzy Van Utrecht, Emily McMartin, Danika Arnold, Ava Parkins		4:01.60	3/28/25	3.5	0.10	3.60
▶ PV	41	Amber VROMAN	SR	3.35m 10-11¾	3/28/25	0.225	0.00	0.23

CENTRAL (IOWA) TFRI Team Total 48.18

46 Hardin-Simmons
ASC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	14	Kylah WASHINGTON	SO	12.01 (1.0)	3/22/25	7	0.76	7.76
▶ 100H	38	Jacqueline BERRY	FR	15.33w (4.0)	3/22/25	0.3	0.00	0.30
▶ Steeple	29	Kylah HOLLAND	SR	11:24.69	3/29/25	0.75	0.11	0.86
▶ HJ	4	Katie BALLER	SR	1.65m 5-5	3/22/25	24	2.39	26.39
▶ HJ	15	Janae GREEN	JR	1.60m 5-3	3/22/25	6	0.35	6.35
▶ HJ	15	Emmalee HORTON	JR	1.60m 5-3	3/1/25	6	0.35	6.35

HARDIN-SIMMONS TFRI Team Total 48.02

47 Puget Sound
NWC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	12	Kyrstin WILSON	JR	12.00 (1.5)	3/8/25	9	0.82	9.82
▶ 200m	11	Kyrstin WILSON	JR	24.70w (3.3)	3/8/25	10	0.96	10.96
▶ 400m	6	Elizabeth BEISWANGER	SO	56.15	3/1/25	20	1.65	21.65
▶ 4x100	28	Sophia Rivas, Elizabeth Beiswanger, Victoria Bradshaw, Kyrstin Wilson		48.73	3/1/25	0.8	0.00	0.80
▶ 4x400	17	Victoria Bradshaw, Erin Schmidlin, Kyrstin Wilson, Elizabeth Beiswanger		4:00.45	3/29/25	4.5	0.24	4.74

PUGET SOUND TFRI Team Total 47.96

48 Pacific (Ore.)
NWC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	31	Allyson HAMMOND	JR	12.23 (-0.9)	3/29/25	0.65	0.11	0.76
▶ 100H	2	Allyson HAMMOND	JR	14.17 (1.0)	3/22/25	28	2.97	30.97
▶ 200m	19	Allyson HAMMOND	JR	24.87 (1.0)	3/22/25	3.5	0.47	3.97
▶ Steeple	39	Morgan BODDY	SO	11:36.20	3/22/25	0.275	0.00	0.28
▶ 10,000m	50	Megan FEITZ	JR	38:54.28	3/1/25	0.01	0.00	0.01
▶ HEPT	13	Courtney TIERNAN	JR	3,758	3/25/25	8	0.87	8.87
▶ HEPT	21	Dani HAMMOND	FR	3,212	3/25/25	2.5	0.14	2.64

PACIFIC (ORE.) TFRI Team Total 47.50

49 Gordon (Mass.)
CNE

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	18	Amaris GOODWIN	SR	12.06 (0.4)	3/15/25	4	0.57	4.57
▶ 200m	28	Amaris GOODWIN	SR	24.99 (0.2)	3/15/25	0.8	0.26	1.06
▶ 10,000m	2	Rachel BRENNAN	SR	34:28.04	3/28/25	28	2.95	30.95
▶ 10,000m	22	Carolyn DAY	SR	36:57.38	3/28/25	2	0.37	2.37
▶ HT	14	Alivia GERAGHTY	SO	49.51m 162-5	3/29/25	7	0.63	7.63

GORDON (MASS.) TFRI Team Total 46.57



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

50 **Grove City**
PAC

LW:

51 **Manchester**
HCAC

LW:

52 **Hope**
MIAA

LW: 40

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	24	Sara SCHERMERHORN	JR	12.15w (2.3)	3/22/25	1	0.33	1.33
▶ 200m	9	Sara SCHERMERHORN	JR	24.67 (-0.8)	3/22/25	14	1.04	15.04
▶ 200m	45	Catherine LEAHY	JR	25.25 (-0.2)	3/22/25	0.125	0.00	0.13
▶ 400m	11	Catherine LEAHY	JR	56.59	3/15/25	10	1.06	11.06
▶ 400H	50	Molly DUROW	JR	1:06.95	3/22/25	0.01	0.00	0.01
▶ Steeple	28	Maddy STRUCK	SR	11:24.33	3/15/25	0.8	0.12	0.92
▶ Steeple	45	Annika SYTSMA	SO	11:41.08	3/15/25	0.125	0.00	0.13
▶ 4x100	10	Ava Schmidt, Catherine Leahy, Sofia Fisher, Sara Schermerhorn		47.46	3/22/25	12	1.21	13.21
HOPE TFRI Team Total								41.82

53 Wilmington (Ohio)

LW: 20

54 **Willamette**
NWC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	24	Katherine THORNTON	SR	15.04 (0.0)	3/8/25	1	0.26	1.26
▶ 400H	26	Katherine THORNTON	SR	1:05.61	3/1/25	0.9	0.16	1.06
▶ Steeple	36	Morgan SHAW	SO	11:33.22	3/8/25	0.4	0.00	0.40
▶ 4x100	33	Katherine Thornton, Mashani Coleman, Kenzie Lee, Ella Thompson		48.85	3/29/25	0.55	0.00	0.55
▶ HJ	15	Whitley STEPP	JR	1.60m 5-3	3/1/25	6	0.35	6.35
▶ HJ	40	Erica SNYDER	JR	1.56m 5-1¼	3/20/25	0.25	0.00	0.25
▶ HJ	40	Ella THOMPSON	FR	1.56m 5-1¼	3/20/25	0.25	0.00	0.25
▶ HT	20	Tenley GRANT	SR	48.46m 159-0	3/29/25	3	0.30	3.30
▶ JAV	28	Kaiona APIO	SR	37.02m 121-6	3/1/25	0.8	0.04	0.84
▶ HEPT	8	Ella THOMPSON	FR	3,891	3/20/25	16	1.09	17.09
▶ HEPT	12	Erica SNYDER	JR	3,786	3/20/25	9	0.91	9.91
WILLAMETTE TRI Team Total								41.26

National TFRI Team Summary



as of 4/1/25 7:50 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

55

Connecticut College

NESCAC



20

LW: 75

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	14	Alexa ESTES	JR	2:14.42	3/29/25	7	0.68	7.68
▶ 1500m	2	Grace MCDONOUGH	JR	4:29.06	3/29/25	28	3.01	31.01
▶ 5000m	25	Abby WILLIAMS	SO	17:33.68	3/29/25	0.95	0.31	1.26
▶ 5000m	36	Abby FERNALD	JR	17:40.02	3/29/25	0.4	0.12	0.52
▶ 4x400	40	#Type!		4:08.16	3/29/25	0.25	0.00	0.25

CONNECTICUT COLLEGE TFERI Team Total 40.72

56

Chatham

PAC



25

LW: 31

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► LJ	6	Aurielle BRUNNER	SR	5.71m	18-8¾ (0.0)	3/29/25	20	1.43	21.43
► TJ	8	Aurielle BRUNNER	SR	11.71m	38-5 (0.0)	3/29/25	16	1.40	17.40

CHATHAM TFRI Team Total 38.84

57

Hanover

HCAC



1

LW: 58

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ SP	4	Jessie STENGER	SR	13.71m	44-11¼	3/30/25	24	2.36	26.36
▶ DISC	11	Jessie STENGER	SR	43.25m	141-11	3/30/25	10	0.92	10.92
▶ JAV	43	Jessie STENGER	SR	36.20m	118-9	3/30/25	0.175	0.00	0.18

HANOVER TFR1 Team Total 37.46

58

Baldwin Wallace

OAC



23

LW: 81

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	21	Jameire HONZU	FR	14.96 (0.8)	3/29/25	2.5	0.40	2.90
▶ 200m	6	Abby COLLIER	SR	24.53w (3.2)	3/29/25	20	1.52	21.52
▶ 400m	15	Abby COLLIER	SR	57.07	3/29/25	6	0.68	6.68
▶ 800m	16	Hope MURPHY	SR	2:15.02	3/29/25	5	0.55	5.55
▶ HJ	31	Rylee GORRELL	SO	1.58m 5-2¼	3/29/25	0.65	0.00	0.65

BALDWIN WALLACE TFR/ Team Total 37.29

59

Case Western Reserve

UAA

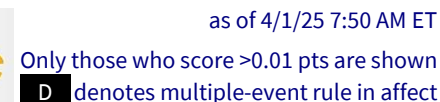


16

LW: 75

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 800m	22	Arianna HOLBROOK	SO	2:15.80	3/29/25	2	0.38	2.38	
▶ Steeple	40	Ayla GRABENBAUER	JR	11:36.46	3/22/25	0.25	0.00	0.25	
▶ 5000m	10	Lauren IAGNEMMA	JR	17:19.76	3/28/25	12	0.75	12.75	
▶ 4x400	46	Siena Kannenberg, Julia Hluck, Arianna Holbrook, Melanie Taylor		4:08.92	3/29/25	0.1	0.00	0.10	
▶ TJ	34	Jordan SU	SR	11.06m	36-3½ (0.4)	3/22/25	0.5	0.00	0.50
▶ SP	11	Michaela BURKHAUSER	SR	12.89m	42-3½	3/29/25	10	0.57	10.57
▶ DISC	15	Michaela BURKHAUSER	SR	42.32m	138-10	3/29/25	6	0.58	6.58
▶ HT	17	Michaela BURKHAUSER	SR	49.04m	160-11	3/29/25	D 2	0.48	2.48
▶ HT	32	Ailean DUFFIE	SR	47.19m	154-10	3/29/25	0.6	0.00	0.60
▶ HT	33	Lauren ROSKUSZKA	SR	47.06m	154-5	3/29/25	0.55	0.00	0.55

CASE WESTERN RESERVE TFR/ Team Total 36.75



WOMEN — 2025 Checkpoint #1, April 1

60 Bridgewater (Va.)

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 200m	40	Jade BUCKLES	JR	25.19w (2.1)	3/29/25	0.25	0.00	0.25
► 5000m	24	Taylor MYERS	FR	17:33.36	3/22/25	1	0.32	1.32
► 10,000m	19	Taylor MYERS	FR	36:52.27	3/29/25	3.5	0.41	3.91
► 4x100	20	Jade Buckles, Adalia Coleman, Summer Wallace, Olivia Bates		48.15	3/29/25	3	0.20	3.20
► HJ	11	Summer WALLACE	SO	1.61m 5-3¼	3/29/25	10	0.58	10.58
► HJ	40	Maddie WATSON	FR	1.56m 5-1¼	3/29/25	0.25	0.00	0.25
► LJ	47	Summer WALLACE	SO	5.29m 17-4¼ (1.9)	3/29/25	0.075	0.00	0.08
► TJ	15	Olivia CRIGGER	FR	11.47m 37-7¾ (0.0)	3/22/25	6	0.64	6.64
► SP	16	Abby MIKOLAY	SO	12.78m 41-11¼	3/22/25	5	0.44	5.44
► DISC	17	Abby MIKOLAY	SO	42.18m 138-5	3/22/25	4.5	0.54	5.04
BRIDGEWATER (VA.) TFRI Team Total								36.70

61 Monmouth (Ill.)

LW:

<i>Event</i>	<i>NQR</i>	<i>Athlete</i>	<i>Yr</i>	<i>Season Qual.</i>	<i>Best</i>	<i>Date</i>	<i>Pl.</i>	<i>Pts.</i>	<i>Bonus</i>	<i>TOTAL</i>
Scored bests come from CURRENT qualifying season										
► SP	20	Maddie BOLEY	SR	12.60m	41-4¼	3/29/25	3	0.23		3.23
► DISC	3	Maddie BOLEY	SR	46.59m	152-10	3/29/25	26	3.13		29.13
► DISC	49	Kayla BRAUN	JR	38.81m	127-4	3/29/25	0.025	0.00		0.03
► HT	22	Maddie BOLEY	SR	48.02m	157-7	3/29/25	2	0.16		2.16
► HT	26	Jillian TOTH	JR	47.62m	156-3	3/29/25	0.9	0.03		0.93
MONMOUTH (ILL.) TFRI Team Total										35.48

62 Penn State Behrend
SUNYAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► JAV	1	Julia BALASKI	JR	43.34m	142-2	3/29/25	30	5.30 35.30
PENN STATE BEHREND TFRI Team Total								35.30

63 Scranton Landmark

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	22	Jocelyn SMITH	SO	12.13w (3.0)	3/29/25	2	0.38	2.38
▶ 200m	33	Jocelyn SMITH	SO	25.03w (3.4)	3/29/25	0.55	0.20	0.75
▶ Steeple	21	Samantha HOFFMANN	SR	11:18.72	3/29/25	2.5	0.31	2.81
▶ 4x100	22	Wendy De La Cruz Garcia, Kaia Grantham, Jocelyn Smith, Samantha Sharrow		48.30	3/29/25	2	0.05	2.05
▶ 4x400	20	Tasia Miniotti, Olivia Miller, Kelsey Myler, Jocelyn Smith		4:01.80	3/29/25	3	0.07	3.07
▶ LJ	5	Samantha SHARROW	JR	5.75m 18-10½ (-2.1)	3/29/25	22	1.75	23.75
▶ TJ	42	Eva CARACHILLO	FR	10.95m 35-11¼ (0.0)	3/29/25	0.2	0.00	0.20
SCRANTON TFRI Team Total								35.01

64 Pomona-Pitzer
SCIAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	27	Katriona KIRKPATRICK	JR	12.19w (2.9)	3/29/25	0.85	0.22	1.07
▶ 200m	22	Katriona KIRKPATRICK	JR	24.90 (1.0)	3/1/25	2	0.38	2.38
▶ 800m	40	Olivia REICHLE	SR	2:17.69	3/28/25	0.25	0.00	0.25
▶ 1500m	50	Tania RACHIDI	FR	4:44.48	3/28/25	0.01	0.00	0.01
▶ Steeple	24	Fiona BODKIN	SO	11:20.90	3/29/25	1	0.24	1.24
▶ 5000m	29	Katherine CLINE	SR	17:35.09	3/28/25	0.75	0.27	1.02
▶ 5000m	37	Mira TERDIMAN	SR	17:41.50	3/28/25	0.35	0.08	0.43
▶ 10,000m	48	Chloe CONNOLLY	SR	38:47.03	3/28/25	0.05	0.00	0.05
▶ 4x100	16	Olivia Richards, Olivia Reichle, Kensington Binstadt, Katriona Kirkpatrick		47.87	3/22/25	5	0.48	5.48
▶ 4x400	15	Katriona Kirkpatrick, Anna Marston, Tania Rachidi, Olivia Reichle		3:59.48	3/22/25	6	0.37	6.37
▶ LJ	21	Ella BOWERS	SR	5.55mw 18-2½ (2.1)	3/29/25	2.5	0.50	3.00
▶ TJ	12	Ella BOWERS	SR	11.53m 37-10 (2.0)	3/29/25	9	0.77	9.77
▶ TJ	47	Elsa VAN DYKE	FR	10.92m 35-10 (0.0)	3/14/25	0.075	0.00	0.08
▶ JAV	19	Logan SPOONEMORE	SR	37.82m 124-1	3/29/25	3.5	0.37	3.87
POMONA-PITZER TFRI Team Total								35.01



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

65 **Houghton**
Empire 8

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	43	Victoria BREWSTER	JR	12.30 (0.9)	3/29/25	0.175	0.00	0.18
▶ HJ	1	Alexa BELANGER	FR	1.67m 5-5¾	3/29/25	30	3.70	33.70
HOUGHTON TFR1 Team Total								33.87

66 **Stevens**
MAC

▼ 49
LW: 17

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	35	Isabella SHANLEY	SO	58.29	3/29/25	0.45	0.00	0.45
▶ 400H	41	Lauren ALLEY	FR	1:06.41	3/29/25	0.225	0.00	0.23
▶ HJ	2	Caroline TIGHE	SR	1.66m 5-5¼	3/29/25	28	3.05	31.05
STEVENS TFRI Team Total								31.72

67 **TCNJ**
NJAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	23	Rukiyat DARANIJO	SO	57.64	3/29/25	1.5	0.34	1.84
▶ 400H	36	Mackenzie BURKE	SO	1:05.98	3/29/25	0.4	0.04	0.44
▶ 800m	25	Kelly O'GRADY	JR	2:16.30	3/29/25	0.95	0.27	1.22
▶ 4x100	47	Mackenzie Burke, Petra Doherty, Samantha Magin, Rukiyat Daranijo		49.27	3/29/25	0.075	0.00	0.08
▶ 4x400	12	Eliza Bruncaj, Brenna Omert, Kelly O'Grady, Rukiyat Daranijo		3:57.75	3/29/25	9	0.59	9.59
▶ TJ	47	Brooke VALAN	SR	10.92mw 35-10 (2.6)	3/29/25	0.075	0.00	0.08
▶ HT	8	Jessica REILLY	SR	51.28m 168-3	3/29/25	16	1.33	17.33
▶ HT	25	Kerri MCCARTHY	SR	47.96m 157-4	3/29/25	0.95	0.14	1.09
TCNJ TFR1 Team Total								31.66

68 Allegheny (Pa.) PAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 1500m	33	Nelly STAFFORD	SR	4:41.10	3/29/25	0.55	0.15	0.70
► Steeple	17	Marrin CRIST	SR	11:15.63	3/29/25	4.5	0.42	4.92
► 5000m	8	Chloe BONSON	JR	17:08.80	3/29/25	16	1.42	17.42
► PV	37	Corinne INKLEY	SO	3.36m 11-¼	3/29/25	0.35	0.00	0.35
► LJ	38	Evie ELLENBERGER	FR	5.34m 17-6¼ (1.9)	3/29/25	0.3	0.00	0.30
► SP	20	Emma MILLER	SR	12.60m 41-4¼	3/29/25	3	0.23	3.23
► SP	39	Laila DAVIS	SR	12.35m 40-6¼	3/29/25	0.275	0.00	0.28
► HT	28	Laila DAVIS	SR	47.44m 155-8	3/29/25	0.8	0.00	0.80
► JAV	20	Elizabeth LUBOLD	JR	37.55m 123-3	3/22/25	3	0.26	3.26
► JAV	36	Angie BAWEK	SO	36.73m 120-6	3/29/25	0.4	0.00	0.40
ALLEGHENY (PA.) TFR1 Team Total								31.66

69 **Carleton**
MIAC

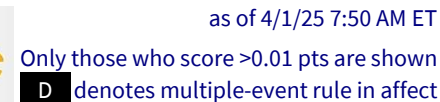
LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl.	Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season									
► 800m	20	Lara ERICKSON	SR	2:15.63	3/28/25	3	0.41		3.41
► Steeple	5	Sophie MCMANUS	SR	10:50.93	3/28/25	22	1.74		23.74
► Steeple	18	Libby ROWLAND	SR	11:15.66	3/28/25	4	0.42		4.42
CARLETON TFRI Team Total									31.58

70 **St. Olaf**
MIAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 5000m	6	Lauren WALDA	JR	17:05.92	3/28/25	20	1.61	21.61
▶ 10,000m	12	Alison BODE	SR	35:51.23	3/28/25	9	0.97	9.97
ST. OLAF TFR1 Team Total								31.58



71 **McMurry**
SCAC

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	13	Naj CAMPBELL	SR	14.73w (2.2)	3/22/25	8	0.81	8.81
▶ 400H	23	Madelyn GOLLIHAR	JR	1:05.19	3/29/25	1.5	0.29	1.79
▶ 4x100	44	Naj Campbell, Halee Boepple, Madelyn Gollihar, Brynn Yanez		49.17	3/29/25	0.15	0.00	0.15
▶ 4x400	21	Katelyn Hernandez, Madelyn Gollihar, Jacee Dinkins, Naj Campbell		4:01.87	3/29/25	2.5	0.06	2.56
▶ PV	9	Brenna STELL	SO	3.78m 12-4¾	3/29/25	14	1.46	15.46
▶ PV	41	Madeline SUMIEN	FR	3.35m 10-11¾	3/22/25	0.225	0.00	0.23
▶ SP	30	Kendra HUMPHRIES	SO	12.45m 40-10¼	3/22/25	0.7	0.05	0.75
▶ DISC	28	Tori COLMAN	SO	40.67m 133-5	3/29/25	0.8	0.05	0.85
MCMURRY TFRI Team Total								30.61

72 **Catholic (D.C.)**
Landmark

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 400H	11	Brigid BYRNES	SO	1:03.51	3/21/25	10	1.02	11.02
► 400H	15	Clare MARSH	SR	1:04.44	3/29/25	6	0.54	6.54
► 400H	40	Mia MCCONNELL	SO	1:06.14	3/21/25	0.25	0.00	0.25
► 1500m	34	Kate INGLIS	SR	4:41.21	3/29/25	0.5	0.14	0.64
► 4x400	11	Clare Marsh, Mia McConnell, Zoey Brown, Brigid Byrnes		3:57.12	3/29/25	10	0.68	10.68
► PV	30	Madi FUERST	FR	3.40m 11-1¾	3/29/25	0.7	0.00	0.70
► SP	47	Ciara DONEGAN	SR	12.17m 39-11¼	3/29/25	0.075	0.00	0.08
CATHOLIC (D.C.) TFRI Team Total								29.91

73 **Trine**
MIAA

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	11	Bailey PUCKETT	JR	4:35.38	3/28/25	10	0.96	10.96
▶ 5000m	9	Sidney SWICK	JR	17:19.52	3/28/25	14	0.76	14.76
▶ PV	47	Olivia ANDREWS	FR	3.34m	10-11½	3/30/25	0.075	0.08
▶ LJ	33	Emma FORKER	JR	5.38mw	17-8 (3.3)	3/30/25	0.55	0.55
▶ SP	24	Hailey COLE	FR	12.53m	41-1½	3/22/25	1	1.15
▶ SP	26	Abby SANNER	JR	12.48m	40-11½	3/22/25	0.9	0.99
TRINE TFRI Team Total								28.48

74 **Stockton**
NJAC

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 400m	34	Emma PETROLIA	JR	58.25	3/29/25	0.5	0.00	0.50	
▶ 400H	12	Emma PETROLIA	JR	1:03.52	3/22/25	9	1.02	10.02	
▶ 4x400	8	Kayla Sullivan, Emma Petrolia, Emma Conroy, Kayla Kass		3:53.34	3/29/25	16	1.49	17.49	
▶ DISC	43	Michaela POMATTO	JR	39.59m	129-11	3/22/25	0.175	0.00	0.18
▶ HT	50	Isabella FREDA	SR	45.25m	148-6	3/22/25	0.01	0.00	0.01
STOCKTON TFRI Team Total								28.20	

75 Babson
NEWMAC

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	4	Amrit REHAL	FR	1.65m	5-5	3/22/25	24	2.39 26.39
BABSON TFRI Team Total								26.39

National TFRI Team Summary



as of 4/1/25 7:50 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

76 Ohio Wesleyan

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	10	Katherine DORTMUND	FR	14.55 (1.6)	3/23/25	12	1.17	13.17
▶ 4x100	13	Katherine Dortmund, Kennedy Elfers, Amarah McPhaul, Aelyn Baumbarger		47.67	3/30/25	8	0.79	8.79
▶ DISC	19	Emily DAVIS	JR	41.47m 136-1	3/30/25	3.5	0.31	3.81
▶ JAV	46	Hazel JOLLIFF	JR	36.10m 118-5	3/30/25	0.1	0.00	0.10
OHIO WESLEYAN TFRI Team Total								25.87

77 **Aurora**
NACC

▼ 26
LW: 51

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 10,000m	4	Deyanneira COLON MALDONADO	SR	35:15.27	3/28/25	24	1.61	25.61
AURORA TFRI Team Total								25.61

78 **Rose-Hulman**
HCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	8	Rose TALBERT	SO	56.18	3/29/25	16	1.59	17.59
▶ Steeple	34	Jocelyn ONSTOT	SO	11:30.66	3/29/25	0.5	0.00	0.50
▶ 4x400	37	Jada Hunter-Hays, Emma Johns, Rose Talbert, Jocelyn Onstot		4:07.18	3/22/25	0.35	0.00	0.35
▶ HJ	15	Audrey EDWARDS	SO	1.60m 5-3	3/22/25	6	0.35	6.35
ROSE-HULMAN TFRI Team Total								24.80

79 Marietta
OAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	38	Emma FEHRMAN	SR	58.38	3/15/25	0.3	0.00	0.30
▶ PV	5	Emily THOMPSON	JR	3.84m 12-7¼	3/29/25	22	1.97	23.97
▶ TJ	36	Emma FEHRMAN	SR	11.04m 36-2¾ (-0.1)	3/29/25	0.4	0.00	0.40
MARIETTA TFR1 Team Total								24.67

80 **Simpson (Iowa)**
American Rivers

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 10,000m	13	Teghan BOOTH	SR	35:52.78	3/28/25	8	0.96	8.96
► 4x100	46	Jenna Thornburg, Madison Hays, Maddax DeVault, Emma Cooper		49.22	3/28/25	0.1	0.00	0.10
► JAV	9	Aaliyah JOHNSON	SR	39.81m 130-8	3/28/25	14	1.33	15.33
SIMPSON (IOWA) TFR! Team Total								24.38

81 **Hamilton**
NESCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	47	Olivia WARUCH	FR	1:06.79	3/29/25	0.075	0.00	0.08
▶ 1500m	7	Keira ROGAN	FR	4:33.73	3/29/25	18	1.36	19.36
▶ Steeple	48	Sylvie NAJARIAN	SR	11:42.94	3/29/25	0.05	0.00	0.05
▶ 4x400	26	Claire Tratnyek, Olivia Waruch, Katherine Scibelli, Mia O'Neill		4:04.06	3/29/25	0.9	0.00	0.90
▶ TJ	32	Emmeline STOETZEL	FR	11.11mw 36-5½ (2.9)	3/29/25	0.6	0.00	0.60
▶ JAV	22	Dana SCHWARTZ	JR	37.50m 123-1	3/30/25	2	0.24	2.24
HAMILTON TFRI Team Total								23.22



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

82 Southwestern (Texas)

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	7	Arden NEFF	SR	1:03.27	3/29/25	18	1.19	19.19
▶ 1500m	45	Breanna STEELE	JR	4:43.77	3/1/25	0.125	0.00	0.13
▶ 4x400	44	Arden Neff, Lily McWhorter, Trinitì Gray, Lauren Penders		4:08.81	3/29/25	0.15	0.00	0.15
▶ TJ	20	Ella LEWIS	SO	11.35m 37-3 (1.8)	3/29/25	3	0.38	3.38
SOUTHWESTERN (TEXAS) TFRI Team Total								22.84

83 **Ithaca**
Liberty League

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	11	Aynisha MCQUILLAR	FR	11.98 (1.6)	3/29/25	10	0.93	10.93
► 4x100	25	Laura Suppa, Rachel Larson, Aynisha McQuillar, Marykate Rudnicki		48.51	3/29/25	0.95	0.00	0.95
► 4x400	50	Natalie MacArthur, Lyla Powers, Ava Butler, Aynisha McQuillar		4:09.42	3/29/25	0.01	0.00	0.01
► HJ	40	Madeleine WRIGHT	SO	1.56m 5-1¼	3/29/25	0.25	0.00	0.25
► SP	11	Lily SEYFERT	JR	12.89m 42-3½	3/29/25	10	0.57	10.57
ITHACA TFRI Team Total								22.70

84 Rowan NJAC

LW: 27

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	17	Nyla JONES	FR	14.93 (-0.7)	3/29/25	4.5	0.46	4.96
▶ 200m	24	Molly LODGE	SR	24.92 (-0.6)	3/29/25	1	0.36	1.36
▶ 800m	21	Anna SASSE	SR	2:15.69	3/29/25	2.5	0.40	2.90
▶ 1500m	25	Anna SASSE	SR	4:39.98	3/29/25	0.95	0.28	1.23
▶ 5000m	22	Gabriella PAGANO	JR	17:32.29	3/29/25	2	0.36	2.36
▶ 4x400	35	#Type!		4:05.79	3/29/25	0.45	0.00	0.45
▶ JAV	14	Diamond EADDY	SO	38.34m 125-10	3/29/25	7	0.59	7.59
ROWAN TFRI Team Total								20.84

85 **Buffalo State**
SUNYAC

LW: 7

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 200m	31	Khia LASTER	SR	25.02 (-0.6)	3/29/25	0.65	0.21	0.86
► 200m	34	Natalia SAWYER	JR	25.06 (-0.6)	3/29/25	0.5	0.16	0.66
► LJ	7	Khia LASTER	SR	5.69m 18-8 (0.0)	3/29/25	18	1.28	19.28
BUFFALO STATE TFRI Team Total								20.80

86 **Millikin**
CCIW

LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	17	De'Andranay CHISM	FR	12.05 (1.6)	3/29/25	4.5	0.60	5.10
▶ 200m	14	De'Andranay CHISM	FR	24.77 (1.8)	3/29/25	7	0.75	7.75
▶ HJ	15	Hannah SAGO	JR	1.60m 5-3	3/29/25	6	0.35	6.35
MILLIKIN TFRI Team Total								19.21

87 Elizabethtown

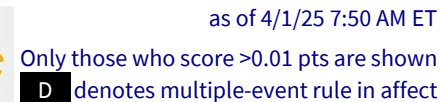
LW: 58

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► DISC	7	Isabella COWGER	FR	43.57m	143-0	3/29/25	18	1.12
ELIZABETHTOWN TFRI Team Total								19.12

88 Bowdoin
NESCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	40	Catherine UWAKWE	JR	15.36 (1.7)	3/23/25	0.25	0.00	0.25
▶ PV	30	Charlotte HODGE	SR	3.40m 11-1¾	3/23/25	0.7	0.00	0.70
▶ JAV	8	Ginger ARNOLD	SO	39.89m 130-11	3/23/25	16	1.39	17.39
▶ JAV	30	Mardy NOVAK	SO	36.96m 121-3	3/23/25	0.7	0.01	0.71
BOWDOIN TFRI Team Total								19.06



89 Dickinson **38**
Centennial LW: 51

90

North Park

CCIW

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	45	Riana HAYES	JR	12.31w (3.2)	3/29/25	0.125	0.00	0.13
▶ 100m	50	Meja LINDBERG	SO	12.33w (3.2)	3/29/25	0.01	0.00	0.01
▶ 100H	8	Thea RING	JR	14.42w (3.4)	3/29/25	16	1.65	17.65
▶ 4x100	32	Mariana Costa, Riana Hayes, Thea Ring, Meja Lindberg		48.83	3/29/25	0.6	0.00	0.60
NORTH PARK TFRI Team Total								18.39

91 King's College (Pa.)

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	42	Victoria ZULTEVICZ	SR	15.37 (-0.7)	3/29/25	0.2	0.00	0.20
▶ SP	33	Brandy VARNER	JR	12.43m 40-9½	3/22/25	0.55	0.03	0.58
▶ DISC	18	Brandy VARNER	JR	42.02m 137-11	3/22/25	4	0.49	4.49
▶ HT	11	Katelyn SHOEMAKER	JR	50.10m 164-5	3/29/25	10	0.81	10.81
▶ HT	22	Caitlin KIRK	SO	48.02m 157-7	3/29/25	2	0.16	2.16
KING'S COLLEGE (PA.) TFRI Team Total								18.23

92

Wittenberg

NCAC

▼

12

LW: 80

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	38	Isabelle HENDERSON	FR	15.33w (2.3)	3/22/25	0.3	0.00	0.30
▶ 400H	29	Isabelle HENDERSON	FR	1:05.81	3/22/25	0.75	0.09	0.84
▶ 10,000m	34	Megan KEYS	SR	37:51.00	3/28/25	0.5	0.00	0.50
▶ 10,000m	44	Emma HAWK	JR	38:34.19	3/28/25	0.15	0.00	0.15
▶ 10,000m	47	Maddi CLARK	SO	38:43.56	3/28/25	0.075	0.00	0.08
▶ 4x100	15	Zora Shakhnan, Lindsey Magoteaux, Meghan Frazier, Isabelle Henderson		47.81	3/30/25	6	0.54	6.54
▶ 4x400	29	Kyngston Collins, Abigail Danne, Aubrey Glover, Meghan Frazier		4:04.29	3/30/25	0.75	0.00	0.75
▶ LJ	13	Isabelle HENDERSON	FR	5.62m 18-5¼ (1.2)	3/22/25	8	0.78	8.78
WITTENBERG TFRI Team Total								17.93

93 **Occidental**
SCIAC

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	50	Elizabeth HAWLEY	JR	12.33 (-0.4)	3/30/25	0.01	0.00	0.01
▶ 200m	41	Elizabeth HAWLEY	JR	25.20 (1.8)	3/30/25	0.225	0.00	0.23
▶ 400m	31	Elizabeth HAWLEY	JR	58.11	3/8/25	0.65	0.07	0.72
▶ 400m	36	Phoebe OGDEN	FR	58.32	3/8/25	0.4	0.00	0.40
▶ 400H	38	Brooke TOMPKINS	SO	1:06.05	3/30/25	0.3	0.01	0.31
▶ 1500m	41	Megan COVER	JR	4:43.24	3/28/25	0.225	0.00	0.23
▶ 10,000m	11	Jenna LENAY	JR	35:43.36	3/8/25	10	1.08	11.08
▶ 4x100	48	Zoey Hrabe, Phoebe Ogden, Isabel Yaffe, Elizabeth Hawley		49.36	3/1/25	0.05	0.00	0.05
▶ 4x400	22	Skylar Cottell, Delphine Way, Brooke Tompkins, Phoebe Ogden		4:02.13	3/30/25	2	0.03	2.03
▶ PV	21	Zoey HRABE	FR	3.50m 11-5¾"	2/16/25	2.5	0.15	2.65
OCCIDENTAL TFRI Team Total								17.71



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

94 **Wooster**
NCAC

LW:

Scored bests come from CURRENT qualifying season

WOOSTER TFR1 Team Total 15.21

95 **Keene State**
Little East

LW:

Scored bests come from CURRENT qualifying season

KEENE STATE TFR1 Team Total 15.03

96 **Christopher Newport**  **38**
C2C LW: 58

LW: 58

Scored bests come from CURRENT qualifying season

CHRISTOPHER NEWPORT TFR1 Team Total 14.97

97 **Roanoke**
ODAC

LW:

Scored bests come from CURRENT qualifying season

ROANOKE TFR1 Team Total 14.78

98 UW-Oshkosh
WIAC

78
LW: 20

Scored bests come from CURRENT qualifying season

UW-OSHKOSH TFERI Team Total 14.76

99 **SUNY Cortland**
SUNYAC

LW:

Scored bests come from CURRENT qualifying season

SUNY CORTLAND TFR1 Team Total 14.42

100 **Kenyon**
NCAC

LW:

Scored bests come from CURRENT qualifying season

KENYON TFR1 Team Total 13.33

101 **Denison**
NCAC

LW:

Scored bests come from CURRENT qualifying season

DENISON TFR1 Team Total 11.94

National TFRI Team Summary



as of 4/1/25 7:50 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

102 Saint Benedict
MIAC

▼ **91**
LW: 11

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100H	28	Justus FLOREN	SR	15.17w (2.2)	3/22/25	0.8	0.04	0.84
► 400H	16	Lauren BERG	JR	1:04.57	3/28/25	5	0.50	5.50
► PV	27	Jaylyn AHLBERG	JR	3.42m 11-2½	3/22/25	0.85	0.00	0.85
► LJ	18	Sabriya FARQUHARSON	SO	5.58mw 18-3¼ (2.2)	3/22/25	4	0.62	4.62
► TJ	50	Sabriya FARQUHARSON	SO	10.91mw 35-9½ (2.3)	3/22/25	0.01	0.00	0.01
SAINT BENEDICT TFRI Team Total								11.82

103 NYU
UAA

▼ **83**
LW: 20

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl.	Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season									
► 800m	19	Gianna DAWSON	FR	2:15.59	3/29/25	3.5	0.42		3.92
► 10,000m	15	Lucy GOTT	JR	36:13.96	3/29/25	6	0.76		6.76
► DISC	46	Michelle UVIEGHARA	SR	39.34m 129-1	3/29/25	0.1	0.00		0.10
► JAV	28	Emma GRUNIN	JR	37.02m 121-6	3/29/25	0.8	0.04		0.84
NYU TFR1 Team Total									11.62

104 **Utica**
Empire 8

▼ **64**
LW: 40

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	11	Hannah ALLISON	SO	1.61m	5-3¼	3/30/25	10	0.58 10.58
► HT	27	Riley KING	SO	47.57m	156-1	3/30/25	0.85	0.02 0.87
UTICA TFR1 Team Total								11.44

105 Carnegie Mellon
UAA

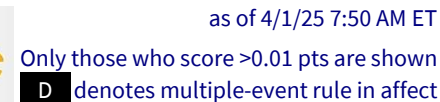
▼ **86**
LW: 19

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 1500m	47	Margaret Ann HEALY	JR	4:43.84	3/29/25	0.075	0.00	0.08
► 5000m	16	Maya DUCKER	SO	17:26.58	3/29/25	5	0.53	5.53
► 4x400	48	Jiahui Tang, Rhythm Satav, Estee Teo, Catherine Stava		4:09.13	3/29/25	0.05	0.00	0.05
► PV	19	Hazel BUONOPANE	SO	3.51m 11-6¼	3/29/25	3.5	0.20	3.70
► PV	37	Ava BARNES	FR	3.36m 11-¼	3/29/25	0.35	0.00	0.35
► TJ	31	Jocelyn KIEFEL	SR	11.13m 36-6¼ (-1.5)	3/29/25	0.65	0.00	0.65
► TJ	37	Iniyaa MOHANRAJ	JR	11.02m 36-2 (0.3)	3/29/25	0.35	0.00	0.35
► SP	44	Kathleen MONAHAN	JR	12.23m 40-1½	3/29/25	0.15	0.00	0.15
► DISC	50	Aiyana ROCKWELL	SR	38.65m 126-10	3/29/25	0.01	0.00	0.01
CARNEGIE MELLON TFRI Team Total								10.87

106 UC Santa Cruz
C2C

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 400m	44	Caitlin DONOVAN	SR	58.78	3/22/25	0.15	0.00	0.15
► 1500m	26	Lucia MUTHU	FR	4:39.99	3/22/25	0.9	0.28	1.18
► 5000m	14	Kenzie SEYMOUR	SO	17:25.45	3/22/25	7	0.57	7.57
► 5000m	41	Sydney BOYD	SO	17:44.63	3/22/25	0.225	0.00	0.23
► 4x400	36	Camille M. Anneet, Amaya Cummins, Caitlin Donovan, Mae Stafford		4:05.83	3/22/25	0.4	0.00	0.40
► HJ	27	Eliza ZHENG	FR	1.59m 5-2½	3/22/25	0.85	0.13	0.98
► HJ	37	Celine L. CASTANEDA	FR	1.57m 5-1¾	3/15/25	0.35	0.00	0.35
UC SANTA CRUZ TFRI Team Total								10.86



WOMEN — 2025 Checkpoint #1, April 1

107 **Bridgewater State**
MASCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	19	Alison MCDONOUGH	SR	14.95 (1.8)	3/29/25	3.5	0.42	3.92
▶ 5000m	39	Naomi CASS	JR	17:42.76	3/28/25	0.275	0.04	0.31
▶ HJ	15	Serenity SANDS	SR	1.60m 5-3	3/28/25	6	0.35	6.35
▶ HJ	40	Juliana PATRONE	SR	1.56m 5-1¼	3/29/25	0.25	0.00	0.25
BRIDGEWATER STATE TFRI Team Total								10.84

108 **Endicott**
CNE

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 10,000m	46	Hannah RISKÓ	SR	38:43.16	3/23/25	0.1	0.00	0.10
▶ HJ	11	Abby GRIFFITH	FR	1.61m 5-3¼	3/29/25	10	0.58	10.58
ENDICOTT TFRI Team Total								10.68

109 **Moravian**
Landmark

LW: 67

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	12	Abigail GIAMONI	SR	56.64	3/29/25	9	1.00	10.00
▶ TJ	40	Ali HAEFELE	JR	10.99m 36-¾ (0.0)	3/29/25	0.25	0.00	0.25
▶ DISC	37	Margie RAYNE	JR	40.10m 131-7	3/29/25	0.35	0.00	0.35
MORAVIAN TFRI Team Total								10.60

110 **Juniata**
Landmark

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 400H	28	Olivia BARBACCI	JR	1:05.70	3/22/25	0.8	0.13	0.93	
▶ PV	26	Olivia BARBACCI	JR	3.45m	11-3¾	3/22/25	0.9	0.00	0.90
▶ JAV	13	Emma COOLIDGE	JR	38.51m	126-4	3/29/25	8	0.66	8.66
JUNIATA TFRI Team Total								10.49	

111 **Lewis & Clark**
NWC

LW: 40

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	39	Elsie CHIN	JR	1:06.08	3/22/25	0.275	0.00	0.28
▶ 800m	17	Malia HEIEN	JR	2:15.16	3/22/25	4.5	0.52	5.02
▶ 1500m	30	Riley BUESE	SR	4:40.54	3/22/25	0.7	0.22	0.92
▶ Steeple	20	Madeleine BOYLE	JR	11:16.43	3/29/25	3	0.39	3.39
▶ 5000m	48	Madeleine BOYLE	JR	17:49.54	3/22/25	0.05	0.00	0.05
▶ 4x400	28	Elsie Chin, Miriam Reside, Callow Soto, Malia Heien		4:04.26	3/8/25	0.8	0.00	0.80

LEWIS & CLARK TFRI Team Total 10.46

112 Eastern Connecticut State

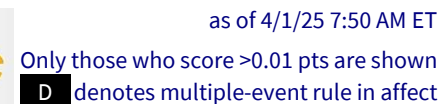
LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► PV	12	Natasha FRISCH	JR	3.72m	12-2½	3/29/25	9	1.12 10.12
EASTERN CONNECTICUT STATE TFRI Team Total								10.12

113 **SUNY Geneseo**
Empire 8

LW: 20

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100H	47	Lainey FLAITZ	SO	15.42 (-0.9)	3/30/25	0.075	0.00	0.08
► 5000m	23	Ann BRENNAN	JR	17:32.70	3/30/25	1.5	0.34	1.84
► 5000m	26	Gabriella MCCARTHY	SR	17:34.16	3/30/25	0.9	0.30	1.20
► LJ	40	Lanna WANDY	JR	5.33m 17-6 (0.0)	3/30/25	0.25	0.00	0.25
► JAV	15	Skyler KLIMOW	JR	38.21m 125-5	3/30/25	6	0.54	6.54
SUNY GENESEO TFR1 Team Total								9.90



114 **Swarthmore**
Centennial

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 800m	31	Elizabeth PAGE	FR	2:16.78	3/29/25	0.65	0.17	0.82
► HJ	15	Trelstad T	SR	1.60m 5-3	3/15/25	6	0.35	6.35
► DISC	32	Tate GARCIA	JR	40.48m 132-10	3/29/25	0.6	0.00	0.60
► DISC	33	Lydia MORRIS-KLIMENT	SO	40.38m 132-6	3/29/25	0.55	0.00	0.55
► JAV	31	Trelstad T	SR	36.95m 121-3	3/15/25	0.65	0.01	0.66
SWARTHMORE TFRI Team Total								8.98

115 **Mary Washington**
C2C

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	14	Yasmin DEANE	FR	12.01 (1.1)	3/29/25	7	0.76	7.76
▶ 4x100	38	Yasmin Deane, Journey Mason, Jolene Adu, Sophia Redmond		49.00	3/29/25	0.3	0.00	0.30
MARY WASHINGTON TFRI Team Total								8.06

116 Otterbein
OAC

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► DISC	22	Landry DRISKEL	SO	41.40m 135-10	3/30/25	2	0.29	2.29
► HEPT	16	Charlie DOLLIVER	JR	3,445	3/22/25	5	0.45	5.45
OTTERBEIN TFRI Team Total								7.74

117 **Loras**
American Rivers

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 1500m	14	Frankie CHAIDEZ	SR	4:36.79	3/28/25	7	0.66	7.66
LORAS TFRI Team Total								7.66

118 **Salisbury**
C2C

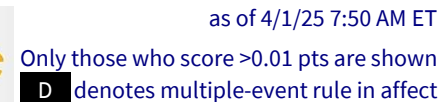
Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 10,000m	33	Anna BODMER	SO	37:36.28	3/15/25	0.55	0.03	0.58
► 4x100	27	Marlyse Haack, Lilly Williams, Emma Christman, Karia Forvil		48.60	3/29/25	0.85	0.00	0.85
► 4x400	24	Lilly Williams, Marlyse Haack, Karia Forvil, Emma Smyser		4:03.36	3/15/25	1	0.00	1.00
► LJ	20	Mia HILL	JR	5.57m 18-3¼ (-0.9)	3/29/25	3	0.58	3.58
► LJ	32	Marlyse HAACK	JR	5.39m 17-8¼ (0.9)	3/8/25	0.6	0.00	0.60
► TJ	28	Emma CHRISTMAN	JR	11.17m 36-7¾ (-0.1)	3/29/25	0.8	0.00	0.80
SALISBURY TFRI Team Total								7.41

119 **Westfield State**
MASCAC

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► LJ	22	Eliza LEE	JR	5.51m	18-1 (0.0)	3/23/25	2	0.34	2.34
► TJ	17	Eliza LEE	JR	11.42mw	37-5¼ (2.1)	3/23/25	4.5	0.53	5.03
WESTFIELD STATE TFR1 Team Total									7.37

120 **Goucher**
Landmark

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 200m	37	Nancy NYADONGO	FR	25.13 (-0.6)	3/29/25	0.35	0.06	0.41
▶ 1500m	17	Tanise THORNTON - FILLYAW	JR	4:38.30	3/29/25	4.5	0.48	4.98
▶ PV	41	Aryanna PAULENA	FR	3.35m 10-11¾	3/29/25	0.225	0.00	0.23
▶ TJ	23	Aryanna PAULENA	FR	11.29m 37-½ (0.0)	3/29/25	1.5	0.05	1.75
GOUCHER TFRI Team Total								7.36



121 **Misericordia** **81**
MAC LW: 40

122

Vassar

Liberty League

▼

106

LW: 16

123 Alma								
MIAA								
LW:								
Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
cored bests come from CURRENT qualifying season								
HJ	15	Helena SNYDER	SR	1.60m 5-3	3/28/25	6	0.35	6.35
ALMA TFR1 Team Total								6.35

124		Rochester (N.Y.)			▼ 113	
		Liberty League			LW: 11	
Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts. Bonus TOTAL
Scored bests come from CURRENT qualifying season						
► SP	38	Cora ROSE	SR	12.36m 40-6¾	3/30/25	0.3 0.00 0.30
► DISC	16	Cora ROSE	SR	42.25m 138-8	3/30/25	5 0.56 5.56
ROCHESTER (N.Y.) TFR1 Team Total						5.86

126

Arcadia
MAC

LW:

Event	NOR	Athlete	Yr	Season Qual, Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
> 10,000m	28	April BROWNE	SR	37:26.08	3/29/25	0.8	0.12	0.92
> TJ	18	Mia FLEMING	SO	11.39m 37-4½ (0.0)	3/29/25	4	0.46	4.46
ARCADIA TFRI Team Total								5.38

127

Rhode Island College

Little East

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 5000m	44	Haley OLIVER	JR	17:45.90	3/22/25	0.15	0.00	0.15
► 10,000m	17	Haley OLIVER	JR	36:40.50	3/29/25	4.5	0.52	5.02
► 4x100	50	Bendu Kamara, Trinity Hayes, Tayshia Cary, Quiana Pezza		49.44	3/22/25	0.01	0.00	0.01
► LJ	47	Quiana PEZZA	FR	5.29m	17-4¼ (0.9)	3/22/25	0.075	0.00
RHODE ISLAND COLLEGE TFRI Team Total								5.25

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Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

129 New Jersey City

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	35	Reyanna HENDERSON	SR	12.24 (1.0)	3/29/25	0.45	0.09	0.54
▶ 200m	19	Reyanna HENDERSON	SR	24.87w (2.4)	3/29/25	3.5	0.47	3.97
NEW JERSEY CITY TFRI Team Total								4.50

130 **Amherst**
NESCAC

▼ 49
LW: 81

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	23	Flora BIRO	FR	4:39.49	3/29/25	1.5	0.34	1.84
▶ 5000m	31	Nikki CHOPRA	SO	17:36.99	3/29/25	0.65	0.21	0.86
▶ 5000m	33	Nora HART	FR	17:37.90	3/29/25	0.55	0.18	0.73
▶ 10,000m	32	Claire CALLON	SR	37:35.79	3/29/25	0.6	0.03	0.63
AMHERST TFRI Team Total								4.07

131 Augsburg
MIAC

LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	20	Allison HOOKOM	JR	57.49	3/22/25	3	0.43	3.43
▶ 800m	34	Allison HOOKOM	JR	2:17.44	3/22/25	0.5	0.03	0.53
AUGSBURG TFRI Team Total								3.96

132 **Rhodes**
SAA

LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	20	Olivia FREEMAN	JR	12.11w (2.8)	3/29/25	3	0.44	3.44
▶ JAV	34	Evan DUET	SR	36.82m 120-10	3/15/25	0.5	0.00	0.50
RHODES TFRI Team Total								3.94

133 York (Pa.)
MAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	19	Payton MANN	SR	1:04.83	3/29/25	3.5	0.41	3.91
▶ Steeple	50	Lindsay FRY	SR	11:44.10	3/29/25	0.01	0.00	0.01
YORK (PA.) TFR1 Team Total								3.92

134 **Concordia Chicago**
NACC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100H	19	Eve SHELTON	SR	14.95 (1.8)	3/29/25	3.5	0.42	3.92
CONCORDIA CHICAGO TFR! Team Total								3.92

135 DeSales
MAC

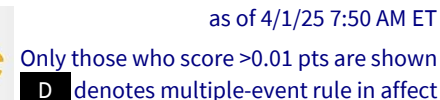
LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	29	Kay WISCOUNT	FR	2:16.73	3/29/25	0.75	0.18	0.93
▶ 10,000m	21	Ellie KOZICH	FR	36:56.42	3/29/25	2.5	0.38	2.88
▶ LJ	47	Brooke SIGNORELLA	FR	5.29m 17-4¼ (0.0)	3/29/25	0.075	0.00	0.08
DESALES TFRI Team Total								3.88

136 **Concordia Wisconsin**
NACC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	42	Maya HIELSCHER	SR	15.37 (1.8)	3/29/25	0.2	0.00	0.20
▶ TJ	20	Amiyah JACKSON	FR	11.35m 37-3 (1.0)	3/29/25	3	0.38	3.38
CONCORDIA WISCONSIN TFRI Team Total								3.58



137 Washington & Jefferson PAC

138 Lebanon Valley MAC

139 **Drew**
Landmark

140 **Messiah**
MAC

141 Pacific Lutheran
NWC

142 **Texas Lutheran**
SCAC

143 Southern Virginia

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	37	Heidi BARTON	JR	4:41.81	3/22/25	0.35	0.07	0.42
▶ Steeple	32	Bayleigh REDD	SR	11:29.10	3/22/25	0.6	0.00	0.60
▶ HJ	27	Marin SIMONS	FR	1.59m 5-2½	3/22/25	0.85	0.13	0.98
SOUTHERN VIRGINIA TFRI Team Total								2.00



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

144 **Wheaton (Mass.)**
NEWMAC

▼ **86**
LW: 58

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 4x100	23	#Type!		48.38	3/29/25	1.5	0.00	1.50
► HT	34	Anika WAGNER	JR	46.41m 152-3	3/29/25	0.5	0.00	0.50
WHEATON (MASS.) TFR1 Team Total								2.00

145 **MSOE**
NACC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ SP	25	Katrina WAWRZYN	SR	12.51m 41-½	3/29/25	0.95	0.12	1.07
▶ SP	49	Josephine JACKLIN	JR	12.09m 39-8	3/29/25	0.025	0.00	0.03
▶ HT	31	Kylie CRUM	JR	47.26m 155-1	3/29/25	0.65	0.00	0.65
MSOE TFRI Team Total								1.75

146 Franklin & Marshall Centennial

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	26	Lauren DUNNIGAN	SO	15.09 (1.2)	3/23/25	0.9	0.18	1.08
▶ Steeple	31	Katie SCOTT	SO	11:27.69	3/23/25	0.65	0.00	0.65
FRANKLIN & MARSHALL TFRI Team Total								1.73

147 **Roger Williams**
CNE

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► SP	23	Hailey GARCIA	FR	12.58m	41-3¼	3/23/25	1.5	0.20	1.70
ROGER WILLIAMS TFRI Team Total									1.70

148 **Coast Guard**
NEWMAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 200m	43	Alaina STONEBRAKER	JR	25.21 (0.4)	3/29/25	0.175	0.00	0.18
▶ 400H	44	Tara JESSEN	JR	1:06.63	3/29/25	0.15	0.00	0.15
▶ 800m	27	Sophia WHITE	SR	2:16.49	3/29/25	0.85	0.23	1.08
COAST GUARD TFRI Team Total								1.40

149 **Marymount (Va.)**
AEC

LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 100H	37	Deziree CONKLIN	SR	15.32	(2.0)	3/22/25	0.35	0.00	0.35
▶ 400m	28	Ilana HAWKINS	SO	57.84		3/29/25	0.8	0.23	1.03
MARYMOUNT (VA.) TFR1 Team Total									1.38

150

North Carolina Wesleyan

USA South

▼ 110

LW: 40

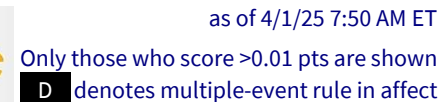
LW: 40

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	29	Ti'asia BRYANT	SO	12.20 (-0.1)	3/22/25	0.75	0.19	0.94
▶ 100m	37	Kamiyah WOOTEN	SO	12.25 (1.2)	3/29/25	0.35	0.06	0.41
NORTH CAROLINA WESLEYAN TFRI Team Total								1.35

151 **Concordia Moorhead**
MIAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	46	Jenna KALEVIK	SR	15.39w (2.5)	3/28/25	0.1	0.00	0.10
▶ 4x100	26	Emily Rengo, Andie Sandman, Piper Osborne, Kyla Nygaard		48.57	3/28/25	0.9	0.00	0.90
▶ JAV	37	Genevieve GRUBA	SO	36.63m 120-2	3/28/25	0.35	0.00	0.35
CONCORDIA MOORHEAD TFRI Team Total								1.35



WOMEN — 2025 Checkpoint #1, April 1

152 **Brevard (N.C.)**
USA South

LW:

Scored bests come from CURRENT qualifying season

BREVARD (N.C.) TFR/ Team Total 1.29

153 **UT Dallas**
ASC

LW:

Scored bests come from CURRENT qualifying season

UT DALLAS TFRI Team Total 1.20

154 **Wheaton (Ill.)**
CCIW

LW:

Scored bests come from CURRENT qualifying season

WHEATON (ILL.) TFR Team Total 1.16

155 Manhattanville Skyline

LW:

Scored bests come from CURRENT qualifying season

MANHATTANVILLE TFR/ Team Total 1.13

156 **Mount Holyoke**
NEWMAC

LW:

Scored bests come from CURRENT qualifying season

MOUNT HOLYOKE TFR/ Team Total 1.12

157 **Hood**
MAC

LW:

Scored bests come from CURRENT qualifying season

HOOD TFRI Team Total 0.98

158 Virginia Wesleyan
ODAC

83

LW: 75

Scored bests come from CURRENT qualifying season

VIRGINIA WESLEYAN TFR1 Team Total 0.95

159 **Brandeis**
UAA

LW:

Scored bests come from CURRENT qualifying season

BRANDEIS TFRI Team Total 0.93



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

160 Cal Lutheran
SCIAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	46	Summer GELMAN	JR	4:43.80	3/1/25	0.1	0.00	0.10
▶ 5000m	45	Summer GELMAN	JR	17:46.41	3/8/25	0.125	0.00	0.13
▶ HJ	40	Fatima CERVANTES	SR	1.56m 5-1¼	3/30/25	0.25	0.00	0.25
▶ PV	41	Taylor DOMINGUEZ	FR	3.35m 10-11¾	2/16/25	0.225	0.00	0.23
▶ HT	42	Cheyenne RODRIGUEZ	JR	45.65m 149-9	3/30/25	0.2	0.00	0.20
CAL LUTHERAN TFRI Team Total								0.90

161 **Benedictine (Ill.)**
NACC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► JAV	27	Peyton PANKA	SR	37.03m	121-6	3/29/25	0.85	0.04	0.89
BENEDICTINE (ILL.) TFRI Team Total									0.89

162 **Geneva**
PAC

LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 5000m	32	Carmen MEDVIT	JR	17:37.48	3/15/25	0.6	0.20	0.80
GENEVA TFRI Team Total								0.80

163 **Oglethorpe**
SAA

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	31	Aubrey GUYDEN	JR	12.23w (2.3)	3/22/25	0.65	0.11	0.76
OGLETHORPE TFRI Team Total								0.76

164 **Albion**
MIAA

124
LW: 40

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► SP	30	Tess ANTHONY	SR	12.45m	40-10¼	3/28/25	0.7	0.05
ALBION TFR! Team Total								0.75

165 **Methodist**
USA South

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► TJ	29	Treasure ROSARIO-WATSON	JR	11.16m 36-7½ (1.9)	3/22/25	0.75	0.00	0.75
METHODIST TFR! Team Total								0.75

166 Principia
SLIAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 200m	35	Sana UDOEKONG	FR	25.07w (2.5)	3/29/25	0.45	0.14	0.59
▶ 400m	44	Sana UDOEKONG	FR	58.78	3/29/25	0.15	0.00	0.15
PRINCIPIA TFRI Team Total								0.74

167 LeTourneau
SCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► PV	30	Eliza DYE	FR	3.40m	11-1¾	3/1/25	0.7	0.00
LETOURNEAU TFRI Team Total								0.70

167 Muhlenberg
Centennial

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► TJ	30	Shanice WILLIAMS	JR	11.14mw 36-6¾ (2.5)	3/30/25	0.7	0.00	0.70
MUHLENBERG TFR1 Team Total								0.70



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

169 **SUNY Oneonta**
SUNYAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► JAV	31	Sage DOUGLASS	SR	36.95m	121-3	3/30/25	0.65	0.01	0.66
SUNY ONEONTA TFRI Team Total									0.66

170 **Covenant**
CCS

LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	31	Emma CHRISTENSEN	SR	1.58m	5-2¼	3/22/25	0.65	0.00
COVENANT TFRI Team Total								0.65

170 Univ. of the South
SAA

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100H	31	Journey MORRISON	FR	15.29 (0.7)	3/28/25	0.65	0.00	0.65
UNIV. OF THE SOUTH TFRI Team Total								0.65

170 **Ursinus**
Centennial

▼ 160

LW: 10

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► LJ	31	Samantha WECHSLER	SO	5.40m	17-8¾ (0.0)	3/29/25	0.65	0.00	0.65
URSINUS TFRI Team Total								0.65	

173 Eastern (Pa.)
MAC

LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	49	Anahrie ANDERSON	SO	1:06.88	3/29/25	0.025	0.00	0.03
▶ 5000m	35	Hailey SHREFFLER	SR	17:39.90	3/29/25	0.45	0.12	0.57
▶ SP	50	Savana DODD	SO	12.08m 39-7¾	3/22/25	0.01	0.00	0.01
EASTERN (PA.) TFRI Team Total								0.61

174 **Randolph**
ODAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HEPT	32	Kendra SMITH	SR	1,694	3/22/25	0.6	0.00	0.60
RANDOLPH TFR1 Team Total								0.60

174 UW-Stevens Point

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► LJ	35	Lindsey TAYLOR	SO	5.36m	17-7 (1.7)	3/28/25	0.45	0.00
► SP	44	Lupe CORN	SR	12.23m	40-1½	3/28/25	0.15	0.00
UW-STEVENS POINT TFRI Team Total								0.60

176 **Montclair State**
NJAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 100m	38	McKay ALBY	FR	12.27	(1.0)	3/29/25	0.3	0.01	0.31
▶ 4x100	40	#Type!		49.03		3/29/25	0.25	0.00	0.25
MONTCLAIR STATE TFRI Team Total									0.56

177 **Alvernia**
MAC

▼ 137

LW: 40

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► JAV	33	Isabella LESKO	JR	36.84m	120-11	3/29/25	0.55	0.00
ALVERNIA TFR1 Team Total								0.55

178 Olivet
MIAA

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100H	34	Emily NORKOWSKI	SR	15.30w (2.2)	3/28/25	0.5	0.00	0.50
OLIVET TFR1 Team Total								0.50



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

178 **RIT**
Liberty League

▼ 147
LW: 31

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► DISC	34	Emily DIMARCO	SR	40.20m	131-11	3/19/25	0.5	0.00
RIT TFRI Team Total								0.50

180 **Bethany (W.Va.)**
PAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► HT	35	Alexis MAHAFFEY	SR	46.35m	152-1	3/29/25	0.45	0.00	0.45
BETHANY (W. VA.) TFRI Team Total									0.45

180 **UMass Boston**
Little East

▼ **112**
LW: 68

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 10,000m	42	Shea ROCHE	JR	38:26.70	3/29/25	0.2	0.00	0.20
▶ HJ	40	Dorinda OKORJI	SR	1.56m 5-1¼	3/29/25	0.25	0.00	0.25
UMASS BOSTON TFR1 Team Total								0.45

182 **Bethany Lutheran**
UMAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► SP	36	Stephanie WITBROD	SR	12.38m	40-7½	3/28/25	0.4	0.00
BETHANY LUTHERAN TFRI Team Total								0.40

183 **Gettysburg**
Centennial

▼ **132**
LW: 51

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	48	Lillian BOUDREAU	JR	1:06.85	3/23/25	0.05	0.00	0.05
▶ Steeple	37	Francesca PROTO	SR	11:34.62	3/23/25	0.35	0.00	0.35
GETTYSBURG TFRI Team Total								0.40

184 Muskingum
OAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	40	Marissa HILL	SO	1.56m	5-1¼	3/29/25	0.25	0.00
MUSKINGUM TFR1 Team Total								0.25

184 **Suffolk**
CNE

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	40	Averie DENELLE	FR	1.56m	5-1¼	3/29/25	0.25	0.00
SUFFOLK TFR1 Team Total								0.25

186 Saint Vincent
PAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	50	Miranda CINCOTTA	JR	4:44.48	3/29/25	0.01	0.00	0.01
▶ 10,000m	41	Kristen PRINCE	JR	38:23.81	3/22/25	0.225	0.00	0.23
SAINT VINCENT TFRI Team Total								0.24

187 Shenandoah
ODAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► JAV	42	Katya HOOVER	SR	36.34m 119-3	3/22/25	0.2	0.00	0.20
SHENANDOAH TFRI Team Total								0.20

188 **Bates**
NESCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 5000m	43	Sophie DEMERITT	SR	17:45.49	3/29/25	0.175	0.00	0.18
BATES TFR/ Team Total								0.18



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

188 UW-Platteville

LW:

UW-PLATTEVILLE TFRI Team Total **0.18**

190 Berea (Ky.)
HCAC

LW:

191 **WPI**
NEWMAC

▼ 164

LW: 27

192 Buena Vista
American Rivers

LW:

192 Illinois College
MWC

LW:

ILLINOIS COLLEGE TFRI Team Total	0.10
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194 **Illinois Tech**
NACC

LW:

194 **Union (N.Y.)**
Liberty League

LW:

194 Worcester State
MASCAC

LW:



National TFRI Team Summary

Only those who score >0.01 pts are shown
D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #1, April 1

198 St. Mary's (Md.) UEC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
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Scored bests come from CURRENT qualifying season

▶ JAV	49	Rocksann SMITH	FR	35.98m	118-1	3/22/25	0.025	0.00	0.03
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ST. MARY'S (MD.) TFRI Team Total 0.03

198 Trinity (Conn.) NESCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
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Scored bests come from CURRENT qualifying season

▶ 4x100	49	Savannah Cece, Brooke Scott, Jenna Najjar, Jillian Strynar		49.42	3/30/25	0.025	0.00	0.03
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TRINITY (CONN.) TFRI Team Total 0.03