



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

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	3	Jasmine WRIGHT	JR	11.78w (2.8)	3/29/25	26	1.94	27.94
▶ 100m	32	Lauren GAY	SR	12.13 (1.7)	4/12/25	0.6	0.09	0.69
▶ 100H	10	Lauren GAY	SR	14.25 (-0.1)	4/12/25	12	1.16	13.16
▶ 200m	7	Lauren GAY	SR	24.33 (1.5)	3/29/25	18	1.18	19.18
▶ 200m	29	Nicole STEWART	SR	24.81 (0.3)	4/12/25	0.75	0.20	0.95
▶ 200m	47	Quinn BIRD	FR	24.94 (1.0)	3/29/25	0.075	0.04	0.11
▶ 400m	5	Kylie SPYTEK	JR	55.48	3/29/25	22	1.87	23.87
▶ 400m	8	Catherine CHRISTOPHER	SO	55.68	3/29/25	16	1.47	17.47
▶ 400m	29	Quinn BIRD	FR	56.76	4/12/25	0.75	0.25	1.00
▶ 400m	40	Caroline ECHOLS	SO	57.32	3/29/25	0.25	0.00	0.25
▶ 400m	46	Julia CORIC	SO	57.63	4/12/25	0.1	0.00	0.10
▶ 400H	37	Ruby KAPLAN	SR	1:04.59	4/12/25	0.35	0.00	0.35
▶ 800m	6	Izzy GORTON	SR	2:09.68	3/28/25	20	1.60	21.60
▶ 800m	9	Caroline ECHOLS	SO	2:10.94	3/28/25	14	1.05	15.05
▶ 800m	17	Catherine CHRISTOPHER	SO	2:12.70	4/12/25	4.5	0.43	4.93
▶ 800m	50	Cate STEVENS	JR	2:15.74	4/12/25	0.01	0.00	0.01
▶ 1500m	9	Sophie BEKINS	SR	4:30.53	3/28/25	14	1.19	15.19
▶ 1500m	19	Katie RECTOR	JR	4:33.03	3/28/25	3.5	0.50	4.00
▶ 1500m	26	Izzy GORTON	SR	4:34.69	4/12/25	0.9	0.27	1.17
▶ 1500m	33	Virginia PRIDGEN	SR	4:36.54	3/28/25	0.55	0.02	0.57
▶ Steeple	8	Abigail PATTERSON	SR	10:49.47	3/28/25	16	1.24	17.24
▶ Steeple	21	Julia PATTERSON	SR	11:04.36	4/12/25	2.5	0.42	2.92
▶ Steeple	27	Riley CLARK	JR	11:11.77	4/12/25	0.85	0.15	1.00
▶ 5000m	33	Jillian HETH	JR	17:13.82	4/12/25	0.55	0.05	0.60
▶ 10,000m	44	Vivienne LARSON	SO	37:33.80	3/28/25	0.15	0.00	0.15
▶ 4x100	5	Maya Davis, Lauren Gay, Nicole Stewart, Jasmine Wright		46.46	4/12/25	22	2.16	24.16
▶ 4x400	3	Quinn Bird, Catherine Christopher, Kylie Spytek, Izzy Gorton		3:45.82	3/29/25	26	3.32	29.32
▶ HJ	8	Ebunoluwa OPATA	SR	1.66m 5-5¼	3/29/25	16	1.10	17.10
▶ HJ	19	Olivia THEISEN	SO	1.63m 5-4¼	4/12/25	3.5	0.29	3.79
▶ PV	1	Yasmin RUFF	SR	4.11m 13-5¾	4/12/25	30	3.91	33.91
▶ LJ	14	Ebunoluwa OPATA	SR	5.74m 18-10 (0.0)	4/12/25	D 2	0.05	2.05
▶ TJ	2	Ebunoluwa OPATA	SR	12.18m 39-11½ (1.2)	3/28/25	28	3.00	31.00
▶ SP	6	Jenae BOTHE	JR	13.88m 45-6½	4/12/25	20	1.61	21.61
▶ DISC	37	Jenae BOTHE	JR	42.18m 138-5	4/12/25	0.35	0.00	0.35
WASHINGTON (MO.) TFRI Team Total								352.80

MIT

NEWMAC

2

LW: 4

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	33	Marina MILLER	SR	56.93	3/29/25	0.55	0.14	0.69
▶ 400m	39	Olivia DIAS	SR	57.31	3/29/25	0.275	0.00	0.28
▶ 400m	43	Krystal MONTGOMERY	JR	57.54	3/29/25	0.175	0.00	0.18
▶ 800m	11	Krystal MONTGOMERY	JR	2:11.30	4/11/25	10	0.89	10.89
▶ 1500m	8	Gillian ROEDER	SR	4:30.21	4/12/25	16	1.28	17.28
▶ 1500m	16	Christina CROW	SR	4:32.26	4/12/25	5	0.70	5.70
▶ 1500m	24	Lexi FERNANDEZ	JR	4:33.94	4/12/25	1	0.38	1.38
▶ Steeple	14	Liv GIRAND	SO	10:56.68	3/29/25	7	0.71	7.71
▶ Steeple	30	Heather JENSEN	SO	11:13.95	3/29/25	0.7	0.07	0.77
▶ 10,000m	5	Kate SANDERSON	JR	34:52.91	3/29/25	22	1.73	23.73
▶ 10,000m	10	Rujuta SANE	JR	35:23.27	3/29/25	12	1.02	13.02
▶ 4x400	5	Marina Miller, Olivia Dias, Shreya Kalyan, Krystal Montgomery		3:47.58	3/29/25	22	2.31	24.31
▶ PV	10	Katelyn HOWARD	JR	3.85m 12-7½	4/12/25	12	1.10	13.10
▶ PV	20	Elise DOYLE	FR	3.66m 12-0	4/5/25	3	0.22	3.22
▶ PV	39	Hailey SURACE	JR	3.51m 11-6¼	4/5/25	0.275	0.00	0.28
▶ TJ	14	Nony OTU UGWU	JR	11.74m 38-6¼ (-0.1)	3/29/25	7	0.78	7.78
▶ SP	1	Alexis BOYKIN	SR	15.34m 50-4	3/29/25	30	7.39	37.39
▶ DISC	2	Alexis BOYKIN	SR	48.32m 158-7	3/29/25	D 2	3.60	5.60
▶ DISC	13	Emily BALL	SR	44.53m 146-1	4/12/25	8	0.68	8.68
▶ HT	1	Alexis BOYKIN	SR	59.34m 194-8	4/12/25	30	5.76	35.76
▶ HT	30	Emily BALL	SR	50.01m 164-1	4/5/25	0.7	0.01	0.71
▶ JAV	11	Elaine WANG	JR	40.82m 133-11	3/29/25	10	0.71	10.71
▶ JAV	27	Olivia CARPENTER	FR	39.17m 128-6	4/5/25	0.85	0.09	0.94
MIT TFRI Team Total								230.09

National TFRI Team Summary



as of 4/15/25 8:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

3

Emory
UAA



1

LW: 2

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	20	Eva CARCHIDI	SR	12.00 (0.3)	3/28/25	3	0.47	3.47
▶ 100m	30	Jada KENNER	FR	12.11 (0.9)	3/28/25	0.7	0.15	0.85
▶ 100H	8	Nikki BOON	SR	14.21 (1.9)	4/12/25	D 2	1.34	3.34
▶ 200m	6	Eva CARCHIDI	SR	24.24 (-0.3)	4/5/25	20	1.41	21.41
▶ 200m	37	Jada KENNER	FR	24.87 (-0.3)	4/5/25	0.35	0.12	0.47
▶ 200m	51	Nikki BOON	SR	24.95 (2.0)	3/28/25	0	0.02	0.02
▶ 400m	22	Dashiel TAO HARRIS	SR	56.48	4/5/25	2	0.44	2.44
▶ 800m	12	Madison TIAFFAY	JR	2:11.45	3/28/25	9	0.82	9.82
▶ 800m	18	Luna MCCAULEY	JR	2:12.71	3/28/25	4	0.43	4.43
▶ 800m	44	Rowan MILLER	FR	2:15.03	4/5/25	0.15	0.00	0.15
▶ 1500m	7	Madison TIAFFAY	JR	4:28.77	3/28/25	18	1.83	19.83
▶ 1500m	49	Luna MCCAULEY	JR	4:38.46	3/28/25	0.025	0.00	0.03
▶ Steeple	45	Cameron GUPTA	SO	11:19.36	4/12/25	0.125	0.00	0.13
▶ Steeple	48	Davis JOHNSON	FR	11:20.88	4/12/25	0.05	0.00	0.05
▶ 5000m	29	Liesl SCHERRER	SR	17:08.75	4/12/25	0.75	0.21	0.96
▶ 4x100	2	Nikki Boon, Eva Carchidi, Jada Kenner, Audrey Johnson		45.97	4/5/25	28	3.60	31.60
▶ 4x400	4	Audrey Johnson, Jada Kenner, Dashiel Tao Harris, Eva Carchidi		3:46.96	3/28/25	24	2.66	26.66
▶ HJ	19	Nikki BOON	SR	1.63m 5-4¼	3/28/25	D 2	0.29	2.29
▶ LJ	6	Nikki BOON	SR	5.91m 19-4¾ (0.0)	3/28/25	20	0.14	20.14
▶ TJ	20	Caroline HANSEN	SR	11.63m 38-2 (-0.5)	3/28/25	3	0.52	3.52
▶ TJ	24	Audrey JOHNSON	SR	11.52mw 37-9½ (2.7)	4/5/25	1	0.27	1.27
▶ TJ	26	Amaya GRANT	FR	11.50m 37-8¾ (-1.9)	3/27/25	0.9	0.22	1.12
▶ SP	23	Sarah FINEMAN	SR	13.09m 42-11½	4/5/25	1.5	0.18	1.68
▶ JAV	23	Nikki BOON	SR	39.49m 129-7	3/28/25	1.5	0.21	1.71
▶ JAV	37	Mable MUTUMWA	SO	38.25m 125-6	4/12/25	0.35	0.00	0.35
▶ HEPT	1	Nikki BOON	SR	5,638	3/28/25	30	6.69	36.69
EMORY TFRI Team Total								194.43

EMORY TFRI Team Total 194.43

4

UW-La Crosse
WIAC



1

LW: 5

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	40	Julie YANG	FR	12.16w (3.1)	4/5/25	0.25	0.00	0.25
▶ 100m	50	Anika REILAND	SO	12.22 (1.5)	4/5/25	0.01	0.00	0.01
▶ 100H	39	Brie ECKERMAN	SO	14.87 (0.2)	4/12/25	0.275	0.00	0.28
▶ 100H	47	Megan ZEMKE	FR	14.97w (3.6)	4/5/25	0.075	0.00	0.08
▶ 200m	9	Lauren JARRETT	JR	24.38 (-0.4)	4/12/25	14	1.05	15.05
▶ 400m	18	Anna PLAUTZ	SO	56.42	4/12/25	4	0.48	4.48
▶ 800m	38	Macy REYBROCK	FR	2:14.34	4/12/25	0.3	0.09	0.39
▶ Steeple	18	Becca IMMER	SO	11:01.26	3/28/25	4	0.54	4.54
▶ Steeple	24	Katelyn CHADWICK	SR	11:09.00	3/28/25	1	0.25	1.25
▶ 10,000m	9	Lucy DUCHAC	JR	35:22.51	3/28/25	14	1.04	15.04
▶ 10,000m	11	Madelynn MCINTYRE	SR	35:26.00	3/28/25	10	0.96	10.96
▶ 10,000m	29	Brooklyn LUEBKE	SO	36:51.65	3/28/25	0.75	0.00	0.75
▶ 10,000m	43	Mallory REISER	SO	37:32.31	3/28/25	0.175	0.00	0.18
▶ 4x100	4	Makenna Zak, Anika Reiland, Julie Yang, Lauren Jarrett		46.09	4/12/25	24	3.25	27.25
▶ 4x400	30	Anika Reiland, Alli Thomas, Brie Eckerman, Sarah Grubbs		3:58.71	4/5/25	0.7	0.00	0.70
▶ PV	4	Maddy HABBERSTAD	SO	4.01m 13-1¾	4/12/25	24	2.59	26.59
▶ PV	6	Araceli DE LEO LOPEZ	JR	3.91m 12-10	4/5/25	20	1.60	21.60
▶ PV	20	Jackie BERGERON	FR	3.66m 12-0	4/12/25	3	0.22	3.22
▶ PV	20	Amanda VANALSTER	FR	3.66m 12-0	4/12/25	3	0.22	3.22
▶ PV	39	Marisa HARVEY	SO	3.51m 11-6¼	4/5/25	0.275	0.00	0.28
▶ PV	39	Gabby PATTERSON	FR	3.51m 11-6¼	4/12/25	0.275	0.00	0.28
▶ PV	39	Emily SHAFRON	JR	3.51m 11-6¼	4/5/25	0.275	0.00	0.28
▶ LJ	10	Maya EVANS	JR	5.77mw 18-11¼ (2.2)	4/5/25	12	0.06	12.06
▶ LJ	25	Jenna MILLER	JR	5.62m 18-5¼ (1.5)	4/11/25	0.95	0.01	0.96
▶ TJ	26	Mackenzey KRONBERG	JR	11.50m 37-8¾ (1.8)	4/5/25	0.9	0.22	1.12
▶ TJ	36	Maya EVANS	JR	11.37m 37-3¾ (0.3)	4/12/25	0.4	0.00	0.40
▶ SP	10	Madilyn VANDER SANDEN	SO	13.53m 44-4¾	4/12/25	12	0.80	12.80
▶ HT	50	Madilyn VANDER SANDEN	SO	48.43m 158-11	4/12/25	0.01	0.00	0.01
▶ JAV	5	Gabby JOHNSON	SR	42.89m 140-9	4/5/25	22	2.13	24.13
▶ JAV	38	Ella PULS	JR	38.19m 125-4	4/5/25	0.3	0.00	0.30

***UW-LA CROSSE TFRI Team Total* 188.40**



Only those who score >0.01 pts are shown

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WOMEN – 2025 Checkpoint #3, April 15

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SUNY Geneseo
Empire 8



LW: 15

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	2	Brynn MOONEY	SO	11.76w (3.9)	4/5/25	28	2.12	30.12
▶ 100H	11	Jill AMBLER	SO	14.27w (2.3)	4/14/25	10	1.08	11.08
▶ 200m	5	Brynn MOONEY	SO	24.20w (4.0)	4/5/25	22	1.52	23.52
▶ 400m	6	Brynn MOONEY	SO	55.53	4/14/25	D 2	1.77	3.77
▶ 400H	28	Ava BAGLEY	SO	1:03.70	4/14/25	0.8	0.24	1.04
▶ 800m	22	Sierra DOODY	JR	2:13.33	4/5/25	2	0.30	2.30
▶ 1500m	20	Sierra DOODY	JR	4:33.11	4/14/25	3	0.49	3.49
▶ Steeple	6	Ann BRENNAN	JR	10:46.82	4/14/25	20	1.45	21.45
▶ Steeple	29	Isabel MARZEC	SR	11:13.25	4/14/25	0.75	0.09	0.84
▶ Steeple	40	Jillian O'ROURKE	SO	11:18.01	4/14/25	0.25	0.00	0.25
▶ 5000m	7	Penelope GREENE	SR	16:43.90	4/5/25	18	1.47	19.47
▶ 5000m	23	Gabriella MCCARTHY	SR	16:59.76	4/14/25	1.5	0.48	1.98
▶ 5000m	44	Lilly FOWLER-CONNER	SR	17:19.66	4/5/25	0.15	0.00	0.15
▶ 10,000m	2	Penelope GREENE	SR	33:42.16	4/14/25	28	4.11	32.11
▶ 10,000m	6	Lilly FOWLER-CONNER	SR	35:04.34	4/14/25	20	1.46	21.46
▶ 4x100	46	Lindsay Tellez, Brynn Mooney, Jill Ambler, Kayla Huba		48.35	4/14/25	0.1	0.00	0.10
▶ HT	47	Zoe CONNER	SR	48.75m 159-11	4/5/25	0.075	0.00	0.08
▶ JAV	21	Skyler KLIMOW	JR	39.79m 130-7	4/5/25	2.5	0.32	2.82
SUNY GENESEO TFRI Team Total								176.03

6

Williams
NESCAC



LW: 3

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	3	Rachel ARTHUR	SR	11.78w (2.8)	3/22/25	26	1.94	27.94
▶ 200m	20	Rachel ARTHUR	SR	24.65 (-0.4)	3/28/25	3	0.40	3.40
▶ 400m	3	Bella KING-HARVEY	SO	55.31	3/28/25	26	2.22	28.22
▶ 800m	13	Annika PALUSKA	FR	2:11.49	3/28/25	8	0.81	8.81
▶ 1500m	10	Lily YAMPOLSKY	FR	4:31.15	3/28/25	12	1.01	13.01
▶ Steeple	19	Charlene PENG	SO	11:02.40	3/28/25	3.5	0.49	3.99
▶ 5000m	46	Morgan EIGEL	SO	17:21.46	3/28/25	0.1	0.00	0.10
▶ 5000m	48	Tamar BYL-BRANN	SO	17:22.34	3/28/25	0.05	0.00	0.05
▶ 4x100	12	Bella King-Harvey, Rachel Arthur, Ella Sukup, Cate Donaldson		47.09	3/28/25	9	0.91	9.91
▶ 4x400	2	Cate Donaldson, Claire Jensen, Annika Paluska, Bella King-Harvey		3:44.80	3/28/25	28	3.92	31.92
▶ HJ	12	Amelie JAMANKA	JR	1.65m 5-5	3/28/25	9	0.75	9.75
▶ PV	12	Ellie FITZGERALD	JR	3.82m 12-6¼	3/22/25	9	0.96	9.96
▶ PV	17	Jae YU	SR	3.75m 12-3½	3/28/25	4.5	0.64	5.14
▶ PV	25	Poppy MILLER	SR	3.60m 11-9¾	3/28/25	0.95	0.00	0.95
▶ LJ	25	Kelsey TARBY	SO	5.62m 18-5¼ (0.5)	3/21/25	0.95	0.01	0.96
▶ TJ	15	Rafaela DELGADO	FR	11.71m 38-5 (0.0)	3/27/25	6	0.71	6.71
WILLIAMS TFRI Team Total								160.82

National TFRI Team Summary



as of 4/15/25 8:28 AM ET

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WOMEN – 2025 Checkpoint #3, April 15

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Nebraska Wesleyan



13

LW: 20

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► 4x100	14	Keeley Hourigan, Raegan Levi, Chloe Mooberry, Natalie Cummins		47.30	4/11/25	7	0.54	7.54	
► 4x400	36	Chloe Mooberry, Raegan Levi, Natalie Cummins, Delaney Vacek		4:00.80	4/11/25	0.4	0.00	0.40	
► HJ	31	Grace PYLE	FR	1.61m	5-3¼	4/11/25	0.65	0.00	0.65
► LJ	30	Natalie CUMMINS	SR	5.60m	18-4½ (-0.7)	4/11/25	0.7	0.01	0.71
► LJ	40	Chloe MOOBERRY	SO	5.55m	18-2½ (0.0)	4/11/25	0.25	0.00	0.25
► SP	2	Emmily BERGLUND	SO	14.13m	46-4¼	4/8/25	28	2.50	30.50
► DISC	4	Anna LUNDAHL	SR	46.98m	154-2	3/28/25	24	2.29	26.29
► DISC	6	Kaelyn MEANS	SO	46.09m	151-3	3/28/25	20	1.56	21.56
► DISC	13	Aspin COLLINS	FR	44.53m	146-1	4/11/25	8	0.68	8.68
► DISC	15	Ava LARMON	FR	44.48m	145-11	4/8/25	6	0.66	6.66
► DISC	28	Emmily BERGLUND	SO	42.73m	140-2	4/8/25	0.8	0.00	0.80
► JAV	1	Avery DECKER	SR	47.50m	155-10	4/11/25	30	7.13	37.13
► JAV	18	Aliah CLARKE	SR	39.97m	131-2	4/8/25	4	0.39	4.39

NEBRASKA WESLEYAN TFRI Team Total 145.56

8

Chicago
UAA

2

LW: 6

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	3	Gabri MESCHINO	SR	11.78w (2.8)	3/29/25	26	1.94	27.94
▶ 100H	1	Ren BROWN	SR	13.85 (1.5)	4/12/25	30	3.68	33.68
▶ 400H	1	Ren BROWN	SR	59.25	4/12/25	30	5.00	35.00
▶ 400H	26	Sharona SCHWAB	JR	1:03.66	3/29/25	0.9	0.26	1.16
▶ 400H	49	Camila GARANTON	JR	1:05.12	4/12/25	0.025	0.00	0.03
▶ 800m	14	Claudia HARNETT	SR	2:12.17	4/5/25	7	0.55	7.55
▶ 800m	42	Emma KELLY	JR	2:14.77	3/29/25	0.2	0.00	0.20
▶ 1500m	11	Claudia HARNETT	SR	4:31.35	4/12/25	10	0.96	10.96
▶ 1500m	27	Elisabeth CAMIC	SR	4:34.86	4/12/25	0.85	0.25	1.10
▶ 1500m	32	Emma KELLY	JR	4:36.22	3/28/25	0.6	0.07	0.67
▶ 1500m	35	Nora HOLMES	JR	4:36.63	4/12/25	0.45	0.01	0.46
▶ 5000m	15	Anna WATSON	SR	16:52.17	4/12/25	6	0.83	6.83
▶ 5000m	16	Estelle SNIDER	SO	16:52.39	4/12/25	5	0.82	5.82
▶ 5000m	27	Nora HOLMES	JR	17:06.07	3/28/25	0.85	0.29	1.14
▶ 10,000m	14	Estelle SNIDER	SO	35:41.70	3/28/25	7	0.62	7.62
▶ 4x100	31	Maddie Lyons, Gabri Meschino, Arielle Troadec, Ava Hagwell		48.04	4/12/25	0.65	0.00	0.65
▶ 4x400	19	Ava Hagwell, Elisabeth Camic, Onese Ewerhido, Ren Brown		3:55.79	4/12/25	3.5	0.00	3.50
▶ LJ	44	Marina SEMPLE	JR	5.51m 18-1 (0.0)	4/12/25	0.15	0.00	0.15

CHICAGO TFRI Team Total 144.45



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

9 Johns Hopkins Centennial

2
LW: 11

JOHNS HOPKINS TFR1 Team Total	140.62
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10 **Rochester (N.Y.)**
Liberty League

 **4**
LW: 14

ROCHESTER (N.Y.) TFRI Team Total 132.44

11 Loras

▼ **1**
LW: 10

LORAS TFRI Team Total 130.70

National TFRI Team Summary



as of 4/15/25 8:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

12

Elmhurst
CCIW



4

LW: 8

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	3.30	33.30
► 100m	8	Lauren MARSHALL	SR	11.82w (2.7)	3/30/25	16	1.58	17.58
► 100H	23	Nakala NADEAU	SR	14.54 (1.5)	4/12/25	1.5	0.33	1.83
► 200m	1	Alyssa BUSKER	SR	23.66c (24.02) (0.4)	3/30/25	30	3.50	33.50
► 200m	21	Lauren MARSHALL	SR	24.69 (0.1)	4/5/25	2.5	0.35	2.85
► 400m	38	Carmela WOODS	SO	57.18	4/12/25	0.3	0.00	0.30
► 4x100	1	Tiana Grady, Lauren Marshall, Hannah Schwarz, Alyssa Busker		45.73	4/12/25	30	4.32	34.32
► 4x400	31	Carmela Woods, Alyssa Busker, Sadie Hartmann, Nayeli Villegas		3:58.85	4/5/25	0.65	0.00	0.65
► LJ	23	Chloe SELMER	FR	5.64m 18-6 (1.1)	4/12/25	1.5	0.02	1.52
► LJ	24	Paulina TINAJERO	SO	5.63m 18-5¾ (0.0)	4/12/25	1	0.02	1.02
► LJ	44	Vanessa CARR	JR	5.51m 18-1 (0.0)	4/12/25	0.15	0.00	0.15
► TJ	41	Chloe SELMER	FR	11.34m 37-2½ (1.0)	4/12/25	0.225	0.00	0.23
ELMHURST TFRI Team Total								127.24

13

Wartburg



e

LW: 7

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	46	JoJo TYYNISMAA	JR	12.20 (0.9)	4/12/25	0.1	0.00	0.10
▶ 100H	15	JoJo TYYNISMAA	JR	14.34w (2.3)	4/12/25	6	0.78	6.78
▶ 100H	21	Grace BRADEN	SO	14.43w (2.3)	4/12/25	2.5	0.56	3.06
▶ 100H	50	Ryann DECKER	FR	15.00w (2.3)	4/12/25	0.01	0.00	0.01
▶ 400H	4	JoJo TYYNISMAA	JR	1:01.37	3/29/25	24	2.01	26.01
▶ 400H	21	Sophia STAHL	SO	1:03.48	3/29/25	2.5	0.34	2.84
▶ Steeple	5	Ellie MEYER	SR	10:36.88	3/28/25	22	2.24	24.24
▶ 5000m	12	Ellie MEYER	SR	16:50.15	4/12/25	9	0.96	9.96
▶ 10,000m	40	Kelly GIARDINA	JR	37:25.87	3/28/25	0.25	0.00	0.25
▶ 4x100	49	Addie Parker, JoJo Tyynismaa, Avery Schultes, Ryann Decker		48.54	4/5/25	0.025	0.00	0.03
▶ 4x400	50	Bella Skay, Kiana Carnes, Caitlin Benesh, Olivia Tollari		4:04.02	3/29/25	0.01	0.00	0.01
▶ HJ	38	Samantha NIELSEN	JR	1.60m 5-3	4/12/25	0.3	0.00	0.30
▶ TJ	18	Shaniah JOHNSON	SR	11.65mw 38-2¾ (2.9)	4/5/25	4	0.57	4.57
▶ DISC	39	Abby VELD	FR	42.05m 138-0	4/5/25	0.275	0.00	0.28
▶ HT	2	Emma TRUE	SR	57.67m 189-3	4/12/25	28	4.24	32.24
▶ HT	42	Tara JOCHUMSEN	SR	48.99m 160-9	4/12/25	0.2	0.00	0.20
▶ HEPT	25	Caitlin BENESH	SO	3,892	4/5/25	0.95	0.03	0.98
▶ HEPT	30	Brooke SHAFER	SR	3,799	4/5/25	0.7	0.00	0.70
▶ HEPT	39	Samantha NIELSEN	JR	3,657	4/5/25	0.275	0.00	0.28
WARTBURG TFRI Team Total								112.81



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

14 **George Fox**
NWC

▼ **1**
LW: 13

GEORGE FOX TFRI Team Total	103.40
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15 Centre
SAA

▲ 11
LW: 26

CENTRE TFRI Team Total	99.95
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16 UW-Oshkosh
WIAC

34
LW: 50

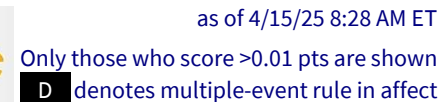
UW-OSHKOSH TFRI Team Total	99.38
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17 **Colby**
NESCAC

▼ **1**
LW: 16

COLBY TFRI Team Total		98.32
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CENTRE TFRI Team Total **99.95**



18 **Rowan** **6**
NJAC LW: 12

19 **North Central (Ill.)** **unch**
 CCIW LW: 19

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 200m	12	Lindsey NOVAK	SR	24.43 (1.5)	3/29/25	9	0.92	9.92
► 400m	4	Lindsey NOVAK	SR	55.38	4/5/25	24	2.08	26.08
► PV	2	Gwen BERENYI	JR	4.03m 13-2½	3/29/25	28	2.85	30.85
► PV	39	Natalie JOHNSON	SR	3.51m 11-6¼	3/29/25	0.275	0.00	0.28
► LJ	33	Katelyn MCCANN	JR	5.59m 18-4¼ (1.8)	3/29/25	0.55	0.01	0.56
► TJ	33	Abbie LAYNE	SO	11.44m 37-6½ (0.5)	4/12/25	0.55	0.08	0.63
► HT	34	Gabrielle HARDING	SR	49.70m 163-1	4/12/25	0.5	0.00	0.50
► JAV	6	Faith LADIN	SR	42.01m 137-10	4/5/25	20	1.47	21.47
► JAV	47	Robin LEE	SR	37.29m 122-4	4/12/25	0.075	0.00	0.08
NORTH CENTRAL (ILL.) TFRI Team Total								90.36

20 **Augustana (Ill.)** **2**
CCIW LW: 18

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	22	McKenzie RESER	SR	12.01 (1.3)	4/5/25	2	0.44	2.44
► 200m	8	McKenzie RESER	SR	24.37 (1.6)	4/5/25	16	1.07	17.07
► 800m	30	Lina MAATOUK	SR	2:13.80	4/12/25	0.7	0.20	0.90
► Steeple	15	Emma ODLE	SR	10:58.78	3/28/25	6	0.63	6.63
► 4x100	47	Shakira Wade, McKenzie Reser, Cora Deemer, Jordyn VanSanten		48.40	4/12/25	0.075	0.00	0.08
► 4x400	18	Jordyn VanSanten, Cora Deemer, Lina Maatouk, McKenzie Reser		3:55.00	4/5/25	4	0.11	4.11
► DISC	3	Charlotte FREIRE	JR	48.24m 158-3	4/12/25	26	3.51	29.51
► JAV	4	Heather MICHALSKI	SR	43.13m 141-6	4/12/25	24	2.38	26.38
► JAV	22	Laina NELSON	SO	39.67m 130-2	3/29/25	2	0.28	2.28
AUGUSTANA (ILL.) TFRI Team Total								89.39

21 UW-Whitewater **4**
 WIAC LW: 17

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	24	Kelly HUERTA	FR	12.04w (2.4)	3/29/25	1	0.35	1.35
▶ 100m	50	Dakota MITCHELL	FR	12.22 (-0.3)	4/4/25	0.01	0.00	0.01
▶ 200m	42	Dakota MITCHELL	FR	24.88 (1.2)	4/12/25	0.2	0.11	0.31
▶ 5000m	25	Ari DE LA CERDA	SR	17:05.25	4/12/25	0.95	0.31	1.26
▶ 4x100	3	Danielle Pouska, Dakota Mitchell, Kelly Huerta, Cici Stennett		46.03	4/12/25	26	3.42	29.42
▶ PV	2	Gracie HOLLAND	SR	4.03m 13-2½	4/4/25	28	2.85	30.85
▶ SP	23	Kenni CZARNECKI	SR	13.09m 42-11½	3/29/25	1.5	0.18	1.68
▶ DISC	8	Ryleigh CZARNECKI	SO	46.00m 150-11	3/29/25	16	1.49	17.49
▶ DISC	43	Kenni CZARNECKI	SR	41.55m 136-4	4/12/25	0.175	0.00	0.18
▶ HT	18	Kenni CZARNECKI	SR	50.80m 166-8	4/4/25	4	0.27	4.27
UW-WHITEWATER TFRI Team Total								86.82



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

22 **Tufts**
NESCAC

20
LW: 42

TUFTS TFRI Team Total	81.40
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23 Connecticut College
NESCAC

7
LW: 30

CONNECTICUT COLLEGE TFR1 Team Total	80.34
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24 Calvin
MIAA

1
LW: 25

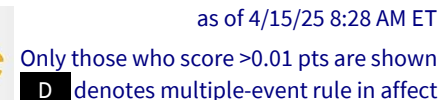
CALVIN TFRI Team Total	79.12
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25 **Colorado College**
SCAC

▼ **16**
LW: 9

COLORADO COLLEGE TFR1 Team Total	75.33
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COLORADO COLLEGE TFERI Team Total 75.33



26 Mount Union OAC

7
LW: 33

MOUNT UNION TFRI Team Total 74.67

27 **John Carroll**
OAC

14
LW: 41

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	13	Dakota HOUSTON	FR	11.91w (3.4)	3/30/25	D 2	0.82	2.82
▶ 200m	3	Dakota HOUSTON	FR	23.83cw (24.20) (2.6)	3/30/25	26	2.81	28.81
▶ 200m	47	Sandra KING	FR	24.94cw (25.32) (2.6)	3/30/25	0.075	0.04	0.11
▶ 400m	46	Sandra KING	FR	57.63	4/13/25	0.1	0.00	0.10
▶ 5000m	39	Abby SCHROFF	JR	17:17.79	4/14/25	0.275	0.00	0.28
▶ 4x100	7	Mia Scott, Sandra King, Paige Munchick, Dakota Houston		46.76	4/13/25	18	1.54	19.54
▶ HJ	29	Michaela BRYAN	SR	1.62m 5-3¾	4/5/25	0.75	0.11	0.86
▶ LJ	10	Dakota HOUSTON	FR	5.77m 18-11¼ (1.4)	4/11/25	12	0.06	12.06
▶ JAV	12	Lily SHAHAN	FR	40.61m 133-3	4/13/25	9	0.63	9.63
▶ JAV	35	Leah FRITSCH	JR	38.31m 125-8	4/13/25	0.45	0.00	0.45
JOHN CARROLL TFRI Team Total								74.66

28 North Carolina Wesleyan

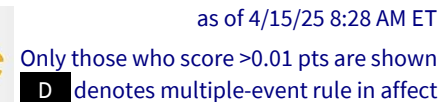
unch
LW: 28

NORTH CAROLINA WESLEYAN TFR/ Team Total 73.84

29 Middlebury
NESCAC

▲ 35
LW: 64

MIDDLEBURY TFRI Team Total 72.87



30 UW-Eau Claire
WIAC

1
LW: 31

UW-EAU CLAIRE TFR1 Team Total 71.34

31 **NYU**
UAA

99
LW: 130

NYU TFRI Team Total 70.53

32 Redlands (Calif.)

9
LW: 23

REDLANDS (CALIF.) TFRI Team Total 65.37

33 **Whitworth**
NWC

4
LW: 29

WHITWORTH TFR1 Team Total 64.57



National TFRI Team Summary



WOMEN — 2025 Checkpoint #3, April 15

34

Claremont-Mudd-Scripps

SCIAC



7

LW: 27

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
100m	14	Josephine JETT	SO	11.92 (1.3)	3/22/25	7	0.76	7.76
100H	4	Josephine JETT	SO	14.08 (0.1)	4/12/25	24	2.15	26.15
200m	26	Josephine JETT	SO	24.77 (1.4)	3/29/25	0.9	0.25	1.15
Steeple	22	Revere SCHMIDT	SO	11:08.56	3/8/25	2	0.26	2.26
Steeple	44	Olivia BACKHOLM	FR	11:19.14	3/29/25	0.15	0.00	0.15
4x100	28	Luna Young, Josephine Jett, Mallory Venezia, Sydney Behrens		47.95	4/12/25	0.8	0.00	0.80
HJ	38	Simone ROGERS	SR	1.60m 5-3	3/1/25	0.3	0.00	0.30
PV	24	Madeline SEIFERT	JR	3.65m 11-11¾	4/5/25	1	0.17	1.17
HT	9	Antonia HEKSTER	SR	52.20m 171-3	3/29/25	14	0.72	14.72
JAV	14	Sophia LAUDI	FR	40.48m 132-10	3/29/25	7	0.58	7.58

CLAREMONT-MUDD-SCRIPPS TFRI Team Total 62.04

35

Monmouth (Ill.)

MWC



3

LW: 32

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
SP	18	Maddie BOLEY	SR	13.34m 43-9¼	4/12/25	4	0.54	4.54
SP	34	Kayla BRAUN	JR	12.80m 42-0	4/12/25	0.5	0.00	0.50
DISC	1	Maddie BOLEY	SR	49.06m 161-0	4/5/25	30	4.49	34.49
HT	7	Jillian TOTH	JR	53.77m 176-5	4/5/25	18	1.57	19.57
HT	27	Maddie BOLEY	SR	50.34m 165-2	4/5/25	0.85	0.12	0.97

MONMOUTH (ILL.) TFRI Team Total 60.06

36

Elizabethtown

Landmark



11

LW: 47

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
400m	34	Kelty OASTER	SR	57.03	4/14/25	0.5	0.08	0.58
800m	2	Kelty OASTER	SR	2:07.19	4/14/25	28	3.05	31.05
1500m	5	Kelty OASTER	SR	4:27.92	4/5/25	22	2.20	24.20
4x400	44	Sophie Shadle, Kirsten Navich, Melissa Patton, Kelty Oaster		4:02.38	4/14/25	0.15	0.00	0.15
DISC	21	Isabella COWGER	FR	43.57m 143-0	3/29/25	2.5	0.28	2.78

ELIZABETHTOWN TFRI Team Total 58.75

37

Ithaca

Liberty League



13

LW: 24

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
100m	19	Aynisha MCQUILLAR	FR	11.98 (1.6)	3/29/25	3.5	0.52	4.02
100H	2	Rachel LARSON	JR	13.98 (1.2)	4/6/25	28	2.81	30.81
100H	8	Laura SUPPA	JR	14.21 (1.2)	4/6/25	16	1.34	17.34
4x100	26	Ava Butler, Laura Suppa, Rachel Larson, Aynisha McQuillar		47.90	4/6/25	0.9	0.00	0.90
HJ	19	Madeleine WRIGHT	SO	1.63m 5-4¼	4/6/25	3.5	0.29	3.79
PV	47	Erin EASTWOOD	JR	3.50m 11-5¾	4/6/25	0.075	0.00	0.08
SP	29	Lily SEYFERT	JR	12.89m 42-3½	3/29/25	0.75	0.00	0.75
HT	44	Enya GREEN	SO	48.94m 160-7	4/6/25	0.15	0.00	0.15
JAV	50	Lily SEYFERT	JR	37.22m 122-2	4/12/25	0.01	0.00	0.01
HEPT	31	Cameron TING	FR	3,793	4/12/25	0.65	0.00	0.65

ITHACA TFRI Team Total 58.49

38

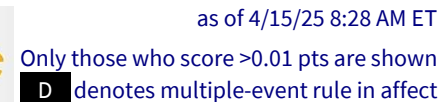
Framingham State

MASCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
LJ	1	Norah RUSSELL	SO	36.36m 119-4 (0.0)	4/5/25	30	27.81	57.81

FRAMINGHAM STATE TFRI Team Total 57.81



39 **Widener** **13**
MAC LW: 52

40

Southern Maine

Little East

16

LW: 56

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ SP	11	Zoe BARNES	SR	13.49m 44-3¼	4/11/25	10	0.75	10.75
▶ DISC	10	Zoe BARNES	SR	45.60m 149-7	4/11/25	12	1.16	13.16
▶ JAV	2	Riley REITCHEL	JR	44.24m 145-2	4/5/25	28	3.59	31.59
SOUTHERN MAINE TFRI Team Total								55.49

42	Susquehanna Landmark	 9 LW: 51
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USTFCCA NCAA Division III Outdoor Track & Field National TFRI Team Summary



as of 4/15/25 8:28 AM ET

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

WOMEN — 2025 Checkpoint #3, April 15

44 Trinity (Texas) SCAC

▼ 23
LW: 21

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	24	Danya SELBER	SR	14.55w (3.3)	4/12/25	1	0.30	1.30
▶ 200m	37	Annabelle LANIK	FR	24.87w (3.7)	3/22/25	0.35	0.12	0.47
▶ 400m	44	CC GRAY	SR	57.58	3/29/25	0.15	0.00	0.15
▶ 400H	46	Danya SELBER	SR	1:05.04	3/29/25	0.1	0.00	0.10
▶ 800m	47	Annette SMITH	SO	2:15.35	3/29/25	0.075	0.00	0.08
▶ 4x100	21	Nia Scott, CC Gray, Danya Selber, Annabelle Lanik		47.64	3/22/25	2.5	0.22	2.72
▶ 4x400	21	Halle Hamilton, Annette Smith, Lilly Broussard, CC Gray		3:56.75	3/29/25	2.5	0.00	2.50
▶ LJ	4	Annabelle LANIK	FR	5.98mw 19-7½ (2.2)	3/28/25	24	0.19	24.19
▶ LJ	33	Joy AREOLA	SR	5.59mw 18-4¼ (2.9)	3/21/25	0.55	0.01	0.56
▶ TJ	7	Joy AREOLA	SR	11.96m 39-3 (1.8)	3/28/25	18	1.55	19.55

TRINITY (TEXAS) TFRI Team Total 51.62

45 Greenville SLIAC

▼ 6
LW: 39

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	19	TyKiaza JONES	FR	14.41 (-0.1)	4/12/25	3.5	0.60	4.10
▶ Steeple	42	Gretchen CARIE	SR	11:18.36	4/12/25	0.2	0.00	0.20
▶ 4x100	19	Taylor Tucker, Jocelyn Fritz, TyKiaza Jones, Jazmyn Harmon		47.58	4/12/25	3.5	0.28	3.78
▶ 4x400	40	Jazmyn Harmon, Eva Schwaab, Taylor Tucker, Norah Swinigan		4:01.29	4/12/25	0.25	0.00	0.25
▶ HJ	19	Anna Beth VANCIL	SR	1.63m 5-4¼	4/4/25	3.5	0.29	3.79
▶ PV	17	Kenzie KURDYS	SO	3.75m 12-3½	4/4/25	4.5	0.64	5.14
▶ TJ	50	Jazmyn HARMON	SO	11.20m 36-9 (1.1)	4/12/25	0.01	0.00	0.01
▶ SP	14	Talahiva TALANOA	SR	13.47m 44-2½	4/12/25	7	0.72	7.72
▶ DISC	22	Talahiva TALANOA	SR	43.55m 142-11	3/29/25	2	0.27	2.27
▶ HT	5	Talahiva TALANOA	SR	54.40m 178-6	4/12/25	22	1.96	23.96

GREENVILLE TFRI Team Total 51.21

46 Aurora NACC

▲ 2
LW: 48

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	15	Deyanneira COLON MALDONADO	SR	4:31.91	4/5/25	D 2	0.80	2.80
▶ 5000m	4	Deyanneira COLON MALDONADO	SR	16:38.23	4/12/25	24	2.01	26.01
▶ 10,000m	7	Deyanneira COLON MALDONADO	SR	35:15.27	3/28/25	18	1.20	19.20

AURORA TFRI Team Total 48.02

47 Carroll (Wis.) CCIW

▼ 3
LW: 44

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ SP	7	Maria FALK	SR	13.83m 45-4½	4/5/25	18	1.48	19.48
▶ SP	15	Vanessa UITENBROEK	SR	13.43m 44-¾	4/5/25	6	0.66	6.66
▶ DISC	7	Vanessa UITENBROEK	SR	46.04m 151-1	4/12/25	18	1.52	19.52
▶ HT	17	Vanessa UITENBROEK	SR	50.87m 166-11	4/5/25	D 2	0.29	2.29

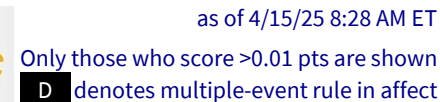
CARROLL (WIS.) TFRI Team Total 47.95

48 Central (Iowa) American Rivers

▲ 5
LW: 53

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	42	Ava PARKINS	SO	12.17w (3.7)	3/28/25	0.2	0.00	0.20
▶ 100H	28	Olivia BOHLEN	JR	14.69 (1.7)	4/11/25	0.8	0.01	0.81
▶ 200m	25	Emily MCMARTIN	JR	24.73w (3.0)	3/28/25	0.95	0.30	1.25
▶ 800m	23	Alivia ROERDINK	SO	2:13.34	4/11/25	1.5	0.30	1.80
▶ Steeple	4	Peyton STEFFEN	JR	10:33.85	4/11/25	24	2.52	26.52
▶ 5000m	17	Peyton STEFFEN	JR	16:53.39	3/28/25	4.5	0.76	5.26
▶ 4x100	32	Mary Gustason, Ava Parkins, Danika Arnold, Emily McMartin		48.06	4/11/25	0.6	0.00	0.60
▶ 4x400	13	Lizzy Van Utrecht, Alivia Roerdink, Emily McMartin, Ava Parkins		3:51.58	4/11/25	8	0.75	8.75
▶ PV	47	Amber VROMAN	SR	3.50m 11-5¾	4/5/25	0.075	0.00	0.08

CENTRAL (IOWA) TFRI Team Total 45.26



49 **DePauw** **15**
NCAC LW: 34

DEPAUW TFRI Team Total	44.48
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50 **Linfield** **14**
NWC LW: 36

LINFIELD TFRI Team Total	44.30
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51

Carthage

CCIW

▲

4

LW: 55

▶ HT	15	Nicole TARPLEY	SR	51.09m	167-8	4/5/25	6	0.36	6.36
CARTHAGE TFRI Team Total									41.61

52 **Wilmington (Ohio)** **12**
OAC LW: 40

WILMINGTON (OHIO) TFR1 Team Total	41.18
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53 **Berry** **16**
SAA LW: 37

BERRY TFR1 Team Total	40.76
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National TFRI Team Summary



as of 4/15/25 8:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

54

Chapman
SCIAC



16

LW: 38

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	21	Sarah CHARLES	SO	56.46	4/12/25	2.5	0.45	2.95
▶ 400m	28	Allison KREMER	SR	56.69	4/12/25	0.8	0.30	1.10
▶ 400H	24	Chayanit KITNITCHIVA	SR	1:03.63	3/29/25	1	0.28	1.28
▶ 1500m	14	Annika CARLSON	JR	4:31.74	4/12/25	7	0.85	7.85
▶ Steeple	13	Annika CARLSON	JR	10:54.82	3/1/25	8	0.83	8.83
▶ 10,000m	37	Brenda DAZA	SO	37:22.54	3/28/25	0.35	0.00	0.35
▶ 4x100	14	Khyra Stiner, Kaylee Smith, Allison Kremer, Makenna Lizarde		47.30	3/1/25	7	0.54	7.54
▶ 4x400	12	Kaylee Smith, Makenna Lizarde, Chayanit Kitnitchiva, Sarah Charles		3:50.97	3/14/25	9	0.92	9.92
CHAPMAN TFRI Team Total								39.82

55

Grove City
PAC



20

LW: 35

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	50	Kiara WHITE	FR	12.22 (2.0)	4/12/25	0.01	0.00	0.01
▶ 800m	45	Lydia BENNETT	SR	2:15.09	4/5/25	0.125	0.00	0.13
▶ 1500m	12	Lydia BENNETT	SR	4:31.55	4/5/25	9	0.90	9.90
▶ Steeple	7	Grace SMITH	SR	10:48.95	4/14/25	18	1.28	19.28
▶ Steeple	16	Ella LYLE	SR	10:59.01	4/14/25	5	0.62	5.62
▶ 5000m	21	Lydia BENNETT	SR	16:56.35	3/29/25	2.5	0.59	3.09
▶ HJ	31	Elly BRUNER	SO	1.61m 5-3¼	4/12/25	0.65	0.00	0.65
GROVE CITY TFRI Team Total								38.68

56

Lynchburg
ODAC



34

LW: 22

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	16	Betsy MOHNKERN	SR	14.36w (2.6)	3/29/25	5	0.71	5.71
▶ 800m	46	Hannah EDWARDS	SO	2:15.27	4/12/25	0.1	0.00	0.10
▶ 5000m	22	Allison DELL	SR	16:59.67	4/5/25	2	0.49	2.49
▶ 4x100	43	Kacey Kelly, Betsy Mohnkern, Selah Parker, Rylee Turner		48.29	4/12/25	0.175	0.00	0.18
▶ 4x400	39	Betsy Mohnkern, Rylee Turner, Anna Miller, Hannah Edwards		4:01.13	4/5/25	0.275	0.00	0.28
▶ PV	47	Allison BOBST	SR	3.50m 11-5¾	3/29/25	0.075	0.00	0.08
▶ LJ	35	Margo FOX	JR	5.58m 18-3¾ (0.2)	3/29/25	0.45	0.00	0.45
▶ TJ	6	Kacey KELLY	JR	11.99m 39-4 (0.6)	3/29/25	20	1.71	21.71
▶ JAV	16	Kacey KELLY	JR	40.08m 131-6	4/5/25	5	0.43	5.43
▶ HEPT	22	Margo FOX	JR	3,942	3/22/25	2	0.13	2.13
LYNCHBURG TFRI Team Total								38.54

57

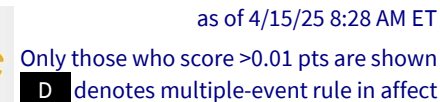
Gustavus Adolphus



52

LW: 109

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 200m	4	Megan GERAETS	SR	24.19 (1.7)	4/12/25	24	1.54	25.54
► 4x100	30	Allison Stacy, Megan Geraets, Laura Thauvin, Kate Carlson		48.02	4/12/25	0.7	0.00	0.70
► LJ	19	Megan GERAETS	SR	5.67mw 18-7¼ (2.8)	4/5/25	3.5	0.03	3.53
► DISC	24	Kelley BRENNAN	JR	43.35m 142-3	4/12/25	1	0.18	1.18
► DISC	30	Olivia DUNCAN	SO	42.67m 140-0	4/5/25	0.7	0.00	0.70
► HT	16	Kelley BRENNAN	JR	51.01m 167-4	4/12/25	5	0.34	5.34
GUSTAVUS ADOLPHUS TFR1 Team Total								36.99



64 **Coast Guard** **3**
NEWMAC LW: 67

65

Dubuque

American Rivers

▲ 37

LW: 102

66

Bridgewater State

MASCAC

▲

84

LW: 150

67 **Washington and Lee**  **22**
ODAC LW: 45

68 UW-Stout  **12**
WIAC LW: 80

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	14	Hannah ZASTROW	SR	14.32 (-1.1)	4/12/25	7	0.86	7.86
▶ 100H	32	Lilly ROBERTS	JR	14.75 (-1.1)	4/12/25	0.6	0.00	0.60
▶ 100H	42	Kaylie RATHS	SR	14.89 (-1.1)	4/12/25	0.2	0.00	0.20
▶ 400H	11	Lilly ROBERTS	JR	1:02.46	4/12/25	10	0.88	10.88
▶ 400H	24	Kaylie RATHS	SR	1:03.63	4/12/25	1	0.28	1.28
▶ 5000m	49	McKayla FELTON	SR	17:22.42	4/12/25	0.025	0.00	0.03
▶ 4x100	29	Jenna Driscoll, Lilly Gamache, Makayla Durango, Esme Irel		47.98	4/12/25	0.75	0.00	0.75
▶ HJ	38	Hannah ZASTROW	SR	1.60m 5-3	4/12/25	0.3	0.00	0.30
▶ PV	25	Raegan SORENSEN	SR	3.60m 11-9¾	4/12/25	0.95	0.00	0.95
▶ PV	25	Leah ZASTROW	JR	3.60m 11-9¾	4/12/25	0.95	0.00	0.95
▶ LJ	25	Jenna DRISCOLL	SR	5.62mw 18-5¼ (2.1)	4/5/25	0.95	0.01	0.96
▶ DISC	16	Aubree KOENINGS	SO	44.43m 145-9	4/5/25	5	0.64	5.64
▶ HT	32	Aubree KOENINGS	SO	49.84m 163-6	4/12/25	0.6	0.00	0.60
UW-STOUT TFRI Team Total								31.00



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



as of 4/15/25 8:28 AM ET

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WOMEN — 2025 Checkpoint #3, April 15

69 Lewis & Clark NWC

▼ 8
LW: 61

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	30	Elsie CHIN	JR	1:04.06	4/12/25	0.7	0.09	0.79
▶ 800m	39	Malia HEIEN	JR	2:14.49	4/5/25	0.275	0.06	0.33
▶ Steeple	38	Madeleine BOYLE	JR	11:16.43	3/29/25	0.3	0.00	0.30
▶ 10,000m	3	Riley BUESE	SR	34:16.33	4/5/25	26	2.85	28.85
▶ 4x400	45	Elsie Chin, Miriam Reside, Callow Soto, Malia Heien		4:02.89	4/12/25	0.125	0.00	0.13

LEWIS & CLARK TFRI Team Total 30.40

70 Macalester MIAC

▼ 1
LW: 69

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	2	Ariella ROGAHN-PRESS	FR	55.24c (55.97)	4/5/25	28	2.36	30.36

MACALESTER TFRI Team Total 30.36

71 Gordon (Mass.) CNE

▼ 13
LW: 58

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	27	Amaris GOODWIN	SR	12.06 (0.4)	3/15/25	0.85	0.29	1.14
▶ 200m	27	Amaris GOODWIN	SR	24.80w (2.7)	4/11/25	0.85	0.21	1.06
▶ 10,000m	4	Rachel BRENNAN	SR	34:28.04	3/28/25	24	2.43	26.43
▶ 10,000m	34	Carolyn DAY	SR	36:57.38	3/28/25	0.5	0.00	0.50
▶ HT	26	Alivia GERAGHTY	SO	50.36m 165-3	4/5/25	0.9	0.12	1.02

GORDON (MASS.) TFRI Team Total 30.16

72 North Park CCIW

▲ 21
LW: 93

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	24	Riana HAYES	JR	12.04w (2.5)	4/5/25	1	0.35	1.35
▶ 100m	46	Meja LINDBERG	SO	12.20 (1.8)	4/5/25	0.1	0.00	0.10
▶ 100H	20	Thea RING	JR	14.42w (3.4)	3/29/25	3	0.58	3.58
▶ 200m	29	Thea RING	JR	24.81 (0.1)	4/5/25	0.75	0.20	0.95
▶ 200m	37	Riana HAYES	JR	24.87 (0.0)	4/5/25	0.35	0.12	0.47
▶ 400m	31	Thea RING	JR	56.91	4/5/25	0.65	0.16	0.81
▶ 4x100	6	Mariana Costa, Riana Hayes, Thea Ring, Meja Lindberg		46.49	4/12/25	20	2.07	22.07

NORTH PARK TFRI Team Total 29.33

73 Catholic (D.C.) Landmark

▲ 26
LW: 99

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	22	Brigid BYRNES	SO	1:03.51	3/21/25	2	0.33	2.33
▶ 400H	27	Clare MARSH	SR	1:03.68	4/14/25	0.85	0.25	1.10
▶ 400H	39	Mia MCCONNELL	SO	1:04.60	4/5/25	0.275	0.00	0.28
▶ 1500m	13	Emily MOEHRINGER	SR	4:31.68	4/14/25	8	0.86	8.86
▶ Steeple	9	Kate INGLIS	SR	10:49.69	4/14/25	14	1.22	15.22
▶ 10,000m	50	Laurel MCMAHON	SO	37:46.47	4/14/25	0.01	0.00	0.01
▶ 4x400	23	Clare Marsh, Mia McConnell, Zoey Brown, Brigid Byrnes		3:57.12	3/29/25	1.5	0.00	1.50

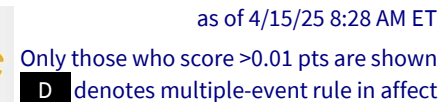
CATHOLIC (D.C.) TFRI Team Total 29.30

74 Goucher Landmark

▲ 84
LW: 158

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	3	Tanise THORNTON - FILLYAW	JR	2:07.42	4/12/25	26	2.90	28.90
▶ 1500m	48	Tanise THORNTON - FILLYAW	JR	4:38.30	3/29/25	0.05	0.00	0.05
▶ TJ	45	Aryanna PAULENA	FR	11.29m 37-½ (0.0)	3/29/25	0.125	0.00	0.13

GOUCHER TFRI Team Total 29.07



75 **Baldwin Wallace** **23**
OAC LW: 98

76 Pomona-Pitzer  **31**
SCIAC LW: 107

77 **Houghton**  **17**
Empire 8 LW: 60

78

Stockton

NJAC

▼

35

LW: 43

79 **Southwestern (Texas)**  **48**
SCAC LW: 127

80 **Penn State Behrend**  **12**
SUNYAC LW: 68

81 UW-Platteville  **68**
 WIAC LW: 149

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► 4x100	34	Haley Stannard, Elianna Dalamangas, Madison Ahrens, Kayla Lipsey		48.13	4/12/25	0.5	0.00	0.50	
► HJ	38	Hailey CAMPBELL	SO	1.60m	5-3	4/5/25	0.3	0.00	0.30
► PV	39	Evelyn TROXEL	SO	3.51m	11-6¼	4/12/25	0.275	0.00	0.28
► SP	4	Brenna NOON	SR	14.00m	45-11¼	4/12/25	24	1.97	25.97
UW-PLATTEVILLE TFRI Team Total								27.04	



Only those who score >0.01 pts are shown

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WOMEN – 2025 Checkpoint #3, April 15

82 **Mary Washington**
C2C

▲ 9
LW: 91

Scored bests come from CURRENT qualifying season

MARY WASHINGTON TFR1 Team Total 26.08

83 **UMass Boston**
Little East

▼ 8
LW: 75

Scored bests come from CURRENT qualifying season

UMASS BOSTON TFRI Team Total 25.39

84 Ohio Northern
OAC

▼ 22
LW: 62

Scored bests come from CURRENT qualifying season

OHIO NORTHERN TFR1 Team Total	24.28
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85 Allegheny (Pa.) PAC

12
LW: 97

Scored bests come from CURRENT qualifying season

ALLEGHENY (PA.) TFR1 Team Total 24.04

86 **Manchester**
HCAC

▼ **13**
LW: 73

Scored bests come from CURRENT qualifying season

MANCHESTER TFR1 Team Total 23.44

87 Scranton Landmark

 **3**
LW: 90

Scored bests come from CURRENT qualifying season

SCRANTON TFRI Team Total 23.02



Only those who score >0.01 pts are shown

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WOMEN – 2025 Checkpoint #3, April 15

94 **Belhaven (Miss.)**
CCS

▼ **31**
LW: 63

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 200m	27	Kimona HAYNES	JR	24.80 (1.5)	3/9/25	0.85	0.21	1.06
▶ 400m	12	Ashaunti JONES	SR	55.99	3/22/25	9	0.93	9.93
▶ 400m	14	Kimona HAYNES	JR	56.16	3/22/25	7	0.70	7.70
▶ TJ	31	Jakia JOINER	SO	11.45m 37-6¾ (0.0)	3/1/25	0.65	0.10	0.75
BELHAVEN (MISS.) TFR1 Team Total								19.45

95 **Edgewood**
NACC

87
LW: 182

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► JAV	7	Kylee DOHERTY	JR	41.79m	137-1	4/12/25	18	1.31
EDGEWOOD TFR1 Team Total								19.31

96 **Stevens**
MAC

▼ 15
LW: 81

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ HJ	8	Caroline TIGHE	SR	1.66m	5-5¼	3/29/25	16	1.10
▶ HJ	38	Maggie PREVIGLIAN	JR	1.60m	5-3	4/5/25	0.3	0.00
▶ HEPT	29	Isabella SHANLEY	SO	3,807		4/12/25	0.75	0.00
STEVENS TFRI Team Total								18.15

97 **Roger Williams**
CNE

▼ 3
LW: 94

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► SP	45	Hailey GARCIA	FR	12.66m	41-6½	4/4/25	0.125	0.00	0.13
► JAV	8	Angela WEST	FR	41.57m	136-5	4/12/25	16	1.15	17.15
ROGER WILLIAMS TFRI Team Total									17.27

98 **Southern Virginia**
USA South

▼ **16**
LW: 82

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► HJ	8	Marin SIMONS	FR	1.66m	5-5¼	4/5/25	16	1.10	17.10
SOUTHERN VIRGINIA TFRI Team Total									17.10

99 **St. Thomas (Texas)**
SCAC

▼ **40**
LW: 59

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	48	Quadetra WILBURN	FR	12.21w (2.7)	3/29/25	0.05	0.00	0.05
▶ 200m	19	Trinity PROVOST	JR	24.64w (3.7)	3/22/25	3.5	0.41	3.91
▶ 400m	19	Trinity PROVOST	JR	56.43	3/29/25	3.5	0.47	3.97
▶ 4x100	13	Quadetra Wilburn, Kaela Sawyers, Trinity Provost, Ny'Cierra Hinton		47.29	3/22/25	8	0.55	8.55
▶ 4x400	43	Grace Pearson, Selest Edwards, Lexie Allred Rojas, Trinity Provost		4:02.28	3/29/25	0.175	0.00	0.18

ST. THOMAS (TEXAS) TFR/ Team Total 16.66

100 **Hanover**
HCAC

▼ **16**
LW: 84

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► SP	9	Jessie STENGER	SR	13.71m	44-11½	3/30/25	14	1.15	15.15
► DISC	25	Jessie STENGER	SR	43.25m	141-11	3/30/25	0.95	0.14	1.09
HANOVER TFRI Team Total									16.24



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

101 **RPI**
Liberty League

66
LW: 167

102

Concordia Moorhead
MIAC

34

LW: 136

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	30	Jenna KALEVIK	SR	14.72w (3.6)	4/11/25	0.7	0.00	0.70
▶ 400m	35	Kyla NYGAARD	JR	57.06	4/11/25	0.45	0.06	0.51
▶ 800m	26	Kyla NYGAARD	JR	2:13.59	4/5/25	0.9	0.24	1.14
▶ 4x100	40	Andie Sandman, Emily Rengo, Piper Osborne, Kyla Nygaard		48.22	4/11/25	0.25	0.00	0.25
▶ JAV	25	Genevieve GRUBA	SO	39.32m 129-0	4/11/25	0.95	0.14	1.09
▶ HEPT	15	Peyton SELLE	SR	4,258	4/13/25	6	0.72	6.72
▶ HEPT	17	Jenna KALEVIK	SR	4,203	4/13/25	4.5	0.62	5.12
CONCORDIA MOORHEAD TFRI Team Total								15.54

103 **Puget Sound**
NWC

▼ 20
LW: 83

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	20	Kyrstin WILSON	JR	12.00 (1.5)	3/8/25	3	0.47	3.47
► 200m	23	Kyrstin WILSON	JR	24.70w (3.3)	3/8/25	1.5	0.34	1.84
► 400m	13	Elizabeth BEISWANGER	SO	56.15	3/1/25	8	0.72	8.72
► 4x400	34	Victoria Bradshaw, Erin Schmidlin, Kyrstin Wilson, Elizabeth Beiswanger		4:00.45	3/29/25	0.5	0.00	0.50
PUGET SOUND TFRI Team Total								14.52

104 Carleton
MIAC

▼ **26**
LW: 78

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106 **Chatham**
PAC

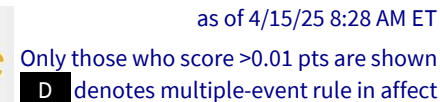
▼ **34**
LW: 72

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	34	Aurielle BRUNNER	SR	1:04.35	4/12/25	0.5	0.00	0.50
▶ LJ	15	Aurielle BRUNNER	SR	5.73m 18-9¾ (0.0)	4/11/25	6	0.05	6.05
▶ TJ	15	Aurielle BRUNNER	SR	11.71m 38-5 (0.0)	3/28/25	6	0.71	6.71
CHATHAM TFRI Team Total								13.26

107 **Hunter**
CUNYAC

▼ **19**
LW: 88

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► TJ	10	Jamie RISSO	JR	11.86m	38-11 (1.4)	3/29/25	12	1.10	13.10
HUNTER TFR1 Team Total									13.10



WOMEN – 2025 Checkpoint #3, April 15

108 **Hardin-Simmons**
ASC

▼ **23**
LW: 85

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	22	Kylah WASHINGTON	SO	12.01 (1.0)	3/22/25	2	0.44	2.44
▶ HJ	12	Katie BALLER	SR	1.65m 5-5	3/22/25	9	0.75	9.75
▶ HJ	38	Emmalee HORTON	JR	1.60m 5-3	3/1/25	0.3	0.00	0.30
▶ HJ	38	Janae GREEN	JR	1.60m 5-3	3/22/25	0.3	0.00	0.30
HARDIN-SIMMONS TFRI Team Total								12.79

109 UC Santa Cruz
C2C

▼ 39
LW: 70

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	28	Elena STANCIU	SO	4:35.14	4/5/25	0.8	0.21	1.01
▶ Steeple	11	Kenzie SEYMOUR	SO	10:52.21	4/5/25	10	1.03	11.03
UC SANTA CRUZ TFRI Team Total								12.04

110 UW-River Falls

▼ 36
LW: 74

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► PV	12	Annika GUNDERSON	JR	3.82m	12-6¼	4/12/25	9	0.96	9.96
► PV	29	Abigail BIGGS	FR	3.57m	11-8½	3/28/25	0.75	0.00	0.75
► HEPT	28	Haylie RASMUSSEN	SO	3,827		3/21/25	0.8	0.00	0.80
► HEPT	38	Brielle KUECHLE	FR	3,734		3/21/25	0.3	0.00	0.30
► HEPT	50	Lauren MACHACEK	FR	3,391		3/21/25	0.01	0.00	0.01
UW-RIVER FALLS TFRI Team Total									11.82

111 Marietta
OAC

▼ 7
LW: 104

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► PV	11	Emily THOMPSON	JR	3.84m	12-7¼	3/29/25	10	1.06 11.06
MARIETTA TFRI Team Total								11.06

112 **Kenyon**
NCAC

6
LW: 118

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► TJ	11	Paula SORIC	SR	11.82m	38-9½ (1.5)	4/11/25	10	0.96
KENYON TFRI Team Total								10.96

113 **Roanoke**
ODAC

▼ **24**
LW: 89

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	48	Olivia VIERS	SO	14.98 (1.0)	4/12/25	0.05	0.00	0.05
▶ 400H	14	Ophelia LADNER	JR	1:03.00	4/5/25	7	0.55	7.55
▶ 4x100	22	Nalonda Henderson, Lindsey Hobin, Mae Kaufman, Eleanor Hinckley		47.67	3/29/25	2	0.19	2.19
▶ 4x400	24	Lindsey Hobin, Ophelia Ladner, Mae Kaufman, Maryrose Molina-Shuman		3:57.41	4/5/25	1	0.00	1.00
ROANOKE TFRI Team Total								10.79

114 **Wheaton (Mass.)**
NEWMAC

▼ **14**
LW: 100

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 100m	17	Michaina LORISTON	JR	11.97	(1.2)	4/5/25	4.5	0.55	5.05
▶ 4x100	16	Emily Zielinski, Wendy Wooden, Inez Medeiros, Michaina Loriston		47.40		4/5/25	5	0.45	5.45
WHEATON (MASS.) TFRI Team Total								10.50	

115 **Millikin**
CCIW

20
LW: 135

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	26	De'Andranay CHISM	FR	12.05 (1.6)	3/29/25	0.9	0.32	1.22
▶ 200m	13	De'Andranay CHISM	FR	24.46 (0.3)	4/12/25	8	0.84	8.84
▶ HJ	38	Hannah SAGO	JR	1.60m 5-3	3/29/25	0.3	0.00	0.30
MILLIKIN TFRI Team Total								10.36



National TFRI Team Summary



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116 TCNJ
NJAC▼ 13
LW: 103

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	48	Rukiyat DARANIJO	SO	57.64	3/29/25	0.05	0.00	0.05
▶ 4x400	25	Eliza Bruncaj, Brenna Omert, Kelly O'Grady, Rukiyat Daranijo		3:57.75	3/29/25	0.95	0.00	0.95
▶ HT	14	Jessica REILLY	SR	51.28m 168-3	3/29/25	7	0.42	7.42
▶ HT	39	Kerri MCCARTHY	SR	49.12m 161-2	4/12/25	0.275	0.00	0.28
▶ HEPT	23	Sarah SCEPKOWSKI	JR	3,929	4/12/25	1.5	0.10	1.60

TCNJ TFRI Team Total 10.30

117 Babson
NEWMAC▼ 22
LW: 95

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ HJ	12	Amrit REHAL	FR	1.65m	5-5	3/22/25	9	0.75	9.75

BABSON TFRI Team Total 9.75

118 Amherst
NESCAC▼ 41
LW: 77

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	26	Eliza CARDWELL	SR	14.64 (1.3)	4/12/25	0.9	0.12	1.02
▶ 100H	44	Myeh MEDINA	JR	14.91 (2.0)	4/12/25	0.15	0.00	0.15
▶ 400H	31	Myeh MEDINA	JR	1:04.18	4/12/25	0.65	0.04	0.69
▶ 800m	16	Piper LENTZ	JR	2:12.40	4/5/25	5	0.50	5.50
▶ 800m	43	Zoe MARCUS	SO	2:14.95	4/5/25	0.175	0.00	0.18
▶ 1500m	46	Sylvan WOLD	SR	4:37.39	4/5/25	0.1	0.00	0.10
▶ 5000m	36	Flora BIRO	FR	17:16.39	4/5/25	0.4	0.00	0.40
▶ 10,000m	46	Claire CALLON	SR	37:35.79	3/29/25	0.1	0.00	0.10
▶ 4x100	39	Rachel Hubley, Camilla Lash, Eliza Cardwell, Ellie Jolly		48.20	4/5/25	0.275	0.00	0.28
▶ HJ	31	Leah SMITH	SO	1.61m 5-3¼	4/12/25	0.65	0.00	0.65
▶ PV	31	Payton SORENSEN	SR	3.55m 11-7¾	4/12/25	0.65	0.00	0.65

AMHERST TFRI Team Total 9.70

119 Wittenberg
NCAC▼ 4
LW: 115

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	20	Meghan FRAZIER	SR	56.44	4/12/25	3	0.46	3.46
▶ 4x100	20	Zora Shakhan, Lindsey Magoteaux, Meghan Frazier, Isabelle Henderson		47.62	4/12/25	3	0.24	3.24
▶ 4x400	28	Abigail Danne, Isabelle Henderson, Meghan Frazier, Tymeerah De'Armond		3:57.97	4/12/25	0.8	0.00	0.80

▶ HJ	38	Julissa WILLIAMS	SR	1.60m	5-3	4/5/25	0.3	0.00	0.30
▶ PV	38	Story LAING	SO	3.52m	11-6½	4/5/25	0.3	0.00	0.30
▶ LJ	25	Isabelle HENDERSON	FR	5.62m	18-5¼ (1.2)	3/21/25	0.95	0.01	0.96

WITTENBERG TFRI Team Total 9.07

120 Alfred
Empire 8

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ HEPT	13	Anne SPILA	SR	4,341	4/11/25	8	0.88	8.88

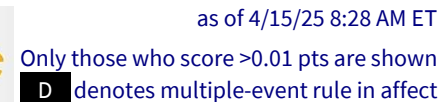
ALFRED TFRI Team Total 8.88

121 Simpson (Iowa)
American Rivers▼ 15
LW: 106

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	35	Madison HAYS	JR	1:04.42	4/11/25	0.45	0.00	0.45
▶ 10,000m	18	Teghan BOOTH	SR	35:52.78	3/28/25	4	0.49	4.49
▶ 4x400	38	Madison Hays, Chloe Wierson, Nicole Middents, Maddax DeVault		4:00.94	4/11/25	0.3	0.00	0.30

▶ JAV	20	Aaliyah JOHNSON	SR	39.81m	130-8	3/28/25	3	0.33	3.33
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SIMPSON (IOWA) TFRI Team Total 8.57



122

Nazareth

Empire 8

▼

1

LW: 121

123 **Rose-Hulman**  **10**
HCAC LW: 113

124 Christopher Newport  **7**
C2C LW: 131

125

St. Olaf

MIAC

▼

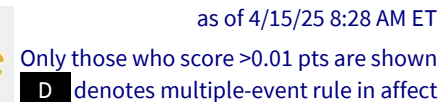
39

LW: 86

126 **Bridgewater (Va.)**  **34**
ODAC | W: 92

127 **Willamette**  **31**
NWC LW: 96

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	29	Katherine THORNTON	SR	14.70 (0.5)	4/12/25	0.75	0.00	0.75
▶ 400H	33	Katherine THORNTON	SR	1:04.23	4/12/25	0.55	0.02	0.57
▶ HJ	19	Erica SNYDER	JR	1.63m 5-4¼	4/15/25	3.5	0.29	3.79
▶ HJ	38	Ella THOMPSON	FR	1.60m 5-3	4/15/25	0.3	0.00	0.30
▶ HJ	38	Whitley STEPP	JR	1.60m 5-3	3/1/25	0.3	0.00	0.30
▶ HT	45	Tenley GRANT	SR	48.93m 160-7	4/12/25	0.125	0.00	0.13
▶ HEPT	26	Ella THOMPSON	FR	3,891	3/20/25	0.9	0.03	0.93
▶ HEPT	33	Erica SNYDER	JR	3,786	3/20/25	0.55	0.00	0.55
WILLAMETTE TFRI Team Total								7.31



136 Pacific Lutheran **22**
NWC LW: 114

137 **Buffalo State**  **21**
SUNYAC LW: 116

138 **LeTourneau**
SCAC LW:

139 **SUNY Cortland**  **7**
SUNYAC LW: 132

140 **Hamline**  **11**
MIAC LW: 129

141 Eastern Connecticut State  **3**
Little East LW: 138

142 **Concordia Wisconsin**  **35**
NACC LW: 177

143 **Utica**  **2**
Empire 8 LW: 141

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	19	Hannah ALLISON	SO	1.63m 5-4¼	4/12/25	3.5	0.29	3.79
UTICA TFRI Team Total								3.79



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

144 **Springfield (Mass.)**  **21**
NEWMAC LW: 123

SPRINGFIELD (MASS.) TFRI Team Total 3.58

145 **Case Western Reserve**  **34**
UAA LW: 111

CASE WESTERN RESERVE TFRI Team Total 3.56

146

Berea (Ky.)

HCAC

▼

6

LW: 140

BEREA (KY.) TFRI Team Total 3.23

147 **Messiah**  **3**
MAC LW: 144

MESSIAH TFRI Team Total 3.22

148

Smith

NEWMAC

▲ 26

LW: 174

SMITH TFRI Team Total 2.96

149 **King's College (Pa.)**  **27**
MAC LW: 122

KING'S COLLEGE (PA.) TFR1 Team Total 2.95

150 **St. John Fisher**  **24**
Empire 8 LW: 126

ST. JOHN FISHER TFRI Team Total 2.69

151

Wooster

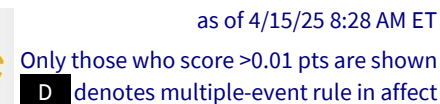
NCAC

▼

23

LW: 128

WOOSTER TFRI Team Total 2.49



WOMEN – 2025 Checkpoint #3, April 15

152 **Bates**
NESCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ HT	22	Carli CIAVARELLI	JR	50.56m	165-11	4/12/25	2	0.19	2.19
▶ HEPT	42	Juno ROGERS	FR	3,517		4/12/25	0.2	0.00	0.20
BATES TFRI Team Total									2.39

153 **Moravian**
Landmark

LW: 133

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	26	Abigail GIAMONI	SR	56.64	3/29/25	0.9	0.33	1.23
▶ 10,000m	26	Tara SMURLA	JR	36:33.52	4/14/25	0.9	0.04	0.94
MORAVIAN TFRI Team Total								2.17

154 Carnegie Mellon
UAA

LW: 142

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 5000m	28	Maya DUCKER	SO	17:06.13	4/14/25	0.8	0.29	1.09
► 5000m	32	Orit SHIANG	JR	17:11.59	4/14/25	0.6	0.12	0.72
► PV	39	Hazel BUONOPANE	SO	3.51m	11-6¼ 3/29/25	0.275	0.00	0.28
► TJ	47	Jocelyn KIEFEL	SR	11.27m	36-11¾ (0.2) 4/4/25	0.075	0.00	0.08
CARNEGIE MELLON TFRI Team Total								2.15

155 **Rhodes**
SAA

LW: 171

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 100m	28	Olivia FREEMAN	JR	12.08	(1.6)	4/12/25	0.8	0.23	1.03
▶ JAV	32	Evan DUET	SR	38.44m	126-2	4/12/25	0.6	0.00	0.60
RHODES TFRI Team Total									1.63

156 **Salisbury**
C2C

LW: 124

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► 5000m	45	Anna BODMER	SO	17:21.36	4/5/25	0.125	0.00	0.13	
► 10,000m	47	Anna BODMER	SO	37:36.28	3/15/25	0.075	0.00	0.08	
► 4x100	33	Emma Christman, Marlyse Haack, Lilly Williams, Karia Forvil		48.10	4/5/25	0.55	0.00	0.55	
► 4x400	47	Lilly Williams, Marlyse Haack, Karia Forvil, Emma Smyser		4:03.36	3/15/25	0.075	0.00	0.08	
► LJ	37	Mia HILL	JR	5.57m	18-3¼ (-0.9)	3/29/25	0.35	0.00	0.35
► TJ	36	Emma CHRISTMAN	JR	11.37m	37-3¾ (1.1)	4/5/25	0.4	0.00	0.40
SALISBURY TFRI Team Total								1.58	

157 Otterbein
OAC

LW: 143

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► SP	26	Anastasia SMITH	FR	12.99m	42-7½	4/5/25	0.9	0.04	0.94
► DISC	34	Landry DRISKEL	SO	42.26m	138-8	4/12/25	0.5	0.00	0.50
► HEPT	46	Charlie DOLLIVER	JR	3,445		3/22/25	0.1	0.00	0.10
OTTERBEIN TFRI Team Total									1.54

158 **Juniata**
Landmark

LW: 160

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
► PV	30	Olivia BARBACCI	JR	3.56m	11-8	4/12/25	0.7	0.00	0.70
► JAV	31	Emma COOLIDGE	JR	38.51m	126-4	3/29/25	0.65	0.00	0.65
JUNIATA TRI Team Total									1.35

159 **Franciscan**
PAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 800m	24	Lauren DOSCH	SO	2:13.41	4/14/25	1	0.28	1.28
FRANCISCAN TFRI Team Total								1.28



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

160 Lebanon Valley

▼ **1**
LW: 159

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► Steeple	28	Coyla BARTHOLOMEW	JR	11:12.66	4/14/25	0.8	0.11	0.91
► 10,000m	39	Coyla BARTHOLOMEW	JR	37:24.84	3/29/25	0.275	0.00	0.28
LEBANON VALLEY TFRI Team Total								1.19

161 **Benedictine (Ill.)**
NACC

32
LW: 193

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► JAV	24	Peyton PANKA	SR	39.34m	129-1	4/12/25	1 0.15	1.15
BENEDICTINE (ILL.) TFR1 Team Total								1.15

162 Bethany (W.Va.)
PAC

LW:

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HT	25	Alexis MAHAFFEY	SR	50.47m 165-7	4/13/25	0.95	0.16	1.11
BETHANY (W. VA.) TFR! Team Total								1.11

163 **Trine**
MIAA

▼ 55
LW: 108

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	30	Bailey PUCKETT	JR	4:35.38	3/28/25	0.7	0.18	0.88
▶ 5000m	43	Sidney SWICK	JR	17:19.52	3/28/25	0.175	0.00	0.18
TRINE TRI Team Total								1.06

164 Saint Mary's (Minn.)

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	30	Zari YOUNG	FR	12.11w (3.1)	4/12/25	0.7	0.15	0.85
▶ SP	44	Sydney JACKMAN	SR	12.68m 41-7¼	4/12/25	0.15	0.00	0.15
SAINT MARY'S (MINN.) TFR1 Team Total								1.00

165 Grinnell
MWC

▲ 11
LW: 176

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► Steeple	31	Hannah ROTH	SO	11:14.05	4/11/25	0.65	0.06	0.71
► JAV	39	Juniper SCHWARTZMAN	SO	38.00m 124-8	3/28/25	0.275	0.00	0.28
GRINNELL TFR1 Team Total								0.99

166 **Swarthmore**
Centennial

▼ 15
LW: 151

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	45	Elizabeth PAGE	FR	4:37.20	4/4/25	0.125	0.00	0.13
▶ HJ	38	Trelstad T	SR	1.60m 5-3	4/5/25	0.3	0.00	0.30
▶ SP	39	Tate GARCIA	JR	12.73m 41-9¼	4/5/25	0.275	0.00	0.28
▶ DISC	40	Lydia MORRIS-KLIMENT	SO	41.79m 137-1	4/12/25	0.25	0.00	0.25
SWARTHMORE TFRI Team Total								0.95

167 **Suffolk**
CNE

▼ **33**
LW: 134

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 1500m	29	Amalia DORION	SR	4:35.28	4/5/25	0.75	0.19	0.94
SUFFOLK TFR1 Team Total								0.94



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

168 **Castleton**
Little East

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► DISC	26	Kalynn STEVENSON	SO	42.98m 141-0	4/11/25	0.9	0.03	0.93
CASTLETON TFRI Team Total								0.93

169 **Illinois College**
MWC

LW: 170

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100H	39	Aleese TRIMINGHAM	SO	14.87w (3.1)	4/4/25	0.275	0.00	0.28
► 4x100	36	McKenzie Murray, Fynesse Jones, Haley Garrett, Deja Anderson		48.15	4/12/25	0.4	0.00	0.40
► LJ	43	Deja ANDERSON	SO	5.53mw 18-1¼ (2.2)	4/12/25	0.175	0.00	0.18
ILLINOIS COLLEGE TFRI Team Total								0.85

170 Albion
MIAA

LW: 172

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► SP	27	Tess ANTHONY	SR	12.91m 42-4¼	4/12/25	0.85	0.00	0.85
ALBION TFRI Team Total								0.85

170 **Keene State**
Little East

LW: 119

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HEPT	27	Molly LU MCKELLAR	JR	3,863	3/28/25	0.85	0.00	0.85
KEENE STATE TFRI Team Total								0.85

170 Rhode Island College
Little East

LW: 137

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 10,000m	27	Haley OLIVER	JR	36:40.50	3/29/25	0.85	0.00	0.85
RHODE ISLAND COLLEGE TFRI Team Total								0.85

173 **Methodist**
USA South

LW: 154

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► TJ	31	Treasure ROSARIO-WATSON	JR	11.45mw 37-6¾ (2.5)	4/5/25	0.65	0.10	0.75
METHODIST TFR1 Team Total								0.75

174 **Endicott**
CNE

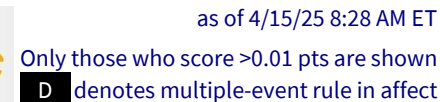
LW: 155

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	31	Abby GRIFFITH	FR	1.61m	5-3¼	3/29/25	0.65	0.00
► HEPT	48	Meagan MCANDREWS	FR	3,432		4/12/25	0.05	0.00
ENDICOTT TFR1 Team Total								0.70

175 **Westfield State**
MASCAC

LW: 152

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► LJ	44	Eliza LEE	JR	5.51m 18-1 (0.0)	3/23/25	0.15	0.00	0.15
► TJ	34	Eliza LEE	JR	11.42mw 37-5¼ (2.1)	3/23/25	0.5	0.04	0.54
WESTFIELD STATE TFRI Team Total								0.69



WOMEN – 2025 Checkpoint #3, April 15

176 **Arcadia**  **19**
MAC LW: 157

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 10,000m	41	April BROWNE	SR	37:26.08	3/29/25	0.225	0.00	0.23
▶ TJ	35	Mia FLEMING	SO	11.39m	37-4½ (0.0)	0.45	0.00	0.45
ACADIA TFRI Team Total								0.68

177 Virginia Wesleyan  **22**
 ODAC LW: 155

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	31	Norah CIANO	SR	1.61m	5-3¼	4/5/25	0.65	0.00
VIRGINIA WESLEYAN TFR1 Team Total								0.65

178 Wellesley
NEWMAC

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ Steeple	33	Ella WHINNEY	JR	11:15.33	4/12/25	0.55	0.02	0.57
▶ 10,000m	48	Emily BRYDGES	JR	37:36.58	4/12/25	0.05	0.00	0.05
WELLESLEY TFR1 Team Total								0.62

179 Univ. of New England
CNE

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 10,000m	32	Nina PARZIALE	SR	36:53.08	4/14/25	0.6	0.00	0.60
UNIV. OF NEW ENGLAND TRI Team Total								0.60

180 **DeSales**  **33**
 MAC LW: 147

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 10,000m	33	Ellie KOZICH	FR	36:56.42	3/29/25	0.55	0.00	0.55
DESALES TFRI Team Total								0.55

181 **Ursinus** ▼ **19**
 Centennial LW: 162

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	41	Kaelin RYAN	JR	14.88 (0.7)	4/14/25	0.225	0.00	0.23
▶ TJ	38	Samantha WECHSLER	SO	11.35m 37-3 (1.3)	4/4/25	0.3	0.00	0.30
URSINUS TFRI Team Total								0.53

182 **Geneva**  **17**
PAC LW: 199

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 5000m	34	Carmen MEDVIT	JR	17:14.83	4/14/25	0.5	0.02	0.52
GENEVA TFRI Team Total								0.52

183 **St. Mary's (Md.)**
UEC

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HEPT	34	Rocksann SMITH	FR	3,772	4/12/25	0.5	0.00	0.50
ST. MARY'S (MD.) TFRI Team Total								0.50

184

New Jersey City

NJAC

▼

19

LW: 165

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 200m	37	Reyanna HENDERSON	SR	24.87w (2.4)	3/29/25	0.35	0.12	0.47
NEW JERSEY CITY TFRI Team Total								0.47

185 Wesleyan (Conn.)  **37**
 NESCAC LW: 148

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► Steeple	36	Alexandra SIMON	SO	11:15.75	4/5/25	0.4	0.00	0.40
WESLEYAN (CONN.) TFRI Team Total								0.40



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN – 2025 Checkpoint #3, April 15

186 St. Scholastica MIAC

▼ 7
LW: 179

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HT	36	Ella STRITESKY	JR	49.63m	162-10	4/12/25	0.4	0.00
ST. SCHOLASTICA TFRI Team Total								0.40

186 York (Pa.)
MAC

▼ **18**
LW: 168

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 400H	36	Payton MANN	SR	1:04.53	4/14/25	0.4	0.00	0.40
YORK (PA.) TFR1 Team Total								0.40

188 **St. Lawrence**
Liberty League

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HEPT	37	Amelia BERTHOLD	JR	3,738	4/11/25	0.35	0.00	0.35
ST. LAWRENCE TFRI Team Total								0.35

189 **RIT**
Liberty League

28
LW: 161

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400H	45	Caroline HILL	SR	1:05.02	4/5/25	0.125	0.00	0.13
▶ DISC	42	Emily DIMARCO	SR	41.71m	136-10 4/5/25	0.2	0.00	0.20
RIT TFRI Team Total								0.33

190 **Alma**
MIAA

▼ 17
LW: 173

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	38	Helena SNYDER	SR	1.60m	5-3	3/28/25	0.3	0.00
ALMA TERI Team Total								0.30

190 **Gettysburg**
Centennial

▼ 24
LW: 166

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 10,000m	38	Gabrielle THIRY	FR	37:24.49	4/5/25	0.3	0.00	0.30
GETTYSBURG TFRI Team Total								0.30

190 Transylvania
HCAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► HJ	38	Taylor ROARK	SR	1.60m 5-3	4/12/25	0.3	0.00	0.30
TRANSYLVANIA TFR1 Team Total								0.30

193 Buena Vista
American Rivers

▼ 9
LW: 184

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► SP	42	Courtney JOHNSON	SR	12.70m 41-8	4/12/25	0.2	0.00	0.20
► SP	47	Payton SCHERMERHORN	SO	12.64m 41-5¾	4/12/25	0.075	0.00	0.08
BUENA VISTA TFRI Team Total								0.28

194 **Trinity (Conn.)**
NESCAC

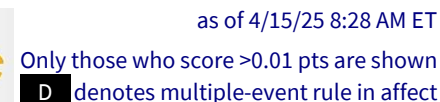
▼ 7
LW: 187

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	40	Jillian STRYNAR	FR	12.16 (0.9)	4/5/25	0.25	0.00	0.25
TRINITY (CONN.) TFR1 Team Total								0.25

195 **Northwestern-St. Paul**
UMAC

LW:

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 400H	41	Grace MORAVCHIK	SO	1:04.86	4/12/25	0.225	0.00	0.23
NORTHWESTERN-ST. PAUL TRI Team Total								0.23



WOMEN – 2025 Checkpoint #3, April 15

196 Cal Lutheran
SC|AC

LW:

Scored bests come from CURRENT qualifying season

CAL LUTHERAN TFRI Team Total	0.20
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196 Washington & Jefferson  **27**
PAC LW: 169

LW: 169

Scored bests come from CURRENT qualifying season

WASHINGTON & JEFFERSON TFR1 Team Total 0.20

198

Alvernia

MAC

▲

9

LW: 207

LW: 207

Scored bests come from CURRENT qualifying season

ALVERNIA TFRI Team Total 0.15

198 **Brandeis**  **23**
 UAA LW: 175

LW: 175

Scored bests come from CURRENT qualifying season

BRANDEIS TFR1 Team Total 0.15

198 **Oglethorpe**  **8**
SAA LW: 190

LW: 190

Scored bests come from CURRENT qualifying season

OGLETHORPE TFRI Team Total **0.15**

198 Olivet
MIAA

LW:

Scored bests come from CURRENT qualifying season

OLIVET TFR/ Team Total 0.15

198 **Wentworth (Mass.)**
CNE

LW:

Scored bests come from CURRENT qualifying season

WENTWORTH (MASS.) TFERI Team Total 0.15

198

Worcester State

MASCAC

▼

19

LW: 179

LW: 179

Scored bests come from CURRENT qualifying season

WORCESTER STATE TFRI Team Total 0.15

204 UMaine Farmington
NAC

LW:

Scored bests come from CURRENT qualifying season

UMAINE FARMINGTON TFERI Team Total 0.13

204 **UW-Stevens Point**  **21**
WIAC LW: 183

LW: 183

Scored bests come from CURRENT qualifying season

UW-STEVENS POINT TFRI Team Total 0.13



USTFCCCA NCAA Division III Outdoor Track & Field

National TFRI Team Summary



as of 4/15/25 8:28 AM ET

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

WOMEN — 2025 Checkpoint #3, April 15

206

Concordia Chicago

NACC



28

LW: 178

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

▶ 100H	46	Eve SHELTON	SR	14.95 (1.8)	3/29/25	0.1	0.00	0.10
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CONCORDIA CHICAGO TFRI Team Total 0.10

206

Mount Holyoke

NEWMAC



18

LW: 188

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

▶ TJ	46	Ioanna TSONI	SO	11.28mw 37-¼ (2.5)	3/23/25	0.1	0.00	0.10
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MOUNT HOLYOKE TFRI Team Total 0.10

208

Eastern (Pa.)

MAC



27

LW: 181

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

▶ 1500m	47	Hailey SHREFFLER	SR	4:37.89	4/14/25	0.075	0.00	0.08
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EASTERN (PA.) TFRI Team Total 0.08

208

Fredonia

SUNYAC



15

LW: 193

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

▶ PV	47	Cara PELLECHIA	JR	3.50m 11-5¼	4/5/25	0.075	0.00	0.08
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FREDONIA TFRI Team Total 0.08

210

Drew

Landmark



47

LW: 163

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

▶ 400m	49	Emily CAMLET	JR	57.65	3/29/25	0.025	0.00	0.03
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▶ LJ	50	Sage HENDERSHOT	SO	5.49m 18-¼ (-1.2)	3/29/25	0.01	0.00	0.01
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DREW TFRI Team Total 0.04

211

Hood

MAC



19

LW: 192

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

▶ 10,000m	49	Aylene NOY	JR	37:45.15	4/12/25	0.025	0.00	0.03
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HOOD TFRI Team Total 0.03

211

Millsaps

SAA

LW:

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

▶ TJ	49	Eleanor SCOTT	JR	11.22m 36-9¼ (0.0)	4/3/25	0.025	0.00	0.03
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MILLSAPS TFRI Team Total 0.03