



National TFRI Event Summary

Women's 100 Meters — 2025 Checkpoint #7, May 13

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | | Scored Performance | Meet |
|-----|-------------------|----|--------------------------|-----------|---|--------------------|--|
| 1 | Lauren JARRETT | JR | #2 UW-La Crosse | 35.18 | | 11.23 (1.9) | 4/18/25 Bryan Clay Invitational |
| 2 | Yasmin DEANE | FR | Mary Washington | 30.19 | | 11.57w (3.8) | 5/3/25 Coast-to-Coast Athletic Outdo |
| 3 | Madjo DOUMBIA | SR | #13 Centre | 28.10 | | 11.58 (0.4) | 4/26/25 SAA Outdoor Championships |
| 4 | Alyssa BUSKER | SR | #15 Elmhurst | 25.68 | | 11.63w (3.4) | 3/30/25 Yellow Jacket Collegiate Open |
| 5 | Shaesha JOHNSON | FR | SUNY Delhi | 23.34 | | 11.67w (2.4) | 5/3/25 SUNYAC Outdoor Championsh |
| 5 | Mirra KLIMOV | JR | #8 Johns Hopkins | 23.34 | | 11.67w (3.7) | 5/4/25 Centennial Outdoor Champio |
| 7 | Dakota MITCHELL | FR | #14 UW-Whitewater | 19.17 | | 11.69w (3.3) | 4/18/25 Augustana (Ill.) Meet of Cham |
| 7 | Emma SEIPEL | SR | #12 Loras | 19.17 | | 11.69w (2.2) | 4/15/25 Loras Mid-Week Meet |
| 9 | Josephine JETT | SO | Claremont-Mudd-Scri | 14.87 | | 11.74w (2.8) | 5/8/25 APU Franson Last Chance |
| 10 | Kyrstin WILSON | JR | Puget Sound | 12.82 | | 11.75w (2.4) | 5/8/25 APU Franson Last Chance |
| 11 | Brynn MOONEY | SO | #4 SUNY Geneseo | 10.76 | | 11.76w (3.9) | 4/5/25 Geneseo Early Season Invite |
| 12 | Michaina LORISTON | JR | Wheaton (Mass.) | 9.71 | | 11.77w (2.7) | 4/26/25 NEWMAC Outdoor Champions |
| 13 | Gabri MESCHINO | SR | #7 Chicago | 8.65 | | 11.78w (2.8) | 3/29/25 Washington (Mo.) Invitational |
| 13 | Chloe HEIN | SO | #13 Centre {2} | 8.65 | | 11.78 (0.4) | 4/26/25 SAA Outdoor Championships |
| 13 | Jasmine WRIGHT | JR | #1 Washington (Mo.) | 8.65 | | 11.78w (2.8) | 3/29/25 Washington (Mo.) Invitational |
| 13 | Rachel ARTHUR | SR | #22 Williams | 8.65 | | 11.78w (2.8) | 3/22/25 Emory Spring Break Classic |
| 17 | Miranda COLE | JR | SUNY Delhi {2} | 5.10 | | 11.79w (2.5) | 5/3/25 SUNYAC Outdoor Championsh |
| 17 | Kamayah WOOTEN | SO | North Carolina Wesley | 2.60 | D | 11.79w (2.2) | 4/26/25 USA South Outdoor Conferen |
| 19 | Blessing KIEH | FR | Connecticut College | 3.99 | | 11.81w (3.2) | 5/3/25 New England Division III Outd |
| 20 | Lauren MARSHALL | SR | #15 Elmhurst {2} | 3.46 | | 11.82w (2.7) | 3/30/25 Yellow Jacket Collegiate Open |
| 20 | Ti'asia BRYANT | SO | North Carolina Wesley{2} | 3.46 | | 11.82 (0.2) | 4/12/25 The Trojan Relays |
| 22 | Jada KENNER | FR | #5 Emory | 2.44 | | 11.83 (2.0) | 4/27/25 UAA Outdoor Championships |
| 23 | Amaris GOODWIN | SR | Gordon (Mass.) | 1.85 | | 11.86w (3.2) | 5/3/25 New England Division III Outd |
| 24 | Simone WAHEED | SO | #21 Colby | 1.33 | | 11.87 (1.6) | 3/28/25 Thrills In The Hills |
| 24 | Allyson KAKES | SO | #6 UW-Eau Claire | 1.33 | | 11.87w (2.3) | 5/9/25 UW-La Crosse Uncaged Eagle |
| 26 | Zari YOUNG | FR | Saint Mary's (Minn.) | 1.20 | | 11.88 (2.0) | 5/10/25 MIAC Outdoor Championships |
| 27 | Isabel PETERSON | JR | UW-Platteville | 1.12 | | 11.89 (0.9) | 5/3/25 WIAC Outdoor Championships |
| 27 | Kylah WASHINGTON | SO | Hardin-Simmons | 1.12 | | 11.89w (3.1) | 5/11/25 Trinity Last Chance |
| 27 | Dakota HOUSTON | FR | John Carroll | 1.12 | | 11.89 (0.2) | 5/2/25 OAC Outdoor Championships |
| 27 | Sophia REDMOND | JR | Mary Washington {2} | 1.12 | | 11.89w (3.8) | 5/3/25 Coast-to-Coast Athletic Outdo |
| 31 | Sydney RADIGAN | JR | Calvin | 0.89 | | 11.90 (0.3) | 3/28/25 Thrills In The Hills |
| 31 | McKenzie RESER | SR | #9 Augustana (Ill.) | 0.89 | | 11.90 (1.8) | 4/26/25 Drake Relays |
| 31 | Cici STENNETT | FR | #14 UW-Whitewater {2} | 0.89 | | 11.90w (3.3) | 4/18/25 Augustana (Ill.) Meet of Cham |
| 34 | Laura SUPPA | JR | Ithaca | 0.72 | | 11.91w (2.5) | 5/3/25 Liberty League Outdoor Cham |
| 34 | Jireh BABALOLA | SR | #16 Bethel (Minn.) | 0.72 | | 11.91w (3.2) | 4/23/25 Gary Wilson Invitational |
| 34 | Aryianna GARCEAU | JR | UMass Boston | 0.72 | | 11.91 (1.5) | 4/27/25 Little East Outdoor Champion |
| 37 | Riana HAYES | JR | North Park | 0.54 | | 11.92 (1.7) | 4/17/25 Don Church Twilight Meet |
| 38 | Mariam KOITA | SO | Widener | 0.46 | | 11.93 (0.4) | 5/2/25 Middle Atlantic (MAC) Outdoor |
| 39 | Jillian STRYNAR | FR | Trinity (Conn.) | 0.41 | | 11.94 (1.9) | 5/3/25 New England Division III Outd |
| 39 | Anna PLAUTZ | SO | #2 UW-La Crosse {2} | 0.41 | | 11.94w (2.3) | 5/9/25 UW-La Crosse Uncaged Eagle |
| 41 | Heloise HUGHES | SO | Amherst | 0.33 | | 11.95 (0.6) | 5/10/25 The F.I.R.E. Meet at Williams |
| 41 | Angela DALE | FR | #14 UW-Whitewater {3} | 0.33 | | 11.95w (2.3) | 5/9/25 UW-La Crosse Uncaged Eagle |
| 41 | Eva CARCHIDI | SR | #5 Emory {2} | 0.33 | | 11.95 (1.4) | 5/7/25 Emory Final Qualifier |
| 44 | Kate CARLSON | SR | Gustavus Adolphus | 0.23 | | 11.96 (2.0) | 5/10/25 MIAC Outdoor Championships |
| 44 | Autumn PITTMAN | SR | SUNY Cortland | 0.23 | | 11.96 (0.0) | 4/26/25 Paul Kaiser Classic |
| 46 | Lindsey NOVAK | SR | North Central (Ill.) | 0.15 | | 11.97w (3.0) | 4/26/25 Elmhurst Twilight |
| 46 | Victoria BREWSTER | JR | Houghton | 0.15 | | 11.97w (3.9) | 4/5/25 Geneseo Early Season Invite |
| 48 | Aynisha MCQUILLAR | FR | Ithaca {2} | 0.08 | | 11.98 (1.6) | 3/29/25 Dr. Harry G.M. Jopson Invitati |
| 49 | Alison MCDONOUGH | SR | Bridgewater State | 0.03 | | 11.99 (1.9) | 5/3/25 New England Division III Outd |
| 50 | Lauren PHILLIPS | SR | #8 Johns Hopkins {2} | 0.01 | | 12.00 (0.2) | 5/12/25 Widener Final Qualifier |
| 50 | Quadetra WILBURN | FR | St. Thomas (Texas) | 0.01 | | 12.00w (2.4) | 4/27/25 SCAC Outdoor Championships |
| 50 | Kelly HUERTA | FR | #14 UW-Whitewater {4} | 0.01 | | 12.00w (3.3) | 4/18/25 Augustana (Ill.) Meet of Cham |



National TFRI Event Summary

Women's 100 Meter Hurdles — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | | | Meet |
|-----|--------------------|-------------|---------------------|-----------|--------------------|--------|---------|----------------------------------|
| 1 | Aryianna GARCEAU | JR | UMass Boston | 34.90 | 13.53w | (2.3) | 5/11/25 | New England (NEICAAA) Outd |
| 2 | Ren BROWN | SR | #7 Chicago | 31.35 | 13.73w | (2.5) | 4/27/25 | UAA Outdoor Championships |
| 3 | Kelsie SEALOCK | SR | #16 Bethel (Minn.) | 28.81 | 13.80w | (3.0) | 4/23/25 | Gary Wilson Invitational |
| 4 | Josephine JETT | SO | Claremont-Mudd-Scri | 25.67 | 13.96w | (2.4) | 5/8/25 | APU Franson Last Chance |
| 4 | Danya SELBER | SR | Trinity (Texas) | 25.67 | 13.96w | (2.6) | 4/27/25 | SCAC Outdoor Championships |
| 6 | Rachel LARSON | JR | Ithaca | 21.57 | 13.98 | (1.2) | 4/6/25 | SUNY Cortland Red Dragon Op |
| 7 | Chloe YODER | SR | Susquehanna | 19.22 | 14.05w | (2.7) | 3/29/25 | Jim Taylor Invitational |
| 8 | Hannah ZASTROW | SR | UW-Stout | 17.17 | 14.06w | (2.6) | 4/18/25 | UW-La Crosse Esten Challenge |
| 9 | Betsy MOHNKERN | SR | Lynchburg | 15.12 | 14.07w | (2.1) | 4/26/25 | ODAC Outdoor Championship |
| 10 | Daysia HARGRAVE | SR | Wooster | 12.93 | 14.11 | (1.5) | 5/3/25 | NCAC Outdoor Championship |
| 11 | Emma MCGUINN | JR | RPI | 10.83 | 14.13 | (-0.6) | 5/12/25 | Widener Final Qualifier |
| 12 | Jill AMBLER | SO | #4 SUNY Geneseo | 9.78 | 14.14 | (0.6) | 5/3/25 | Empire 8 Outdoor Champions |
| 13 | Liberty SCOTT | SO | DePauw | 8.73 | 14.15 | (1.5) | 5/3/25 | NCAC Outdoor Championship |
| 14 | Naj CAMPBELL | SR | McMurry | 7.69 | 14.16 | (0.1) | 4/27/25 | SCAC Outdoor Championships |
| 15 | Emilee BOOKER | SR | #6 UW-Eau Claire | 6.64 | 14.17w | (3.6) | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 15 | Allyson HAMMOND | JR | Pacific (Ore.) | 6.64 | 14.17 | (1.0) | 3/22/25 | Oregon Preview (outdoor) |
| 15 | Laura SUPPA | JR | Ithaca {2} | 6.64 | 14.17 | (1.1) | 5/3/25 | Liberty League Outdoor Cham |
| 18 | Katherine DORTMUND | FR | Ohio Wesleyan | 4.54 | 14.19w | (2.5) | 4/12/25 | All-Ohio D-III Outdoor Champi |
| 19 | Kaylie RATHS | SR | UW-Stout {2} | 3.99 | 14.20w | (3.6) | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 20 | Nikki BOON | SR | #5 Emory | 2.46 | D 14.21 | (1.9) | 4/12/25 | Berry Field Day Invitational |
| 21 | TyKiaza JONES | FR | Greenville | 2.94 | 14.22w | (2.5) | 4/18/25 | Rose-Hulman Twilight Invitati |
| 22 | Alison MCDONOUGH | SR | Bridgewater State | 2.41 | 14.23 | (1.6) | 5/11/25 | New England (NEICAAA) Outd |
| 23 | Lauren GAY | SR | #1 Washington (Mo.) | 1.87 | 14.25 | (-0.1) | 4/12/25 | Greenville Select Meet |
| 24 | Regan SCOTT | FR | #2 UW-La Crosse | 1.34 | 14.26 | (1.6) | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 25 | Nyla JONES | FR | #20 Rowan | 1.27 | 14.27 | (1.6) | 4/5/25 | Embry-Riddle Running Eleme |
| 26 | Jameire HONZU | FR | Baldwin Wallace | 1.12 | 14.31w | (2.5) | 4/12/25 | All-Ohio D-III Outdoor Champi |
| 27 | Tiana GRADY | SO | #15 Elmhurst | 1.05 | 14.32 | (-0.2) | 5/3/25 | CCIW Outdoor Championships |
| 27 | Cali LEONARD | SR | Hartford | 1.05 | 14.32w | (2.2) | 4/19/25 | Trinity (Conn.) Invitational (ou |
| 29 | Katherine DEFOSSE | SO | Springfield (Mass.) | 0.93 | 14.33 | (1.0) | 4/26/25 | NEWMAC Outdoor Champions |
| 29 | Ayahna BAHATI | SR | #24 George Fox | 0.93 | 14.33 | (-0.5) | 4/27/25 | Northwest (NWC) Conference |
| 31 | Eleanor BACHMEIER | SR | Redlands (Calif.) | 0.80 | 14.34 | (1.8) | 5/8/25 | APU Franson Last Chance |
| 31 | JoJo TYYNISMAA | JR | #19 Wartburg | 0.80 | 14.34w | (2.3) | 4/12/25 | Mustang Distance Carnival & |
| 33 | Thea RING | JR | North Park | 0.55 | 14.42w | (3.4) | 3/29/25 | Redbird Challenge |
| 34 | Grace BRADEN | SO | #19 Wartburg {2} | 0.50 | 14.43w | (2.3) | 4/12/25 | Mustang Distance Carnival & |
| 35 | Katherine THORNTON | SR | Willamette | 0.45 | 14.45 | (0.7) | 5/10/25 | Oregon State Last Chance Qu |
| 36 | Kaelin RYAN | JR | Ursinus | 0.40 | 14.46 | (-0.6) | 5/12/25 | Widener Final Qualifier |
| 37 | Lilly ROBERTS | JR | UW-Stout {3} | 0.35 | 14.48w | (2.4) | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 37 | Nakala NADEAU | SR | #15 Elmhurst {2} | 0.35 | 14.48w | (2.4) | 4/19/25 | Beach Invitational |
| 39 | Katie MOORE | SR | DePauw {2} | 0.28 | 14.49 | (1.8) | 5/3/25 | NCAC Outdoor Championship |
| 39 | Olivia NAVIN | FR | #2 UW-La Crosse {2} | 0.28 | 14.49 | (1.6) | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 41 | Jenna KALEVIK | SR | Concordia Moorhead | 0.23 | 14.55 | (-1.5) | 5/10/25 | MIAC Outdoor Championships |
| 42 | Nayaisha EDMOND | SR | Albion | 0.20 | 14.59w | (2.6) | 5/9/25 | Harrison Dillard Twilight |
| 42 | Jenna HUNTSMAN | JR | #24 George Fox {2} | 0.20 | 14.59 | (1.9) | 4/15/25 | Northwest (NWC) Conference |
| 44 | Tamara GREENE | FR | Hartford {2} | 0.15 | 14.60 | (1.9) | 5/11/25 | New England (NEICAAA) Outd |
| 45 | Olivia BOHLEN | JR | #23 Central (Iowa) | 0.13 | 14.62 | (-0.3) | 5/10/25 | American Rivers (ARC) Outdoo |
| 45 | Eliza CARDWELL | SR | Amherst | 0.13 | 14.62 | (0.7) | 5/10/25 | The F.I.R.E. Meet at Williams |
| 47 | Emma BURR | SO | Thomas (Maine) | 0.08 | 14.63 | (1.5) | 5/3/25 | New England Division III Outd |
| 48 | Ciarra FRANZ | SR | St. John Fisher | 0.05 | 14.64w | (3.7) | 4/5/25 | Geneseo Early Season Invite |
| 48 | Aleese TRIMINGHAM | SO | Illinois College | 0.05 | 14.64 | (-0.1) | 5/10/25 | Midwest Conference Outdoor |
| 48 | Megan ZEMKE | FR | #2 UW-La Crosse {3} | 0.05 | 14.64w | (2.4) | 5/9/25 | UW-La Crosse Uncaged Eagle |



National TFRI Event Summary

Women's 200 Meters — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | | Meet |
|-----|----------------------|----------------------------|-----------|--------------------|----------------|--|
| 1 | Alyssa BUSKER | SR #15 Elmhurst | 32.94 | 23.62 | (0.0) | 5/3/25 CCIW Outdoor Championships |
| 2 | Lauren JARRETT | JR #2 UW-La Crosse | 30.63 | 23.69 | (-0.9) | 4/19/25 Beach Invitational |
| 3 | Kamiah WOOTEN | SO North Carolina Wesley | 28.41 | 23.74w | (2.5) | 4/5/25 Tennessee Invite |
| 4 | De'Andranay CHISM | FR Millikin | 26.24 | 23.78 | (0.0) | 5/3/25 CCIW Outdoor Championships |
| 5 | Dakota HOUSTON | FR John Carroll | 24.02 | 23.83cw | (24.20) (2.6) | 3/30/25 Yellow Jacket Collegiate Open |
| 6 | Eva CARCHIDI | SR #5 Emory | 21.93 | 23.85 | (1.4) | 4/27/25 UAA Outdoor Championships |
| 7 | Megan GERAETS | SR Gustavus Adolphus | 19.46 | 23.96w | (2.4) | 5/3/25 St. Olaf Ole Open |
| 8 | McKenzie RESER | SR #9 Augustana (Ill.) | 17.05 | 24.09 | (0.0) | 5/3/25 CCIW Outdoor Championships |
| 9 | Lauren GAY | SR #1 Washington (Mo.) | 14.97 | 24.12 | (0.1) | 5/9/25 Billy Hayes Invitational |
| 10 | Allyson KAKES | SO #6 UW-Eau Claire | 12.94 | 24.13 | (0.3) | 5/3/25 WIAC Outdoor Championships |
| 11 | Madjo DOUMBIA | SR #13 Centre | 10.85 | 24.16w | (2.2) | 4/26/25 SAA Outdoor Championships |
| 12 | Emma SEIPEL | SR #12 Loras | 2.83 | 24.17 | (0.2) | 5/10/25 American Rivers (ARC) Outdoo |
| 13 | Molly LODGE | SR #20 Rowan | 8.77 | 24.19w | (2.2) | 5/4/25 NJAC Outdoor Championship |
| 14 | Brynn MOONEY | SO #4 SUNY Geneseo | 2.74 | 24.20w | (4.0) | 4/5/25 Geneseo Early Season Invite |
| 15 | Miranda COLE | JR SUNY Delhi | 6.68 | 24.22w | (2.9) | 4/19/25 SUNY Cortland Classic Invitati |
| 15 | Kylie SPYTEK | JR #1 Washington (Mo.) {2} | 6.68 | 24.22w | (2.5) | 4/27/25 UAA Outdoor Championships |
| 17 | Jada KENNER | FR #5 Emory {2} | 5.07 | 24.26w | (2.5) | 4/27/25 UAA Outdoor Championships |
| 18 | Aryianna GARCEAU | JR UMass Boston | 4.54 | 24.27w | (2.6) | 4/27/25 Little East Outdoor Champion |
| 19 | Sara SCHERMERHORN | JR Hope | 4.02 | 24.28 | (0.8) | 5/2/25 Michigan Intercollegiate Outd |
| 20 | Lindsey NOVAK | SR North Central (Ill.) | 3.49 | 24.29 | (0.0) | 5/3/25 CCIW Outdoor Championships |
| 20 | Isabel PETERSON | JR UW-Platteville | 3.49 | 24.29 | (0.3) | 5/3/25 WIAC Outdoor Championships |
| 22 | Zrreyah MOORE | SR Rutgers-Newark | 2.43 | 24.31w | (2.2) | 5/4/25 NJAC Outdoor Championship |
| 23 | Kate CARLSON | SR Gustavus Adolphus {2} | 1.90 | 24.32c | (24.70) (-1.4) | 4/26/25 Gustavus Adolphus Drake Alte |
| 24 | Kenadee WAYT | SR Mount Union | 1.34 | 24.35 | (0.2) | 5/2/25 OAC Outdoor Championships |
| 24 | Yasmin DEANE | FR Mary Washington | 1.34 | 24.35 | (1.0) | 5/3/25 Coast-to-Coast Athletic Outdo |
| 24 | Chloe HEIN | SO #13 Centre {2} | 1.34 | 24.35w | (2.2) | 4/26/25 SAA Outdoor Championships |
| 27 | Nicole STEWART | SR #1 Washington (Mo.) {3} | 1.12 | 24.40w | (2.7) | 4/27/25 UAA Outdoor Championships |
| 28 | Lauren PHILLIPS | SR #8 Johns Hopkins | 1.04 | 24.42 | (0.8) | 5/12/25 Widener Final Qualifier |
| 29 | Josephine JETT | SO Claremont-Mudd-Scri | 0.95 | 24.45 | (1.7) | 4/27/25 SCIAAC Championships |
| 30 | Autumn PITTMAN | SR SUNY Cortland | 0.89 | 24.46w | (2.9) | 4/19/25 SUNY Cortland Classic Invitati |
| 31 | Mariam KOITA | SO Widener | 0.81 | 24.48 | (0.8) | 5/12/25 Widener Final Qualifier |
| 31 | Mirra KLIMOV | JR #8 Johns Hopkins {2} | 0.81 | 24.48 | (0.0) | 5/12/25 Widener Final Qualifier |
| 31 | Riana HAYES | JR North Park | 0.81 | 24.48 | (0.0) | 5/3/25 CCIW Outdoor Championships |
| 31 | Kelly HUERTA | FR #14 UW-Whitewater | 0.81 | 24.48w | (2.1) | 5/9/25 UW-La Crosse Uncaged Eagle |
| 35 | Sydney RADIGAN | JR Calvin | 0.60 | 24.49 | (0.8) | 5/2/25 Michigan Intercollegiate Outd |
| 36 | Heloise HUGHES | SO Amherst | 0.52 | 24.51 | (0.1) | 5/10/25 The F.I.R.E. Meet at Williams |
| 36 | Nancy NYADONGO | FR Goucher | 0.52 | 24.51c | (24.89) (0.3) | 4/19/25 The Coach Pollard Invitational |
| 38 | Shaesha JOHNSON | FR SUNY Delhi {2} | 0.40 | 24.52w | (2.4) | 3/29/25 Ramapo College Invitational |
| 39 | Abby COLLIER | SR Baldwin Wallace | 0.37 | 24.53w | (3.2) | 3/29/25 Bob Kahn Invitational |
| 40 | Fiona MEJICO | SR #21 Colby | 0.31 | 24.55w | (2.3) | 5/3/25 New England Division III Outd |
| 40 | Ariella ROGAHN-PRESS | FR Macalester | 0.31 | 24.55 | (-0.4) | 4/19/25 Georgia Tech Invitational |
| 40 | Dakota MITCHELL | FR #14 UW-Whitewater {2} | 0.31 | 24.55 | (0.3) | 5/3/25 WIAC Outdoor Championships |
| 43 | Kyrstin WILSON | JR Puget Sound | 0.22 | 24.56w | (2.1) | 5/8/25 APU Franson Last Chance |
| 44 | Simone WAHEED | SO #21 Colby {2} | 0.16 | 24.59w | (2.3) | 5/3/25 New England Division III Outd |
| 44 | Audrey JOHNSON | SR #5 Emory {3} | 0.16 | 24.59w | (2.7) | 4/27/25 UAA Outdoor Championships |
| 46 | Kiara ABRANTES | SR Bridgewater State | 0.10 | 24.60w | (4.0) | 5/11/25 New England (NEICAAA) Outd |
| 46 | JoJo TYYNISMAA | JR #19 Wartburg | 0.10 | 24.60c | (24.99) (1.9) | 5/2/25 Wartburg May Triangular |
| 48 | Quinn BIRD | FR #1 Washington (Mo.) {4} | 0.05 | 24.62w | (2.5) | 4/27/25 UAA Outdoor Championships |
| 49 | Rachel ARTHUR | SR #22 Williams | 0.03 | 24.63 | (0.1) | 5/10/25 The F.I.R.E. Meet at Williams |
| 50 | Trinity PROVOST | JR St. Thomas (Texas) | 0.01 | 24.64w | (3.7) | 3/22/25 Texas Lutheran DIII Challenge |



National TFRI Event Summary

Women's 400 Meters — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|--------------------------|--|-----------|-----------------------|--|
| 1 | Megan GERAETS SR | <i>Gustavus Adolphus</i> | 33.69 | 53.63c (54.34) | 4/26/25 Gustavus Adolphus Drake Alte |
| 2 | Ariella ROGAHN-PRESS FR | <i>Macalester</i> | 31.16 | 53.89 | 5/10/25 MIAC Outdoor Championships |
| 3 | Eva CARCHIDI SR | #5 <i>Emory</i> | 28.51 | 54.22 | 4/19/25 Georgia Tech Invitational |
| 4 | Megan BELL SR | #11 <i>Rochester (N.Y.)</i> | 25.95 | 54.50c (55.22) | 4/19/25 Rochester Alumni Invitational |
| 5 | Shalom SULUNGAIN SO | #16 <i>Bethel (Minn.)</i> | 23.19 | 54.95 | 5/10/25 MIAC Outdoor Championships |
| 6 | Rose TALBERT SO | <i>Rose-Hulman</i> | 21.15 | 54.98 | 5/9/25 Sycamore Open |
| 7 | Sara SCHERMERHORN JR | <i>Hope</i> | 19.10 | 55.02 | 4/19/25 Al Owens Classic |
| 8 | Kenadee WAYT SR | <i>Mount Union</i> | 17.00 | 55.10 | 4/24/25 Walsh Tune-Up at Mount Unio |
| 8 | McKenzie RESER SR | #9 <i>Augustana (Ill.)</i> | 17.00 | 55.10 | 5/3/25 CCIW Outdoor Championships |
| 10 | Kylie SPYTEK JR | #1 <i>Washington (Mo.)</i> | 12.92 | 55.16 | 4/27/25 UAA Outdoor Championships |
| 11 | Elizabeth BEISWANGER SO | <i>Puget Sound</i> | 10.91 | 55.17 | 5/8/25 APU Franson Last Chance |
| 12 | Kamayah WOOTEN SO | <i>North Carolina Wesley</i> | 9.87 | 55.20 | 5/3/25 Big Orange Invite |
| 13 | Brynn MOONEY SO | #4 <i>SUNY Geneseo</i> | 8.86 | 55.21 | 5/3/25 Empire 8 Outdoor Champions |
| 13 | Makayla MORIARTY FR | #17 <i>Tufts</i> | 8.86 | 55.21 | 5/11/25 New England (NEICAAA) Outd |
| 15 | Lauren PHILLIPS SR | #8 <i>Johns Hopkins</i> | 6.82 | 55.24 | 5/4/25 Centennial Outdoor Champio |
| 16 | Bella KING-HARVEY SO | #22 <i>Williams</i> | 5.73 | 55.31 | 3/28/25 Thrills In The Hills |
| 17 | Kiara ABRANTES SR | <i>Bridgewater State</i> | 5.18 | 55.35 | 5/3/25 New England Division III Outd |
| 18 | Peterly LEROY FR | <i>Brandeis</i> | 4.66 | 55.36 | 4/17/25 Beach Pacific Coast Invitation |
| 18 | Lindsey NOVAK SR | <i>North Central (Ill.)</i> | 4.66 | 55.36 | 5/3/25 CCIW Outdoor Championships |
| 20 | Zrreyah MOORE SR | <i>Rutgers-Newark</i> | 3.60 | 55.41 | 5/4/25 NJAC Outdoor Championship |
| 21 | Nevaeh LORJUSTE SR | #20 <i>Rowan</i> | 3.06 | 55.44 | 5/12/25 Widener Final Qualifier |
| 22 | JoJo TYYNISMAA JR | #19 <i>Wartburg</i> | 2.51 | 55.48 | 5/10/25 American Rivers (ARC) Outdoo |
| 23 | Ashaunti JONES SR | <i>Belhaven (Miss.)</i> | 2.00 | 55.49 | 5/10/25 Lee University Last Chance |
| 24 | Anna PLAUTZ SO | #2 <i>UW-La Crosse</i> | 1.42 | 55.55 | 5/3/25 WIAC Outdoor Championships |
| 25 | Emily CAMLET JR | <i>Drew</i> | 1.30 | 55.61 | 5/4/25 Landmark Outdoor Champion |
| 26 | Emily MCMARTIN JR | #23 <i>Central (Iowa)</i> | 1.23 | 55.62 | 5/10/25 American Rivers (ARC) Outdoo |
| 27 | Jaide FLOWERS SO | <i>Dubuque</i> | 1.13 | 55.66 | 5/10/25 American Rivers (ARC) Outdoo |
| 28 | Catherine CHRISTOPHER SO | #1 <i>Washington (Mo.)</i> {2} | 1.07 | 55.68 | 3/29/25 Washington (Mo.) Invitational |
| 29 | Kelty OASTER SR | <i>Elizabethtown</i> | 1.01 | 55.70 | 4/26/25 Miller Sports Construction Blu |
| 30 | Kylee GRABARSKI JR | #6 <i>UW-Eau Claire</i> | 0.93 | 55.75 | 5/9/25 UW-La Crosse Uncaged Eagle |
| 31 | Madison MILES SR | <i>Mount Union</i> {2} | 0.86 | 55.77 | 5/2/25 OAC Outdoor Championships |
| 31 | Elizabeth HAWLEY JR | <i>Occidental</i> | 0.86 | 55.77 | 5/8/25 APU Franson Last Chance |
| 33 | Fiona MEJICO SR | #21 <i>Colby</i> | 0.73 | 55.83 | 4/19/25 Maine State Pine Tree Classic |
| 34 | Marina MILLER SR | #3 <i>MIT</i> | 0.65 | 55.87 | 4/19/25 Sean Collier Invitational |
| 35 | Kimona HAYNES JR | <i>Belhaven (Miss.)</i> {2} | 0.55 | 55.95 | 5/10/25 Lee University Last Chance |
| 36 | Dashiel TAO HARRIS SR | #5 <i>Emory</i> {2} | 0.49 | 55.96 | 5/10/25 Lee University Last Chance |
| 37 | Abby COLLIER SR | <i>Baldwin Wallace</i> | 0.38 | 56.06 | 5/2/25 OAC Outdoor Championships |
| 38 | Catherine LEAHY JR | <i>Hope</i> {2} | 0.30 | 56.19 | 5/2/25 Michigan Intercollegiate Outd |
| 39 | Nora CHEN SO | #11 <i>Rochester (N.Y.)</i> {2} | 0.28 | 56.21c (56.95) | 4/19/25 Rochester Alumni Invitational |
| 40 | Kaitlyn EWALD SO | #21 <i>Colby</i> {2} | 0.25 | 56.27 | 4/26/25 NESCAC Track & Field Champi |
| 40 | Allison HOOKOM JR | <i>Augsburg</i> | 0.25 | 56.27 | 4/12/25 Bethel Invitational |
| 42 | Meghan FRAZIER SR | <i>Wittenberg</i> | 0.20 | 56.29 | 5/9/25 Harrison Dillard Twilight |
| 43 | Krystal MONTGOMERY JR | #3 <i>MIT</i> {2} | 0.18 | 56.39 | 4/26/25 NEWMAC Outdoor Champions |
| 44 | Trinity PROVOST JR | <i>St. Thomas (Texas)</i> | 0.15 | 56.43 | 3/29/25 Trinity (Texas) Invitational |
| 45 | Sarah CHARLES SO | #25 <i>Chapman</i> | 0.13 | 56.46 | 4/12/25 Pomona-Pitzer Invitational |
| 45 | Harmony CREASY SR | #12 <i>Loras</i> | 0.13 | 56.46 | 5/2/25 Battle in the Bluffs |
| 47 | Clara LIPPERT JR | <i>Colorado College</i> | 0.08 | 56.48 | 5/8/25 APU Franson Last Chance |
| 48 | Madjo DOUMBIA SR | #13 <i>Centre</i> | 0.05 | 56.52 | 4/26/25 SAA Outdoor Championships |
| 48 | Jesma EVANS JR | <i>Washington and Lee</i> | 0.05 | 56.52 | 4/19/25 Johns Hopkins/Loyola (Md.) I |
| 50 | Olivia DIAS SR | #3 <i>MIT</i> {3} | 0.01 | 56.53 | 5/10/25 The F.I.R.E. Meet at Williams |



National TFRI Event Summary

Women's 400 Meter Hurdles — 2025 Checkpoint #7, May 13

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | | Scored Performance | Meet |
|-----|----------------------|----|--------------------------|-----------|---------|--------------------|-------------------------------|
| 1 | Ren BROWN | SR | #7 Chicago | 34.61 | 59.25 | 4/12/25 | Wheaton (Ill.) Invitational |
| 2 | Fiona MEJICO | SR | #21 Colby | 32.20 | 59.48 | 5/10/25 | The F.I.R.E. Meet at Williams |
| 3 | Nora CHEN | SO | #11 Rochester (N.Y.) | 28.58 | 1:00.40 | 5/12/25 | St. John Fisher Last Chance |
| 4 | Nyla JONES | FR | #20 Rowan | 26.54 | 1:00.42 | 5/4/25 | NJAC Outdoor Championship |
| 5 | Kelsie SEALOCK | SR | #16 Bethel (Minn.) | 23.88 | 1:00.80 | 5/10/25 | MIAC Outdoor Championships |
| 6 | Arden NEFF | SR | Southwestern (Texas) | 21.46 | 1:01.07 | 4/12/25 | McMurtry War Hawk Classic |
| 7 | Olivia BARBACCI | JR | Juniata | 19.18 | 1:01.31 | 5/12/25 | Widener Final Qualifier |
| 8 | Emma PETROLIA | JR | Stockton | 17.17 | 1:01.32 | 4/19/25 | Paul Donahue Invitational |
| 9 | JoJo TYNISMMAA | JR | #19 Wartburg | 15.12 | 1:01.37 | 3/29/25 | Washington (Mo.) Invitational |
| 10 | Molly LODGE | SR | #20 Rowan {2} | 12.76 | 1:01.69 | 4/5/25 | Embry-Riddle Running Eleme |
| 11 | Macy MURDOCK | JR | Berry | 10.73 | 1:01.71 | 5/7/25 | Emory Final Qualifier |
| 12 | Sophia STAHL | SO | #19 Wartburg {2} | 9.54 | 1:01.88 | 5/10/25 | American Rivers (ARC) Outdoo |
| 13 | Myeh MEDINA | JR | Amherst | 8.52 | 1:01.90 | 4/26/25 | NESCAC Track & Field Champi |
| 13 | Brigid BYRNES | SO | Catholic (D.C.) | 8.52 | 1:01.90 | 5/4/25 | Landmark Outdoor Champion |
| 15 | Clare MARSH | SR | Catholic (D.C.) {2} | 6.50 | 1:01.92 | 5/12/25 | Widener Final Qualifier |
| 16 | Ophelia LADNER | JR | Roanoke | 5.49 | 1:01.93 | 4/26/25 | ODAC Outdoor Championship |
| 17 | Amanda ROMANO | SR | Washington and Lee | 4.98 | 1:01.94 | 4/19/25 | Johns Hopkins/Loyola (Md.) I |
| 18 | Liberty SCOTT | SO | DePauw | 4.44 | 1:02.01 | 4/12/25 | Indiana DIII Championships |
| 19 | Mackenzie BURKE | SO | TCNJ | 3.91 | 1:02.06 | 5/12/25 | Widener Final Qualifier |
| 20 | Lilly ROBERTS | JR | UW-Stout | 3.39 | 1:02.10 | 5/3/25 | WIAC Outdoor Championships |
| 21 | Chayanit KITNITCHIVA | SR | #25 Chapman | 2.86 | 1:02.15 | 5/8/25 | APU Franson Last Chance |
| 22 | Marissa WISE | SR | SUNY Brockport | 2.36 | 1:02.16 | 5/12/25 | St. John Fisher Last Chance |
| 23 | Emily BROWN | SO | Whitworth | 1.85 | 1:02.17 | 5/7/25 | Whitworth Last Chance Meet |
| 24 | Lauren BERG | JR | Saint Benedict | 1.34 | 1:02.18 | 5/10/25 | MIAC Outdoor Championships |
| 25 | Arielle CHECHILE | FR | #17 Tufts | 1.27 | 1:02.22 | 4/26/25 | NESCAC Track & Field Champi |
| 26 | Lexi RODRIGUEZ | JR | SUNY Brockport {2} | 1.21 | 1:02.24 | 5/12/25 | St. John Fisher Last Chance |
| 27 | Eva CIUFFETELLI | SO | #11 Rochester (N.Y.) {2} | 1.12 | 1:02.31 | 4/5/25 | Colonial Relays |
| 28 | Kaylie RATHS | SR | UW-Stout {2} | 1.00 | 1:02.44 | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 29 | Lianne SAUSSY | JR | #8 Johns Hopkins | 0.94 | 1:02.46 | 5/12/25 | Widener Final Qualifier |
| 30 | Ryann DECKER | FR | #19 Wartburg {3} | 0.81 | 1:02.61 | 5/10/25 | American Rivers (ARC) Outdoo |
| 30 | Mya CINNAMO | SO | #6 UW-Eau Claire | 0.81 | 1:02.61 | 5/3/25 | WIAC Outdoor Championships |
| 30 | Madison HAYS | JR | Simpson (Iowa) | 0.81 | 1:02.61 | 5/10/25 | American Rivers (ARC) Outdoo |
| 33 | Ellie NUCKOLS | SO | Christopher Newport | 0.64 | 1:02.64 | 5/12/25 | Widener Final Qualifier |
| 33 | Andie OTTO | FR | #2 UW-La Crosse | 0.64 | 1:02.64 | 5/3/25 | WIAC Outdoor Championships |
| 35 | Emily BRENNAN | JR | Denison | 0.53 | 1:02.66 | 5/3/25 | NCAC Outdoor Championship |
| 36 | Lauren DIMLER | JR | #6 UW-Eau Claire {2} | 0.46 | 1:02.70 | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 37 | Ava BAGLEY | SO | #4 SUNY Geneseo | 0.40 | 1:02.72 | 4/19/25 | Paul Donahue Invitational |
| 37 | Payton MANN | SR | York (Pa.) | 0.40 | 1:02.72 | 5/2/25 | Middle Atlantic (MAC) Outdoor |
| 39 | Emma SMITH | SR | #17 Tufts {2} | 0.29 | 1:02.78 | 5/11/25 | New England (NEICAAA) Outd |
| 40 | Katie MOORE | SR | DePauw {2} | 0.25 | 1:02.85 | 5/3/25 | NCAC Outdoor Championship |
| 41 | Eliza BRUNCAJ | SR | TCNJ {2} | 0.23 | 1:02.88 | 5/4/25 | NJAC Outdoor Championship |
| 42 | Michaela DICK | SO | #6 UW-Eau Claire {3} | 0.20 | 1:02.92 | 5/3/25 | WIAC Outdoor Championships |
| 43 | Mia MCCONNELL | SO | Catholic (D.C.) {3} | 0.18 | 1:02.95 | 5/4/25 | Landmark Outdoor Champion |
| 43 | McKenzie KRUSE | FR | #6 UW-Eau Claire {4} | 0.18 | 1:02.95 | 5/3/25 | WIAC Outdoor Championships |
| 45 | Olyvia ASHBROOK | SR | Ohio Northern | 0.13 | 1:03.01 | 5/2/25 | OAC Outdoor Championships |
| 46 | Gretchen MCNEAL | JR | #2 UW-La Crosse {2} | 0.10 | 1:03.05 | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 46 | Eden MARANELL | SO | St. Norbert | 0.10 | 1:03.05 | 5/3/25 | NACC Outdoor Championship |
| 48 | Alivia HENKEL | FR | North Central (Ill.) | 0.05 | 1:03.13 | 5/3/25 | CCIW Outdoor Championships |
| 48 | Hannah KVANT | SO | #16 Bethel (Minn.) {2} | 0.05 | 1:03.13 | 5/10/25 | MIAC Outdoor Championships |
| 50 | Chloe LOVETT | JR | Wilmington (Ohio) | 0.01 | 1:03.18 | 5/2/25 | OAC Outdoor Championships |



National TFRI Event Summary

Women's 800 Meters — 2025 Checkpoint #7, May 13

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|-------------------------|----|-------------------------|-----------|--------------------|--|
| 1 | Tanise THORNTON-FILLYAW | JR | Goucher | 33.56 | 2:05.28 | 5/4/25 Landmark Outdoor Champion |
| 2 | Megan BELL | SR | #11 Rochester (N.Y.) | 31.51 | 2:05.34 | 4/5/25 Colonial Relays |
| 3 | Kayla KASS | JR | Stockton | 28.14 | 2:07.13 | 4/19/25 Paul Donahue Invitational |
| 4 | Izzy GORTON | SR | #1 Washington (Mo.) | 26.12 | 2:07.15 | 5/9/25 Billy Hayes Invitational |
| 5 | Kelty OASTER | SR | Elizabethtown | 24.11 | 2:07.17 | 5/4/25 Landmark Outdoor Champion |
| 6 | Lina MAATOUK | SR | #9 Augustana (Ill.) | 21.89 | 2:07.46 | 4/26/25 Drake Relays |
| 7 | Annie HUANG | SR | #8 Johns Hopkins | 19.87 | 2:07.48 | 5/12/25 Widener Final Qualifier |
| 8 | Sierra DOODY | JR | #4 SUNY Geneseo | 17.42 | 2:08.09 | 4/19/25 Paul Donahue Invitational |
| 9 | Ellie RISING | SR | #24 George Fox | 15.08 | 2:08.60 | 5/3/25 Oregon State High Performan |
| 10 | Janelle ECKL | SR | #4 SUNY Geneseo {2} | 12.94 | 2:08.89 | 4/19/25 Paul Donahue Invitational |
| 11 | Hope MURPHY | SR | Baldwin Wallace | 10.75 | 2:09.27 | 5/9/25 Harrison Dillard Twilight |
| 12 | Mary MASON | SR | Mount Union | 9.74 | 2:09.29 | 4/14/25 Bison Outdoor Classic |
| 13 | Alexa ESTES | JR | Connecticut College | 8.69 | 2:09.40 | 4/26/25 NESCAC Track & Field Champi |
| 14 | Isabel WYATT | JR | St. Olaf | 7.68 | 2:09.44 | 5/10/25 MIAC Outdoor Championships |
| 15 | Heidi BARTON | JR | Southern Virginia | 6.68 | 2:09.45 | 5/12/25 Widener Final Qualifier |
| 16 | Krystal MONTGOMERY | JR | #3 MIT | 5.58 | 2:09.85 | 4/19/25 Sean Collier Invitational |
| 17 | Hailey SHREFFLER | SR | Eastern (Pa.) | 5.08 | 2:09.87 | 5/12/25 Widener Final Qualifier |
| 18 | Emily MOEHRINGER | SR | Catholic (D.C.) | 4.57 | 2:09.89 | 5/4/25 Landmark Outdoor Champion |
| 19 | Hannah EDWARDS | SO | Lynchburg | 4.04 | 2:10.01 | 5/12/25 Widener Final Qualifier |
| 20 | Annika PALUSKA | FR | #22 Williams | 3.47 | 2:10.30 | 4/26/25 NESCAC Track & Field Champi |
| 21 | Jacqueline LIU | JR | Carnegie Mellon | 2.94 | 2:10.45 | 5/12/25 Widener Final Qualifier |
| 22 | Catherine CHRISTOPHER | SO | #1 Washington (Mo.) {2} | 2.39 | 2:10.64 | 5/9/25 Billy Hayes Invitational |
| 23 | Cyna MADIGAN | SR | #10 UW-Oshkosh | 1.89 | 2:10.65 | 5/10/25 St. Francis Fighting Chance In |
| 24 | Caroline ECHOLS | SO | #1 Washington (Mo.) {3} | 1.32 | 2:10.94 | 3/28/25 Washington (Mo.) Distance Ca |
| 25 | Piper LENTZ | JR | Amherst | 1.25 | 2:11.00 | 4/26/25 NESCAC Track & Field Champi |
| 26 | Malia HEIEN | JR | Lewis & Clark | 1.16 | 2:11.17 | 5/10/25 Portland Twilight |
| 27 | Pria PARKER | SR | Smith | 1.08 | 2:11.31 | 5/10/25 The F.I.R.E. Meet at Williams |
| 28 | Kyla NYGAARD | JR | Concordia Moorhead | 1.01 | 2:11.38 | 5/10/25 MIAC Outdoor Championships |
| 29 | Madison TIAFFAY | JR | #5 Emory | 0.94 | 2:11.45 | 3/28/25 Thrills In The Hills |
| 30 | Peyton STEFFEN | JR | #23 Central (Iowa) | 0.84 | 2:11.67 | 4/18/25 Bryan Clay Invitational |
| 31 | Haley MEYER | JR | #19 Wartburg | 0.72 | 2:11.97 | 5/10/25 American Rivers (ARC) Outdoo |
| 32 | Libby GEISNESS | SR | #10 UW-Oshkosh {2} | 0.64 | 2:12.08 | 4/17/25 Viking Twilight Invitational |
| 33 | Amanda INTRIERI | FR | SUNY Delhi | 0.59 | 2:12.10 | 5/10/25 The F.I.R.E. Meet at Williams |
| 34 | Kelly O'GRADY | JR | TCNJ | 0.54 | 2:12.11 | 5/4/25 NJAC Outdoor Championship |
| 35 | Claudia HARNETT | SR | #7 Chicago | 0.47 | 2:12.17 | 4/5/25 Chicagoland Outdoor Champi |
| 36 | Lauren RALEY | FR | #1 Washington (Mo.) {4} | 0.40 | 2:12.37 | 5/2/25 Illinois State Senior Spotlight |
| 37 | Molly DUROW | JR | Hope | 0.35 | 2:12.62 | 5/10/25 St. Francis Fighting Chance In |
| 38 | Ava CLAUSSEN-TUBBS | JR | Cornell College | 0.30 | 2:12.65 | 5/3/25 Iowa Musco Twilight |
| 39 | Luna MCCAULEY | JR | #5 Emory {2} | 0.28 | 2:12.71 | 3/28/25 Thrills In The Hills |
| 40 | Alexandra REINHART | FR | Illinois Wesleyan | 0.25 | 2:12.78 | 5/3/25 CCIW Outdoor Championships |
| 41 | Emma KOTHARI | JR | #8 Johns Hopkins {2} | 0.23 | 2:12.86 | 3/29/25 Navy Outdoor Invitational |
| 42 | Hannah RISKO | SR | Endicott | 0.20 | 2:13.00 | 5/10/25 The F.I.R.E. Meet at Williams |
| 43 | Ruth BRUECKNER | JR | Crown | 0.18 | 2:13.10 | 5/9/25 NCCAA Outdoor Championshi |
| 44 | Gianna DAWSON | FR | NYU | 0.15 | 2:13.11 | 5/12/25 Widener Final Qualifier |
| 45 | Lara ERICKSON | SR | Carleton | 0.13 | 2:13.13 | 5/10/25 MIAC Outdoor Championships |
| 46 | Emma KELLY | JR | #7 Chicago {2} | 0.10 | 2:13.17 | 5/10/25 St. Francis Fighting Chance In |
| 47 | Ella FULLERTON | JR | Colorado College | 0.08 | 2:13.20 | 3/8/25 Oxy Distance Carnival and Spr |
| 48 | Maeve SULLIVAN | FR | #3 MIT {2} | 0.05 | 2:13.21 | 5/10/25 The F.I.R.E. Meet at Williams |
| 49 | Phoebe BRYAR | FR | #17 Tufts | 0.03 | 2:13.24 | 5/3/25 New England Division III Outd |
| 50 | Harrinee SETHILKUMAR | SR | #8 Johns Hopkins {3} | 0.01 | 2:13.26 | 4/5/25 George Mason Ebanks Invitati |



National TFRI Event Summary

Women's 1500 Meters — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | Meet |
|-----|----------------------------|-------------|-------------------------|-----------|--------------------|--|
| 1 | Haley SCHOENEGGE | SO | Vassar | 34.55 | 4:19.74 | 4/26/25 129th Penn Relays |
| 2 | Grace MCDONOUGH | JR | Connecticut College | 30.55 | 4:24.12 | 5/3/25 New England Division III Outd |
| 3 | Ellie RISING | SR | #24 George Fox | 28.52 | 4:24.20 | 5/10/25 Portland Twilight |
| 4 | Gillian ROEDER | SR | #3 MIT | 25.61 | 4:26.24 | 5/10/25 The F.I.R.E. Meet at Williams |
| 5 | Elisabeth CAMIC | SR | #7 Chicago | 23.36 | 4:26.81 | 5/10/25 St. Francis Fighting Chance In |
| 6 | Megan BELL | SR | #11 Rochester (N.Y.) | 3.26 | 4:27.12 | 4/14/25 Bison Outdoor Classic |
| 7 | Amelia LEHMAN | SR | #10 UW-Oshkosh | 19.19 | 4:27.36 | 5/10/25 St. Francis Fighting Chance In |
| 8 | Libby GEISNESS | SR | #10 UW-Oshkosh {2} | 17.19 | 4:27.37 | 5/10/25 St. Francis Fighting Chance In |
| 9 | Peyton STEFFEN | JR | #23 Central (Iowa) | 15.15 | 4:27.48 | 4/18/25 Bryan Clay Invitational |
| 10 | Isabel OLSON | SR | Colorado College | 13.12 | 4:27.59 | 4/12/25 Wichita State K.T. Woodman I |
| 11 | Lydia BENNETT | SR | Grove City | 11.05 | 4:27.84 | 5/2/25 PAC Outdoor Championships |
| 12 | Kelty OASTER | SR | Elizabethtown | 10.03 | 4:27.92 | 4/5/25 George Mason Ebanks Invitati |
| 13 | Sophie BEKINS | SR | #1 Washington (Mo.) | 9.02 | 4:27.95 | 5/10/25 St. Francis Fighting Chance In |
| 14 | Madison TIAFFAY | JR | #5 Emory | 7.78 | 4:28.77 | 3/28/25 Thrills In The Hills |
| 15 | Deyanneira COLON MALDONADO | SR | Aurora | 6.71 | 4:28.99 | 5/10/25 St. Francis Fighting Chance In |
| 16 | Annie HUANG | SR | #8 Johns Hopkins | 5.67 | 4:29.14 | 4/19/25 Johns Hopkins/Loyola (Md.) I |
| 17 | Bailey PUCKETT | JR | Trine | 5.11 | 4:29.35 | 5/10/25 St. Francis Fighting Chance In |
| 18 | Pria PARKER | SR | Smith | 4.57 | 4:29.49 | 5/3/25 New England Division III Outd |
| 19 | Claudia HARNETT | SR | #7 Chicago {2} | 4.07 | 4:29.50 | 4/27/25 UAA Outdoor Championships |
| 20 | Emily MOEHRINGER | SR | Catholic (D.C.) | 3.47 | 4:29.83 | 4/26/25 129th Penn Relays |
| 21 | Katie RECTOR | JR | #1 Washington (Mo.) {2} | 2.93 | 4:29.97 | 5/10/25 St. Francis Fighting Chance In |
| 22 | Claire EBERHARDT | SR | John Carroll | 2.43 | 4:29.99 | 5/9/25 Harrison Dillard Twilight |
| 22 | Tanise THORNTON-FILLYAW | JR | Goucher | 2.43 | 4:29.99 | 4/19/25 Johns Hopkins/Loyola (Md.) I |
| 24 | Christina CROW | SR | #3 MIT {2} | 1.39 | 4:30.16 | 5/10/25 The F.I.R.E. Meet at Williams |
| 25 | Emma KOTHARI | JR | #8 Johns Hopkins {2} | 1.32 | 4:30.28 | 4/19/25 Johns Hopkins/Loyola (Md.) I |
| 26 | Stella KUTTNER | FR | NYU | 1.25 | 4:30.42 | 5/3/25 Larry Ellis Invitational |
| 27 | Anna ROSE | SR | Berry | 1.19 | 4:30.50 | 5/7/25 Emory Final Qualifier |
| 28 | Frankie CHAIDEZ | SR | #12 Loras | 1.07 | 4:31.02 | 5/10/25 American Rivers (ARC) Outdoo |
| 29 | Lily YAMPOLSKY | FR | #22 Williams | 1.00 | 4:31.15 | 3/28/25 Thrills In The Hills |
| 30 | Izzy GORTON | SR | #1 Washington (Mo.) {3} | 0.91 | 4:31.40 | 4/27/25 UAA Outdoor Championships |
| 31 | Annika CARLSON | JR | #25 Chapman | 0.81 | 4:31.74 | 4/12/25 Pomona-Pitzer Invitational |
| 32 | Erin VONHOUSEN | SO | RPI | 0.73 | 4:31.96 | 4/25/25 Capital District Classic |
| 33 | Faith DUNCAN | JR | Wilmington (Ohio) | 0.64 | 4:32.28 | 4/5/25 Jenna Strong Invitational |
| 34 | Olivia WARR | SO | Washington and Lee | 0.58 | 4:32.32 | 4/19/25 Johns Hopkins/Loyola (Md.) I |
| 35 | Mackenzie SETTON | JR | #8 Johns Hopkins {3} | 0.50 | 4:32.55 | 4/14/25 Bison Outdoor Classic |
| 36 | Hailey SHREFFLER | SR | Eastern (Pa.) | 0.44 | 4:32.63 | 5/2/25 Middle Atlantic (MAC) Outdoor |
| 37 | Kate TUTTLE | FR | #22 Williams {2} | 0.38 | 4:32.67 | 5/10/25 The F.I.R.E. Meet at Williams |
| 38 | Jules BLESKOSKI | SO | RPI {2} | 0.30 | 4:32.89 | 4/25/25 Capital District Classic |
| 39 | Sierra DOODY | JR | #4 SUNY Geneseo | 0.28 | 4:33.11 | 4/14/25 Bison Outdoor Classic |
| 40 | Elena STANCIU | SO | UC Santa Cruz | 0.25 | 4:33.28 | 4/18/25 Bryan Clay Invitational |
| 41 | Lyda MARTIN | JR | Smith {2} | 0.23 | 4:33.56 | 5/10/25 The F.I.R.E. Meet at Williams |
| 42 | Janie COOPER | JR | NYU {2} | 0.20 | 4:33.62 | 5/3/25 Larry Ellis Invitational |
| 43 | Adriana CRABTREE | JR | Illinois Wesleyan | 0.18 | 4:33.64 | 4/26/25 Drake Relays |
| 44 | Keira ROGAN | FR | Hamilton | 0.15 | 4:33.73 | 3/29/25 Monmouth Season Opener |
| 45 | Hope MURPHY | SR | Baldwin Wallace | 0.13 | 4:33.87 | 4/24/25 Walsh Tune-Up at Mount Unio |
| 46 | Lexi FERNANDEZ | JR | #3 MIT {3} | 0.10 | 4:33.94 | 4/12/25 Duke Invitational |
| 47 | Gabriella NYE | JR | Widener | 0.08 | 4:34.09 | 4/19/25 Paul Donahue Invitational |
| 48 | Isabel WYATT | JR | St. Olaf | 0.05 | 4:34.25 | 5/3/25 St. Olaf Ole Open |
| 49 | Sylvan WOLD | SR | Amherst | 0.03 | 4:34.39 | 4/26/25 NESCAC Track & Field Champi |
| 50 | Harrinee SETHILKUMAR | SR | #8 Johns Hopkins {4} | 0.01 | 4:34.53 | 5/4/25 Centennial Outdoor Champio |



National TFRI Event Summary

Women's Steeplechase — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | Meet |
|-----|-------------------|-------------|-------------------------|-----------|--------------------|--|
| 1 | Audrey MACLEAN | SO | Middlebury | 33.71 | 10:21.15 | 4/26/25 NESCAC Track & Field Champi |
| 2 | Sophie BULL | JR | Calvin | 31.22 | 10:24.32 | 3/28/25 Washington (Mo.) Distance Ca |
| 3 | Keira ROGAN | FR | Hamilton | 28.68 | 10:27.88 | 4/5/25 Hamilton Invitational |
| 4 | Peyton STEFFEN | JR | #23 Central (Iowa) | 25.88 | 10:33.21 | 5/10/25 American Rivers (ARC) Outdoo |
| 5 | Ann BRENNAN | JR | #4 SUNY Geneseo | 23.85 | 10:33.41 | 5/12/25 Widener Final Qualifier |
| 6 | Annika CARLSON | JR | #25 Chapman | 21.55 | 10:36.04 | 4/18/25 Bryan Clay Invitational |
| 7 | Ellie MEYER | SR | #19 Wartburg | 19.46 | 10:36.88 | 3/28/25 Washington (Mo.) Distance Ca |
| 8 | Cooper BROTHERTON | JR | #8 Johns Hopkins | 17.35 | 10:38.03 | 5/12/25 Widener Final Qualifier |
| 9 | Jenna ALLMAN | SR | Calvin {2} | 15.34 | 10:38.18 | 4/26/25 GVSU Extra Weekend Meet |
| 10 | Abigail PATTERSON | SR | #1 Washington (Mo.) | 12.92 | 10:42.42 | 5/10/25 St. Francis Fighting Chance In |
| 11 | Liv GIRAND | SO | #3 MIT | 10.86 | 10:43.02 | 5/10/25 The F.I.R.E. Meet at Williams |
| 12 | Kenzie SEYMOUR | SO | UC Santa Cruz | 9.84 | 10:43.21 | 4/18/25 Bryan Clay Invitational |
| 13 | Katelyn CHADWICK | SR | #2 UW-La Crosse | 8.70 | 10:44.87 | 5/3/25 WIAC Outdoor Championships |
| 14 | Sophie MCMANUS | SR | Carleton | 7.69 | 10:45.19 | 5/10/25 MIAC Outdoor Championships |
| 15 | Ella WHINNEY | JR | Wellesley | 6.66 | 10:45.61 | 5/11/25 New England (NEICAAA) Outd |
| 16 | Adriana CRABTREE | JR | Illinois Wesleyan | 5.65 | 10:45.97 | 5/3/25 CCIW Outdoor Championships |
| 17 | Charlene PENG | SO | #22 Williams | 5.07 | 10:47.49 | 4/26/25 NESCAC Track & Field Champi |
| 18 | Grace SMITH | SR | Grove City | 4.50 | 10:48.95 | 4/14/25 Bison Outdoor Classic |
| 19 | Kate INGLIS | SR | Catholic (D.C.) | 3.97 | 10:49.69 | 4/14/25 Bison Outdoor Classic |
| 20 | Breklyn LAMMERT | SR | UW-Stout | 3.43 | 10:50.55 | 5/3/25 WIAC Outdoor Championships |
| 21 | Lily HIGGINS | SO | #2 UW-La Crosse {2} | 2.92 | 10:50.61 | 5/3/25 WIAC Outdoor Championships |
| 22 | Erin VONHOUSEN | SO | RPI | 2.38 | 10:51.42 | 4/19/25 Trinity (Conn.) Invitational (ou |
| 23 | Becca IMMER | SO | #2 UW-La Crosse {3} | 1.87 | 10:51.72 | 5/9/25 UW-La Crosse Uncaged Eagle |
| 24 | Kiera TALLAS | SO | Connecticut College | 1.31 | 10:52.93 | 4/26/25 NESCAC Track & Field Champi |
| 25 | McKayla FELTON | SR | UW-Stout {2} | 1.26 | 10:53.01 | 5/3/25 WIAC Outdoor Championships |
| 26 | Ari DE LA CERDA | SR | #14 UW-Whitewater | 1.20 | 10:53.08 | 5/10/25 St. Francis Fighting Chance In |
| 27 | Emma ODLE | SR | #9 Augustana (Ill.) | 1.15 | 10:53.12 | 5/10/25 St. Francis Fighting Chance In |
| 28 | Addy PARROTT | SR | #23 Central (Iowa) {2} | 1.09 | 10:53.33 | 4/26/25 Drake Relays |
| 29 | Amiyah PRIEBE | SR | Dickinson | 1.03 | 10:53.66 | 5/4/25 Centennial Outdoor Champio |
| 30 | Anna SASSE | SR | #20 Rowan | 0.97 | 10:53.71 | 5/12/25 Widener Final Qualifier |
| 31 | Kendall MANN | SR | DePauw | 0.83 | 10:55.68 | 5/3/25 NCAC Outdoor Championship |
| 32 | Julia PATTERSON | SR | #1 Washington (Mo.) {2} | 0.70 | 10:57.35 | 5/10/25 St. Francis Fighting Chance In |
| 33 | Coyla BARTHOLOMEW | JR | Lebanon Valley | 0.61 | 10:58.16 | 5/12/25 Widener Final Qualifier |
| 34 | Ella LYLE | SR | Grove City {2} | 0.52 | 10:59.01 | 4/14/25 Bison Outdoor Classic |
| 35 | Riley CLARK | JR | #1 Washington (Mo.) {3} | 0.47 | 10:59.03 | 5/10/25 St. Francis Fighting Chance In |
| 35 | Sydney SHOCK | FR | #8 Johns Hopkins {2} | 0.47 | 10:59.03 | 5/12/25 Widener Final Qualifier |
| 37 | Samantha HOFFMANN | SR | Scranton | 0.36 | 10:59.36 | 4/14/25 Bison Outdoor Classic |
| 38 | Revere SCHMIDT | SO | Claremont-Mudd-Scri | 0.30 | 10:59.72 | 5/3/25 Occidental Invitational |
| 39 | Olivia BACKHOLM | FR | Claremont-Mudd-Scr{2} | 0.28 | 10:59.81 | 4/27/25 SCIAC Championships |
| 40 | Ayla GRABENBAUER | JR | Case Western Reserve | 0.25 | 11:00.94 | 4/27/25 UAA Outdoor Championships |
| 41 | Olivia JACKSON | SO | NYU | 0.23 | 11:02.56 | 5/12/25 Widener Final Qualifier |
| 42 | Hannah ROTH | SO | Grinnell | 0.20 | 11:02.83 | 5/10/25 Midwest Conference Outdoor |
| 43 | Fiona BODKIN | SO | Pomona-Pitzer | 0.18 | 11:04.49 | 4/27/25 SCIAC Championships |
| 44 | Athena THARENOS | SR | Wooster | 0.15 | 11:04.78 | 5/9/25 Harrison Dillard Twilight |
| 45 | Sab LIN | SR | #11 Rochester (N.Y.) | 0.13 | 11:05.22 | 4/26/25 Cardinal Classic (St. John Fish |
| 46 | Ashley KACHURIK | SR | #15 Elmhurst | 0.10 | 11:05.88 | 5/3/25 CCIW Outdoor Championships |
| 47 | Natalie FOPMA | SR | Wheaton (Ill.) | 0.08 | 11:05.94 | 5/3/25 CCIW Outdoor Championships |
| 48 | Nora DALEY | SO | Carleton {2} | 0.05 | 11:07.39 | 5/10/25 MIAC Outdoor Championships |
| 49 | Ellia AGAR | FR | Calvin {3} | 0.03 | 11:08.17 | 5/10/25 St. Francis Fighting Chance In |
| 50 | Heather JENSEN | SO | #3 MIT {2} | 0.01 | 11:08.85 | 4/26/25 NEWMAC Outdoor Champions |



National TFRI Event Summary

Women's 5000 Meters — 2025 Checkpoint #7, May 13

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | | Scored Performance | Meet | |
|-----|----------------------------|----|-------------------------|-----------|---|--------------------|---------|--------------------------------|
| 1 | Faith DUNCAN | JR | Wilmington (Ohio) | 33.30 | | 16:12.17 | 4/19/25 | Virginia Challenge |
| 2 | Penelope GREENE | SR | #4 SUNY Geneseo | 31.22 | | 16:12.88 | 4/26/25 | 129th Penn Relays |
| 3 | Haley SCHOENEGGE | SO | Vassar | 28.73 | | 16:17.29 | 4/19/25 | Sean Collier Invitational |
| 4 | Jules BLESKOSKI | SO | RPI | 25.55 | | 16:28.51 | 4/19/25 | Sean Collier Invitational |
| 5 | Grace MCDONOUGH | JR | Connecticut College | 23.51 | | 16:29.06 | 4/5/25 | Coast Guard Spring Invitation |
| 6 | Anna WATSON | SR | #7 Chicago | 21.19 | | 16:33.53 | 5/10/25 | St. Francis Fighting Chance In |
| 7 | Gabriella NYE | JR | Widener | 19.15 | | 16:34.06 | 5/12/25 | Widener Final Qualifier |
| 8 | Hannah STEPHENSON | FR | Amherst | 17.12 | | 16:34.49 | 5/10/25 | The F.I.R.E. Meet at Williams |
| 9 | Janie COOPER | JR | NYU | 15.05 | | 16:35.47 | 4/14/25 | Bison Outdoor Classic |
| 10 | Rachel BRENNAN | SR | Gordon (Mass.) | 13.00 | | 16:36.12 | 4/19/25 | Sean Collier Invitational |
| 11 | Riley BUESE | SR | Lewis & Clark | 10.96 | | 16:36.64 | 5/3/25 | Oregon State High Performan |
| 12 | Audrey MACLEAN | SO | Middlebury | 9.94 | | 16:36.94 | 5/10/25 | The F.I.R.E. Meet at Williams |
| 13 | Adriana CATALANO | JR | #8 Johns Hopkins | 8.92 | | 16:37.30 | 4/14/25 | Bison Outdoor Classic |
| 14 | Carter BROTHERTON | FR | #8 Johns Hopkins {2} | 7.92 | | 16:37.31 | 5/12/25 | Widener Final Qualifier |
| 15 | Kate SANDERSON | JR | #3 MIT | 6.90 | | 16:37.54 | 5/10/25 | The F.I.R.E. Meet at Williams |
| 16 | Deyanneira COLON MALDONADO | SR | Aurora | 2.85 | D | 16:38.23 | 4/12/25 | UW-Platteville Invitational |
| 17 | Kate COCHRAN | SR | NYU {2} | 5.35 | | 16:38.31 | 4/14/25 | Bison Outdoor Classic |
| 18 | Ainara SAINZ DE ROZAS | JR | Concordia Wisconsin | 4.65 | | 16:41.05 | 4/26/25 | Drake Relays |
| 19 | Peyton STEFFEN | JR | #23 Central (Iowa) | 2.58 | D | 16:42.09 | 4/26/25 | Drake Relays |
| 20 | Rujuta SANE | JR | #3 MIT {2} | 3.56 | | 16:42.26 | 4/19/25 | Sean Collier Invitational |
| 21 | Chloe BONSON | JR | Allegheny (Pa.) | 2.96 | | 16:43.76 | 4/14/25 | Bison Outdoor Classic |
| 22 | Gillian ROEDER | SR | #3 MIT {3} | 2.42 | | 16:44.25 | 4/19/25 | Sean Collier Invitational |
| 23 | Isabel OLSON | SR | Colorado College | 1.87 | | 16:45.58 | 3/28/25 | Washington (Mo.) Distance Ca |
| 24 | Paige PHILLIPS | SR | Coast Guard | 1.36 | | 16:45.91 | 5/10/25 | The F.I.R.E. Meet at Williams |
| 25 | Anna BODMER | SO | Salisbury | 1.29 | | 16:46.36 | 5/12/25 | Widener Final Qualifier |
| 26 | Sophie BULL | JR | Calvin | 1.22 | | 16:46.86 | 4/12/25 | UW-Platteville Invitational |
| 27 | Josephine DZIEDZIC | SO | NYU {3} | 1.15 | | 16:47.35 | 5/10/25 | The F.I.R.E. Meet at Williams |
| 28 | Lilly FOWLER-CONNER | SR | #4 SUNY Geneseo {2} | 1.07 | | 16:48.40 | 4/26/25 | 129th Penn Relays |
| 29 | Keira ROGAN | FR | Hamilton | 1.01 | | 16:48.61 | 4/26/25 | NESCAC Track & Field Champi |
| 30 | Ellie MEYER | SR | #19 Wartburg | 0.91 | | 16:50.15 | 4/12/25 | UW-Platteville Invitational |
| 31 | Amelia LEHMAN | SR | #10 UW-Oshkosh | 0.83 | | 16:50.90 | 4/12/25 | UW-Platteville Invitational |
| 32 | Maya DUCKER | SO | Carnegie Mellon | 0.77 | | 16:51.25 | 5/12/25 | Widener Final Qualifier |
| 33 | Jenna ALLMAN | SR | Calvin {2} | 0.70 | | 16:51.75 | 4/12/25 | UW-Platteville Invitational |
| 34 | Estelle SNIDER | SO | #7 Chicago {2} | 0.63 | | 16:52.39 | 4/12/25 | UW-Platteville Invitational |
| 35 | Sydney RANKIN | SR | Colorado College {2} | 0.53 | | 16:53.85 | 3/8/25 | Oxy Distance Carnival and Spr |
| 36 | Lucy DUCHAC | JR | #2 UW-La Crosse | 0.44 | | 16:54.84 | 4/18/25 | Bryan Clay Invitational |
| 37 | Lydia BENNETT | SR | Grove City | 0.35 | | 16:56.35 | 3/29/25 | Carnegie Mellon Invitational |
| 38 | Paige ANDERSON | SR | Kalamazoo | 0.30 | | 16:58.00 | 4/26/25 | GVSU Extra Weekend Meet |
| 39 | Allison DELL | SR | Lynchburg | 0.28 | | 16:59.67 | 4/5/25 | Colonial Relays |
| 40 | Gabriella MCCARTHY | SR | #4 SUNY Geneseo {3} | 0.25 | | 16:59.76 | 4/14/25 | Bison Outdoor Classic |
| 41 | Sidney SWICK | JR | Trine | 0.23 | | 17:00.80 | 4/18/25 | Hillsdale Gina Relays |
| 42 | Morgan EIGEL | SO | #22 Williams | 0.20 | | 17:03.39 | 4/26/25 | NESCAC Track & Field Champi |
| 43 | Liesl SCHERRER | SR | #5 Emory | 0.18 | | 17:03.64 | 5/7/25 | Emory Final Qualifier |
| 44 | Alison BODE | SR | St. Olaf | 0.15 | | 17:04.08 | 4/30/25 | Meet of the UnSaintly |
| 45 | Lauren IAGNEMMA | JR | Case Western Reserve | 0.13 | | 17:05.12 | 4/14/25 | Bison Outdoor Classic |
| 46 | Ari DE LA CERDA | SR | #14 UW-Whitewater | 0.10 | | 17:05.25 | 4/12/25 | UW-Platteville Invitational |
| 47 | Lauren WALDA | JR | St. Olaf {2} | 0.08 | | 17:05.92 | 3/28/25 | Washington (Mo.) Distance Ca |
| 48 | Jamie STELNIK | SR | #8 Johns Hopkins {3} | 0.05 | | 17:06.04 | 5/12/25 | Widener Final Qualifier |
| 49 | Nora HOLMES | JR | #7 Chicago {3} | 0.03 | | 17:06.07 | 3/28/25 | Washington (Mo.) Distance Ca |
| 50 | Liv GIRAND | SO | #3 MIT {4} | 0.01 | | 17:06.27 | 4/19/25 | Sean Collier Invitational |



National TFRI Event Summary

Women's 10,000 Meters — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | Meet |
|-----|----------------------------|-------------|-------------------------|-----------|--------------------|--|
| 1 | Faith DUNCAN | JR | Wilmington (Ohio) | 35.93 | 32:57.31 | 3/29/25 Raleigh Relays |
| 2 | Penelope GREENE | SR | #4 SUNY Geneseo | 32.09 | 33:42.16 | 4/14/25 Bison Outdoor Classic |
| 3 | Riley BUESE | SR | Lewis & Clark | 28.74 | 34:16.33 | 4/5/25 Stanford Invitational |
| 4 | Rachel BRENNAN | SR | Gordon (Mass.) | 26.29 | 34:28.04 | 3/28/25 Washington (Mo.) Distance Ca |
| 5 | Kate SANDERSON | JR | #3 MIT | 23.54 | 34:52.91 | 3/29/25 Raleigh Relays |
| 6 | Allison DELL | SR | Lynchburg | 21.43 | 34:57.06 | 4/18/25 Bryan Clay Invitational |
| 7 | Lilly FOWLER-CONNER | SR | #4 SUNY Geneseo {2} | 19.25 | 35:04.34 | 4/14/25 Bison Outdoor Classic |
| 8 | Deyanneira COLON MALDONADO | SR | Aurora | 16.98 | 35:15.27 | 3/28/25 Washington (Mo.) Distance Ca |
| 9 | Alison MUELLER-HICKLER | JR | Colorado College | 14.90 | 35:18.61 | 3/28/25 Washington (Mo.) Distance Ca |
| 10 | Ainara SAINZ DE ROZAS | JR | Concordia Wisconsin | 12.86 | 35:19.99 | 4/18/25 UW-La Crosse Esten Challenge |
| 11 | Lucy DUCHAC | JR | #2 UW-La Crosse | 10.80 | 35:22.51 | 3/28/25 Washington (Mo.) Distance Ca |
| 12 | Rujuta SANE | JR | #3 MIT {2} | 9.78 | 35:23.27 | 3/29/25 Raleigh Relays |
| 13 | Madelynn MCINTYRE | SR | #2 UW-La Crosse {2} | 8.72 | 35:26.00 | 3/28/25 Washington (Mo.) Distance Ca |
| 14 | Flora BIRO | FR | Amherst | 7.63 | 35:29.61 | 5/10/25 The F.I.R.E. Meet at Williams |
| 15 | Sophie PORTER | SR | DePauw | 6.58 | 35:31.67 | 3/28/25 Washington (Mo.) Distance Ca |
| 16 | Alison BODE | SR | St. Olaf | 5.48 | 35:35.82 | 5/10/25 MIAC Outdoor Championships |
| 17 | Grace ROWLEY | SO | NYU | 4.95 | 35:37.25 | 4/14/25 Bison Outdoor Classic |
| 18 | Gabriella MCCARTHY | SR | #4 SUNY Geneseo {3} | 4.43 | 35:38.67 | 4/19/25 Paul Donahue Invitational |
| 19 | Orit SHIANG | JR | Carnegie Mellon | 3.93 | 35:38.81 | 4/27/25 UAA Outdoor Championships |
| 20 | Lucy GOTT | JR | NYU {2} | 3.42 | 35:39.75 | 5/10/25 The F.I.R.E. Meet at Williams |
| 21 | Estelle SNIDER | SO | #7 Chicago | 2.89 | 35:41.70 | 3/28/25 Washington (Mo.) Distance Ca |
| 22 | Jenna LENAY | JR | Occidental | 2.37 | 35:43.36 | 3/8/25 Oxy Distance Carnival and Spr |
| 23 | Grace GALLAGHER | JR | Misericordia | 1.81 | 35:48.70 | 4/14/25 Bison Outdoor Classic |
| 24 | Teghan BOOTH | SR | Simpson (Iowa) | 1.26 | 35:52.78 | 3/28/25 Washington (Mo.) Distance Ca |
| 25 | Charlie FLINT | SO | Colorado College {2} | 1.15 | 35:57.42 | 3/28/25 Washington (Mo.) Distance Ca |
| 26 | Jules BLESKOSKI | SO | RPI | 1.07 | 36:00.58 | 5/3/25 Liberty League Outdoor Cham |
| 27 | Fiona PICONE | JR | #22 Williams | 1.01 | 36:01.44 | 5/10/25 The F.I.R.E. Meet at Williams |
| 28 | Naomi CASS | JR | Bridgewater State | 0.93 | 36:03.52 | 5/11/25 New England (NEICAAA) Outd |
| 29 | Elizabeth DONAHUE | JR | #17 Tufts | 0.86 | 36:05.44 | 4/14/25 Bison Outdoor Classic |
| 30 | Julia BRENNAN | SO | #22 Williams {2} | 0.77 | 36:08.28 | 5/10/25 The F.I.R.E. Meet at Williams |
| 30 | Ann BRENNAN | JR | #4 SUNY Geneseo {4} | 0.77 | 36:08.28 | 4/19/25 Paul Donahue Invitational |
| 32 | Isabelle DEMERITT | SR | Bates | 0.63 | 36:11.85 | 5/10/25 The F.I.R.E. Meet at Williams |
| 33 | Jamie STELNIK | SR | #8 Johns Hopkins | 0.55 | 36:14.66 | 4/14/25 Bison Outdoor Classic |
| 34 | Britt HELGAAS | SR | Colorado College {3} | 0.50 | 36:14.99 | 3/28/25 Washington (Mo.) Distance Ca |
| 35 | Aliya LARSEN | SR | Carleton | 0.45 | 36:20.94 | 4/26/25 Drake Relays |
| 36 | McKayla FELTON | SR | UW-Stout | 0.40 | 36:25.00 | 4/18/25 UW-La Crosse Esten Challenge |
| 37 | Storrie KULYNYCH-IRVIN | FR | #8 Johns Hopkins {2} | 0.35 | 36:27.31 | 4/14/25 Bison Outdoor Classic |
| 38 | Haley OLIVER | JR | Rhode Island College | 0.30 | 36:31.26 | 5/3/25 New England Division III Outd |
| 39 | Tara SMURLA | JR | Moravian | 0.28 | 36:33.52 | 4/14/25 Bison Outdoor Classic |
| 40 | Keeley BEHR | JR | #6 UW-Eau Claire | 0.25 | 36:33.60 | 4/18/25 UW-La Crosse Esten Challenge |
| 41 | Emma AHRENS | SO | Concordia Wisconsin {2} | 0.23 | 36:43.73 | 4/18/25 UW-La Crosse Esten Challenge |
| 42 | Alsacia TIMMERMAN | JR | Connecticut College | 0.20 | 36:50.62 | 4/12/25 Conn College Silfen Invitation |
| 43 | Nikki CHOPRA | SO | Amherst {2} | 0.18 | 36:50.77 | 5/3/25 New England Division III Outd |
| 44 | Brooklyn LUEBKE | SO | #2 UW-La Crosse {3} | 0.15 | 36:51.65 | 3/28/25 Washington (Mo.) Distance Ca |
| 45 | Taylor MYERS | FR | Bridgewater (Va.) | 0.13 | 36:52.27 | 3/29/25 Dr. Harry G.M. Jopson Invitati |
| 46 | Annalese CHUDY | SR | Illinois Wesleyan | 0.10 | 36:52.47 | 3/28/25 Washington (Mo.) Distance Ca |
| 47 | Nina PARZIALE | SR | Univ. of New England | 0.08 | 36:53.08 | 4/14/25 Bison Outdoor Classic |
| 48 | Claire BEEBE | SR | #21 Colby | 0.05 | 36:55.16 | 5/10/25 The F.I.R.E. Meet at Williams |
| 49 | Ellie KOZICH | FR | DeSales | 0.03 | 36:56.42 | 3/29/25 Danny Curran Invitational |
| 50 | Carolyn DAY | SR | Gordon (Mass.) {2} | 0.01 | 36:56.73 | 5/3/25 New England Division III Outd |



National TFRI Event Summary

Women's 4x100 Relay — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|---|----------------------------|-----------|--------------------|---------------------------------------|
| 1 | Tiana Grady, Lauren Marshall, Hannah Schwarz, Alyssa Busker | #15 <i>Elmhurst</i> | 33.48 | 45.61 | 4/19/25 Beach Invitational |
| 2 | Julie Yang, Anika Reiland, Makenna Zak, Lauren Jarrett | #2 <i>UW-La Crosse</i> | 31.16 | 45.72 | 5/3/25 WIAC Outdoor Championships |
| 3 | Lauren Gay, Kylie Spytek, Nicole Stewart, Jasmine Wright | #1 <i>Washington (Mo.)</i> | 28.86 | 45.82 | 5/9/25 Billy Hayes Invitational |
| 4 | Danielle Pouska, Dakota Mitchell, Kelly Huerta, Cici Stennett | #14 <i>UW-Whitewater</i> | 26.57 | 45.92 | 4/24/25 UW-Whitewater Drake Alterna |
| 5 | Nikki Boon, Eva Carchidi, Jada Kenner, Audrey Johnson | #5 <i>Emory</i> | 24.42 | 45.97 | 4/5/25 Emory Dooley Elite |
| 6 | Khyra Stiner, Kaylee Smitl Allison Kremer, Makenna Lizarde | #25 <i>Chapman</i> | 21.84 | 46.17 | 5/8/25 APU Franson Last Chance |
| 7 | Mia Scott, Sandra King, Paige Munchick, Dakota Houston | <i>John Carroll</i> | 19.63 | 46.24 | 5/2/25 OAC Outdoor Championships |
| 8 | Tally Zeller, Fiona Mejico, Simone Waheed, Charlotte Brake-Hoffman | #21 <i>Colby</i> | 17.42 | 46.33 | 5/10/25 The F.I.R.E. Meet at Williams |
| 9 | Hope Schueller, Allyson Kakes, Kylee Grabarski, Sophia Crespo | #6 <i>UW-Eau Claire</i> | 15.40 | 46.34 | 5/9/25 UW-La Crosse Uncaged Eagle |
| 10 | Emily Zielinski, Wendy Wooden, Camille Connors, Michaina Loriston | <i>Wheaton (Mass.)</i> | 13.17 | 46.46 | 5/10/25 The F.I.R.E. Meet at Williams |
| 11 | Amari Robinson, Janea Bottinelli, Chloe Hein, Madjo Doumbia | #13 <i>Centre</i> | 11.11 | 46.49 | 4/26/25 SAA Outdoor Championships |
| 11 | Mariana Costa, Riana Hayes, Thea Ring, Meja Lindberg | <i>North Park</i> | 11.11 | 46.49 | 4/12/25 Wheaton (Ill.) Invitational |
| 13 | Kennedy Berger, Madison Miles, Paula Incorvati, Kenadee Wayt | <i>Mount Union</i> | 8.73 | 46.69 | 5/2/25 OAC Outdoor Championships |
| 14 | Harmony Creasy, Layla Hughes, Meghan McDonald, Emma Seipel | #12 <i>Loras</i> | 7.67 | 46.72 | 5/10/25 American Rivers (ARC) Outdoo |
| 15 | Haley Stannard, Elianna Dalamangas, Madison Ahrens, Isabel Peterson | <i>UW-Platteville</i> | 6.46 | 46.86 | 4/18/25 Augustana (Ill.) Meet of Cham |
| 16 | Rachel Hubley, Camilla Lash, Ellie Jolly, Heloise Hughes | <i>Amherst</i> | 5.45 | 46.88 | 5/10/25 The F.I.R.E. Meet at Williams |
| 17 | #Type! | #20 <i>Rowan</i> | 4.89 | 46.94 | 4/19/25 Johns Hopkins/Loyola (Md.) I |
| 18 | Alison McDonough, Kiara Abrantes, Grace Inacio, Jailene Escalera | <i>Bridgewater State</i> | 4.36 | 46.97 | 5/11/25 New England (NEICAAA) Outd |
| 19 | Quadetra Wilburn, Trinity Provost, Kaela Sawyers, Ny'Cierra Hinton | <i>St. Thomas (Texas)</i> | 3.84 | 46.99 | 4/27/25 SCAC Outdoor Championships |
| 20 | Jenna Driscoll, Lilly Gamache, Esme Irel, Makayla Durango | <i>UW-Stout</i> | 3.30 | 47.03 | 5/9/25 UW-La Crosse Uncaged Eagle |
| 21 | #Type! | <i>SUNY Delhi</i> | 2.78 | 47.05 | 3/29/25 Ramapo College Invitational |



National TFRI Event Summary

Women's 4x100 Relay — 2025 Checkpoint #7, May 13

| | | | | | |
|----|--|-----------------------|------|-------|--|
| 22 | Olivia Tollari, JoJo Tyynismaa, Avery Schultes, Addie Parker | #19 Wartburg | 2.25 | 47.09 | 5/10/25 American Rivers (ARC) Outdoo |
| 22 | Bella King-Harvey, Rachel Arthur, Ella Sukup, Cate Donaldson | #22 Williams | 2.25 | 47.09 | 3/28/25 Thrills In The Hills |
| 24 | Keeley Hourigan, Raegan Levi, Chloe Mooberry, Natalie Cummins | #18 Nebraska Wesleyan | 1.23 | 47.11 | 5/10/25 American Rivers (ARC) Outdoo |
| 25 | Maddie Lyons, Gabri Meschino, Camila Garanton, Arielle Troadec | #7 Chicago | 1.15 | 47.14 | 5/10/25 St. Francis Fighting Chance In |
| 26 | #Type! | Widener | 1.08 | 47.16 | 5/12/25 Widener Final Qualifier |
| 26 | Ava Schmidt, Catherine Leahy, Sofia Fisher, Sara Schermerhorn | Hope | 1.08 | 47.16 | 5/10/25 St. Francis Fighting Chance In |
| 28 | Simi Lawal, Arielle Chechile, Makayla Moriarty, Elysse Cumberland | #17 Tufts | 0.97 | 47.17 | 5/3/25 New England Division III Outd |
| 29 | Zora Shakhan, Lindsey Magoteaux, Meghan Frazier, Isabelle Henderson | Wittenberg | 0.90 | 47.19 | 5/3/25 NCAC Outdoor Championship |
| 29 | Kacey Kelly, Betsy Mohnkern, Kiara Smith, Rylee Turner | Lynchburg | 0.90 | 47.19 | 4/26/25 ODAC Outdoor Championship |
| 31 | Mirra Klimov, Lianne Saussy, Anna Zinsser, Lauren Phillips | #8 Johns Hopkins | 0.70 | 47.30 | 5/4/25 Centennial Outdoor Champio |
| 32 | Katherine Dortmund, Kennedy Elfers, Amarah McPhaul, Aelyn Baumbarger | Ohio Wesleyan | 0.63 | 47.32 | 5/3/25 NCAC Outdoor Championship |
| 33 | Sam Pynn, Brynn Mooney, Jill Ambler, Kayla Huba | #4 SUNY Geneseo | 0.55 | 47.35 | 5/12/25 St. John Fisher Last Chance |
| 34 | Mary Gustason, Ava Parkins, Danika Arnold, Emily McMartin | #23 Central (Iowa) | 0.50 | 47.39 | 5/10/25 American Rivers (ARC) Outdoo |
| 35 | Jireh Babalola, Raina Kaping, Autumn Maki, Abbie Swenson | #16 Bethel (Minn.) | 0.45 | 47.40 | 5/10/25 MIAC Outdoor Championships |
| 36 | Nalonda Henderson, Eleanor Hinckley, Mae Kaufman, Lindsey Hobin | Roanoke | 0.40 | 47.42 | 5/10/25 Lee University Last Chance |
| 37 | Tasia Miniotis, Samantha Sharrow, Kaia Grantham, Jocelyn Smith | Scranton | 0.35 | 47.44 | 5/4/25 Landmark Outdoor Champion |
| 38 | Olivia Bates, Jade Buckles Summer Wallace, Adalia Coleman | Bridgewater (Va.) | 0.30 | 47.48 | 4/26/25 ODAC Outdoor Championship |
| 38 | Kamayah Wooten, T'Miya Bryant, KeSondra Pickett, Ti'asia Bryant | North Carolina Wesley | 0.30 | 47.48 | 4/26/25 USA South Outdoor Conferen |
| 40 | Allison Stacy, Megan Geraets, Laura Thauvin, Kate Carlson | Gustavus Adolphus | 0.25 | 47.52 | 5/10/25 MIAC Outdoor Championships |
| 40 | Kyla Miller, Allie Dockins, Cali Minkie, Lindsey Novak | North Central (Ill.) | 0.25 | 47.52 | 5/3/25 CCIW Outdoor Championships |
| 42 | Olivia Richards, Olivia Reichle, Kensington Binstadt, Katriona Kirkpatrick | Pomona-Pitzer | 0.20 | 47.54 | 4/27/25 SCIAC Championships |



National TFRI Event Summary

Women's 4x100 Relay — 2025 Checkpoint #7, May 13

| | | | | | |
|----|--|---------------------|------|-------|---------------------------------------|
| 43 | Taylor Tucker, Jocelyn Fritz, TyKiaza Jones, Jazmyn Harmon | Greenville | 0.18 | 47.58 | 4/12/25 Greenville Select Meet |
| 44 | Shakira Wade, McKenzie Reser, Cora Deemer, Jordyn VanSanten | #9 Augustana (Ill.) | 0.15 | 47.61 | 5/3/25 CCIW Outdoor Championships |
| 45 | Nia Scott, CC Gray, Danya Selber, Annabelle Lanik | Trinity (Texas) | 0.13 | 47.64 | 3/22/25 Texas Lutheran DIII Challenge |
| 46 | Kenae Moore, Abby Collier, Jessica Klonowski, Kenni Voytek | Baldwin Wallace | 0.10 | 47.65 | 5/2/25 OAC Outdoor Championships |
| 47 | Christine Mallette, Katie Manning, Alyssa Fici, Emma McGuinn | RPI | 0.08 | 47.75 | 5/3/25 Liberty League Outdoor Cham |
| 48 | Katarina Petrovic, Olivia Skibinski, Isabella Gonzalez, Imani Ogunribido | Illinois Wesleyan | 0.05 | 47.76 | 5/3/25 CCIW Outdoor Championships |
| 49 | Andie Sandman, Emily Rengo, Piper Osborne, Kyla Nygaard | Concordia Moorhead | 0.03 | 47.81 | 5/10/25 MIAC Outdoor Championships |
| 49 | Emma Christman, Marlyse Haack, Lilly Williams, Karia Forvil | Salisbury | 0.03 | 47.81 | 5/3/25 Coast-to-Coast Athletic Outdo |



National TFRI Event Summary

Women's 4x400 Relay — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|--|-------------------------|-----------|--------------------|--|
| 1 | Anna Plautz, Alli Thomas, Morgan Jennings, Macy Reybrock | #2 UW-La Crosse | 33.18 | 3:43.83 | 4/18/25 Bryan Clay Invitational |
| 2 | Eva Ciuffetelli, Nora Chen, Raquella Casserino, Megan Bell | #11 Rochester (N.Y.) | 31.17 | 3:43.84 | 5/12/25 St. John Fisher Last Chance |
| 3 | Tally Zeller, Olivia Doherty, Kaitlyn Ewald, Fiona Mejico | #21 Colby | 28.95 | 3:44.14 | 3/28/25 Thrills In The Hills |
| 4 | Cate Donaldson, Claire Jensen, Annika Paluska, Bella King-Harvey | #22 Williams | 26.47 | 3:44.80 | 3/28/25 Thrills In The Hills |
| 5 | Kaylee Smith, Makenna Lizarde, Allison Kremer, Sarah Charles | #25 Chapman | 24.22 | 3:45.14 | 4/18/25 Bryan Clay Invitational |
| 6 | Mary Mason, Madison Miles, Elizabeth Funkhouser, Kenadee Wayt | Mount Union | 22.13 | 3:45.26 | 5/9/25 Harrison Dillard Twilight |
| 7 | Amaya Grant, Jada Kenne, Hannah Riley, Eva Carchidi | #5 Emory | 19.93 | 3:45.54 | 5/10/25 Lee University Last Chance |
| 8 | Quinn Bird, Catherine Christopher, Kylie Spytek, Izzy Gorton | #1 Washington (Mo.) | 17.73 | 3:45.82 | 3/29/25 Washington (Mo.) Invitational |
| 9 | Nicole Gretzinger, Janelle Eckl, Sierra Doody, Brynn Mooney | #4 SUNY Geneseo | 15.41 | 3:46.26 | 5/12/25 St. John Fisher Last Chance |
| 10 | Olivia Dias, Shreya Kalyan, Krystal Montgomery, Marina Miller | #3 MIT | 13.26 | 3:46.51 | 5/10/25 The F.I.R.E. Meet at Williams |
| 10 | Sarah Stellmach, Abbie Swenson, Hailey Gregg, Shalom Sulungaine | #16 Bethel (Minn.) | 13.26 | 3:46.51 | 4/26/25 Drake Relays |
| 12 | Emilee Booker, Mya Cinnamo, Lauren Jex, Kylee Grabarski | #6 UW-Eau Claire | 10.23 | 3:46.58 | 5/9/25 UW-La Crosse Uncaged Eagle |
| 13 | Catherine Leahy, Frances Cozzens, Jasmine Zimmerman, Sara Schermerhorn | Hope | 8.94 | 3:47.18 | 5/10/25 St. Francis Fighting Chance In |
| 14 | Ava Hagwell, Camila Garanton, Christin Facey, Ren Brown | #7 Chicago | 7.91 | 3:47.25 | 5/10/25 St. Francis Fighting Chance In |
| 15 | #Type! | Stockton | 6.75 | 3:47.57 | 5/12/25 Widener Final Qualifier |
| 16 | Harmony Creasy, Layla Hughes, Frankie Chaidez, Emma Seipel | #12 Loras | 5.58 | 3:47.93 | 4/26/25 Drake Relays |
| 17 | Nyla | FR #20 Rowan | 5.00 | 3:48.10 | 4/26/25 129th Penn Relays |
| 18 | #Type! | TCNJ | 4.46 | 3:48.27 | 5/12/25 Widener Final Qualifier |
| 19 | Lizzy Van Utrecht, Alivia Roerdink, Emily McMartin, Ava Parkins | #23 Central (Iowa) | 3.81 | 3:48.91 | 4/26/25 Drake Relays |
| 20 | Cora Deemer, Jordyn VanSanten, Lina Maatouk, McKenzie Reser | #9 Augustana (Ill.) | 3.25 | 3:49.15 | 5/3/25 CCIW Outdoor Championships |
| 21 | Lauren Phillips, Annie Huang, Harrinee Senthilkumar, Lianne Saussy | #8 Johns Hopkins | 2.72 | 3:49.28 | 5/4/25 Centennial Outdoor Champio |



National TFRI Event Summary

Women's 4x400 Relay — 2025 Checkpoint #7, May 13

| | | | | | |
|----|--|----------------------|------|---------|---------------------------------------|
| 22 | Peterly Leroy, Jasmin Berganza, Shaniece Nugent, Hannah Bohbot-Dridi | Brandeis | 2.13 | 3:49.69 | 4/18/25 Bryan Clay Invitational |
| 23 | Sophia Stahle, Haley Meyer, Ryann Decker, JoJo Tynismaa | #19 Wartburg | 1.50 | 3:50.29 | 5/10/25 American Rivers (ARC) Outdoo |
| 24 | Nancy Nyadongo, Terrica Thornton-Fillyaw, Tamryn Thornton-Fillyaw, Tanise Thornton-Fillyaw | Goucher | 1.00 | 3:50.31 | 5/4/25 Landmark Outdoor Champion |
| 25 | Addie Baker, Olivia Stenze Cyna Madigan, Maddy LaVoi | #10 UW-Oshkosh | 0.95 | 3:50.46 | 5/3/25 WIAC Outdoor Championships |
| 26 | Ella Besant, Grace Flynn, Alaina Stonebraker, Makenna Topp | Coast Guard | 0.90 | 3:50.79 | 5/3/25 New England Division III Outd |
| 27 | Ainsley Wilson, Janea Bottinelli, Faith Peterson, Madjo Doumbia | #13 Centre | 0.85 | 3:50.81 | 5/10/25 Lee University Last Chance |
| 28 | Emily Rengo, Meg Shercliffe, Emma Warner, Kyla Nygaard | Concordia Moorhead | 0.80 | 3:51.02 | 5/10/25 MIAC Outdoor Championships |
| 29 | Annika Kral, Emma Smith, Makayla Moriarty, Arielle Chechile | #17 Tufts | 0.75 | 3:51.20 | 4/26/25 NESCAC Track & Field Champi |
| 30 | Christa Prasertsintanah, Zoe Marcus, Piper Lentz, Casie Eifrig | Amherst | 0.70 | 3:52.38 | 5/10/25 The F.I.R.E. Meet at Williams |
| 31 | Jordynn Griffin, Mackenzie Huber, Lauren Huber, Isabella Gonzalez | Illinois Wesleyan | 0.65 | 3:52.48 | 5/3/25 CCIW Outdoor Championships |
| 32 | Skylar Cottell, Delphine Way, Phoebe Ogden, Elizabeth Hawley | Occidental | 0.60 | 3:52.53 | 4/12/25 Pomona-Pitzer Invitational |
| 33 | Cali Minkie, Cire' Smith, Lindsey Novak, Kyla Miller | North Central (Ill.) | 0.55 | 3:52.63 | 5/3/25 CCIW Outdoor Championships |
| 34 | Mia McConnell, Brigid Byrnes, Zoey Brown, Clare Marsh | Catholic (D.C.) | 0.50 | 3:52.75 | 5/4/25 Landmark Outdoor Champion |
| 35 | Katie Moore, Lily Hovda, Liberty Scott, Shelby Stall | DePauw | 0.45 | 3:54.00 | 5/3/25 NCAC Outdoor Championship |
| 36 | Eleanor Bachmeier, Faith Kasper, Sabrina Semmere, Elisabeth Eichinger | Redlands (Calif.) | 0.40 | 3:54.44 | 4/18/25 Bryan Clay Invitational |
| 37 | Elle Thompson, Anna Mazur, Mary Elliot, Ella Pate | Middlebury | 0.35 | 3:54.89 | 5/10/25 The F.I.R.E. Meet at Williams |
| 38 | Mae Kaufman, Maryrose Molina-Shuman, Ophelia Ladner, Lindsey Hobin | Roanoke | 0.30 | 3:55.53 | 4/26/25 ODAC Outdoor Championship |
| 39 | Kyrstin Wilson, Erin Schmidlin, Victoria Bradshaw, Elizabeth Beiswanger | Puget Sound | 0.28 | 3:56.08 | 4/27/25 Northwest (NWC) Conference |
| 40 | Abigail Danne, Aubrey Glover, Tymeerah De'Armond, Meghan Frazier | Wittenberg | 0.25 | 3:56.28 | 5/3/25 NCAC Outdoor Championship |
| 41 | Katriona Kirkpatrick, Anne Marston, Kensington Binstadt, Olivia Reichle | Pomona-Pitzer | 0.23 | 3:56.36 | 4/12/25 Pomona-Pitzer Invitational |



National TFRI Event Summary

Women's 4x400 Relay — 2025 Checkpoint #7, May 13

| | | | | | |
|----|--|--------------------------|------|--------------------|---------------------------------------|
| 42 | Jenna Huntsman, Breeauna O'Rear, Karys Gates, Ellie Rising | #24 <i>George Fox</i> | 0.20 | 3:56.65 | 4/27/25 Northwest (NWC) Conference |
| 43 | Lexi Rodriguez, Monica Camarota, Courtney Bostic, Marissa Wise | <i>SUNY Brockport</i> | 0.18 | 3:56.72c (3:59.86) | 4/19/25 Rochester Alumni Invitational |
| 44 | Halle Hamilton, Annette Smith, Lilly Broussard, CC Gray | <i>Trinity (Texas)</i> | 0.15 | 3:56.75 | 3/29/25 Trinity (Texas) Invitational |
| 45 | Tasia Miniotis, Kelsey Myler, Olivia Miller, Isabella Fay | <i>Scranton</i> | 0.13 | 3:56.90 | 5/4/25 Landmark Outdoor Champion |
| 46 | Carmela Woods, Sadie Hartmann, Nayeli Villegas, Alyssa Busker | #15 <i>Elmhurst</i> | 0.10 | 3:57.04 | 5/3/25 CCIW Outdoor Championships |
| 47 | Grace Kahon, Gianna Borzileri, Mackenzie Rader, Jaide Flowers | <i>Dubuque</i> | 0.08 | 3:57.69 | 5/10/25 American Rivers (ARC) Outdoo |
| 48 | Marlyse Haack, Lilly Williams, Karia Forvil, Emma Smyser | <i>Salisbury</i> | 0.05 | 3:57.76 | 5/3/25 Coast-to-Coast Athletic Outdo |
| 49 | Chloe Lovett, Haley Cook, Hayden Setty, Chloe Sutton | <i>Wilmington (Ohio)</i> | 0.03 | 3:57.90 | 5/2/25 OAC Outdoor Championships |
| 50 | Kiara White, Megan Marchand, Nadine Lauffer, Audrey Karwowski | <i>Grove City</i> | 0.01 | 3:58.08 | 5/2/25 PAC Outdoor Championships |



National TFRI Event Summary

Women's High Jump — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | | Meet |
|-----|--------------------|-------------|-------------------------|-----------|--------------------|------|--|
| 1 | Allie WILDSMITH | JR | Coast Guard | 35.16 | 1.78m | 5-10 | 4/19/25 George Davis Invitational |
| 2 | Olivia JAMESON | JR | Illinois Tech | 30.68 | 1.73m | 5-8 | 4/5/25 Chicagoland Outdoor Champi |
| 3 | Ebunoluwa OPATA | SR | #1 Washington (Mo.) | 28.18 | 1.72m | 5-7¾ | 4/27/25 UAA Outdoor Championships |
| 3 | Serena MCNEILLY | SO | #13 Centre | 28.18 | 1.72m | 5-7¾ | 4/12/25 Berry Field Day Invitational |
| 3 | Serenity SANDS | SR | Bridgewater State | 28.18 | 1.72m | 5-7¾ | 5/11/25 New England (NEICAAA) Outd |
| 6 | Alexa BELANGER | FR | Houghton | 21.69 | 1.71m | 5-7¼ | 5/3/25 Empire 8 Outdoor Champions |
| 7 | Sara HOSKINS | SR | #12 Loras | 19.24 | 1.70m | 5-7 | 5/2/25 Battle in the Bluffs |
| 7 | Bridget FINN | SR | Ripon | 19.24 | 1.70m | 5-7 | 5/2/25 Fox River Showdown |
| 9 | Alexis WEBER | SO | Otterbein | 14.90 | 1.69m | 5-6½ | 5/9/25 Harrison Dillard Twilight |
| 9 | Hailey CAROLAN | JR | Cornell College | 14.90 | 1.69m | 5-6½ | 5/10/25 Midwest Conference Outdoor |
| 9 | Marin SIMONS | FR | Southern Virginia | 14.90 | 1.69m | 5-6½ | 5/6/25 Liberty Twilight Qualifer |
| 12 | Jaden GATTS | SO | Dubuque | 9.62 | 1.68m | 5-6 | 5/10/25 American Rivers (ARC) Outdoo |
| 12 | Madeleine WRIGHT | SO | Ithaca | 9.62 | 1.68m | 5-6 | 5/12/25 St. John Fisher Last Chance |
| 12 | Jordan MURPHY | SO | Hartford | 9.62 | 1.68m | 5-6 | 4/19/25 Trinity (Conn.) Invitational (ou |
| 12 | Amelie JAMANKA | JR | #22 Williams | 9.62 | 1.68m | 5-6 | 4/26/25 NESCAC Track & Field Champi |
| 12 | Camille GILLUM | JR | Washington and Lee | 9.62 | 1.68m | 5-6 | 4/26/25 ODAC Outdoor Championship |
| 12 | Hannah ZASTROW | SR | UW-Stout | 9.62 | 1.68m | 5-6 | 5/3/25 WIAC Outdoor Championships |
| 12 | Brianna TIRA | SO | Whitworth | 9.62 | 1.68m | 5-6 | 4/11/25 Whitworth Jeffrahn Classic |
| 12 | Mari EVONUK | FR | Redlands (Calif.) | 9.62 | 1.68m | 5-6 | 5/8/25 APU Franson Last Chance |
| 20 | Ashley SHELTON | SO | Union (N.Y.) | 3.45 | 1.67m | 5-5¾ | 5/3/25 Liberty League Outdoor Cham |
| 20 | Lauren HUBER | SR | Illinois Wesleyan | 3.45 | 1.67m | 5-5¾ | 4/19/25 Indiana State Gibson Invitatio |
| 20 | Emily RUBIO | JR | Middlebury | 3.45 | 1.67m | 5-5¾ | 4/12/25 Carla Coffey Classic |
| 23 | Harper MEEK | SR | #17 Tufts | 1.78 | 1.66m | 5-5¼ | 5/3/25 New England Division III Outd |
| 23 | Megan HUNT | SR | #10 UW-Oshkosh | 1.78 | 1.66m | 5-5¼ | 4/12/25 UW Oshkosh Invitational |
| 23 | Amrit REHAL | FR | Babson | 1.78 | 1.66m | 5-5¼ | 5/10/25 The F.I.R.E. Meet at Williams |
| 23 | Emma GRUEN | SR | #6 UW-Eau Claire | 1.78 | 1.66m | 5-5¼ | 4/18/25 UW-La Crosse Esten Challenge |
| 23 | Hannah MYERS | JR | Principia | 1.78 | 1.66m | 5-5¼ | 4/18/25 Culver-Stockton Wildcat Open |
| 23 | Trelstad T | SR | Swarthmore | 1.78 | 1.66m | 5-5¼ | 4/26/25 Lions' Invitational |
| 23 | Caroline TIGHE | SR | Stevens | 1.78 | 1.66m | 5-5¼ | 3/29/25 Danny Curran Invitational |
| 23 | Emma KLOSTERMAN | SR | Otterbein {2} | 1.78 | 1.66m | 5-5¼ | 5/9/25 Harrison Dillard Twilight |
| 31 | Hailey CAMPBELL | SO | UW-Platteville | 0.76 | 1.65m | 5-5 | 4/24/25 UW-Whitewater Drake Alterna |
| 31 | Katie BALLER | SR | Hardin-Simmons | 0.76 | 1.65m | 5-5 | 3/22/25 Wes Kittley Invitational |
| 33 | Brynn FUERSTENBERG | JR | #14 UW-Whitewater | 0.55 | 1.64m | 5-4½ | 5/9/25 UW-La Crosse Uncaged Eagle |
| 33 | Anna Beth VANCIL | SR | Greenville | 0.55 | 1.64m | 5-4½ | 4/18/25 Rose-Hulman Twilight Invitati |
| 33 | Grace CROWDER | SO | Wheaton (Ill.) | 0.55 | 1.64m | 5-4½ | 4/5/25 Chicagoland Outdoor Champi |
| 33 | Izzy BENDER | FR | #2 UW-La Crosse | 0.55 | 1.64m | 5-4½ | 5/9/25 UW-La Crosse Uncaged Eagle |
| 37 | Madisyn TAYLOR | FR | Hardin-Simmons {2} | 0.35 | 1.63m | 5-4¼ | 4/17/25 Angelo State Invitational |
| 37 | Janae GREEN | JR | Hardin-Simmons {2} | 0.35 | 1.63m | 5-4¼ | 4/17/25 Angelo State Invitational |
| 37 | Hannah ALLISON | SO | Utica | 0.35 | 1.63m | 5-4¼ | 4/12/25 Utica Pioneer Spring Invite |
| 37 | Leah SMITH | SO | Amherst | 0.35 | 1.63m | 5-4¼ | 5/10/25 The F.I.R.E. Meet at Williams |
| 37 | Livi MAZEROLLE | JR | #22 Williams {2} | 0.35 | 1.63m | 5-4¼ | 5/10/25 The F.I.R.E. Meet at Williams |
| 37 | Breannnda DAVIS | SR | Westminster (Pa.) | 0.35 | 1.63m | 5-4¼ | 3/29/25 Carnegie Mellon Invitational |
| 37 | Alexys SCHEUERELL | JR | #2 UW-La Crosse {2} | 0.35 | 1.63m | 5-4¼ | 4/18/25 UW-La Crosse Esten Challenge |
| 37 | Kris WILLIAMS | SO | Berry | 0.35 | 1.63m | 5-4¼ | 4/5/25 UWG Legends Invitational |
| 37 | Madeline ZIRBEL | JR | UW-Stevens Point | 0.35 | 1.63m | 5-4¼ | 4/27/25 UW-Eau Claire Richard & Mary |
| 37 | Erica SNYDER | JR | Willamette | 0.35 | 1.63m | 5-4¼ | 4/15/25 Northwest (NWC) Conference |
| 37 | Laura BERTRANG | SO | #6 UW-Eau Claire {2} | 0.35 | 1.63m | 5-4¼ | 4/27/25 UW-Eau Claire Richard & Mary |
| 37 | Olivia THEISEN | SO | #1 Washington (Mo.) {2} | 0.35 | 1.63m | 5-4¼ | 4/12/25 Greenville Select Meet |
| 37 | Jaclyn DONOHO | JR | #8 Johns Hopkins | 0.35 | 1.63m | 5-4¼ | 5/4/25 Centennial Outdoor Champio |
| 37 | Alysia TOWNSEND | FR | Adrian | 0.35 | 1.63m | 5-4¼ | 4/19/25 Otterbein Twilight |
| 37 | Lauren GRATTAN | FR | Trinity (Conn.) | 0.35 | 1.63m | 5-4¼ | 5/10/25 The F.I.R.E. Meet at Williams |
| 37 | Nikki BOON | SR | #5 Emory | 0.35 | 1.63m | 5-4¼ | 3/28/25 Thrills In The Hills |
| 37 | Rylee GORRELL | SO | Baldwin Wallace | 0.35 | 1.63m | 5-4¼ | 4/26/25 Ashland Alumni Open |



National TFRI Event Summary

Women's Pole Vault — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | | Meet |
|-----|----------------------|-----------------------------|-----------|--------------------|--------|---|
| 1 | Yasmin RUFF | SR #1 Washington (Mo.) | 34.87 | 4.17m | 13-8¼ | 4/27/25 UAA Outdoor Championships |
| 2 | Katelyn HOWARD | JR #3 MIT | 31.08 | 4.07m | 13-4¼ | 5/10/25 The F.I.R.E. Meet at Williams |
| 3 | Gracie HOLLAND | SR #14 UW-Whitewater | 28.72 | 4.05m | 13-3½ | 4/18/25 Augustana (Ill.) Meet of Cham |
| 4 | Gwen BERENYI | JR North Central (Ill.) | 26.36 | 4.03m | 13-2½ | 3/29/25 First Chance Invitational |
| 5 | Maddy HABBERSTAD | SO #2 UW-La Crosse | 24.01 | 4.01m | 13-1¾ | 4/12/25 UW-Platteville Invitational |
| 6 | Brenna STELL | SO McMurry | 21.88 | 4.00m | 13-1½ | 4/12/25 McMurry War Hawk Classic |
| 6 | Madison CONLEY | SR Westminster (Pa.) | 21.88 | 4.00m | 13-1½ | 4/18/25 John Papa Invitational |
| 8 | Natasha FRISCH | JR Eastern Connecticut S | 17.52 | 3.97m | 13-¼ | 5/11/25 New England (NEICAAA) Outd |
| 9 | Claire SCHWELLER | JR Ohio Northern | 15.28 | 3.95m | 12-11½ | 4/26/25 Ashland Alumni Open |
| 10 | Araceli DE LEO LOPEZ | JR #2 UW-La Crosse {2} | 12.98 | 3.92m | 12-10¼ | 4/18/25 UW-La Crosse Esten Challenge |
| 11 | Charlotte HODGE | SR Bowdoin | 10.91 | 3.91m | 12-10 | 4/12/25 Carla Coffey Classic |
| 12 | Aryanna PAULENA | FR Goucher | 9.85 | 3.90m | 12-9½ | 5/12/25 Widener Final Qualifier |
| 12 | Kenzie KURDYS | SO Greenville | 9.85 | 3.90m | 12-9½ | 4/26/25 SLIAC Outdoor Track & Field C |
| 14 | Hailey SURACE | JR #3 MIT {2} | 7.73 | 3.88m | 12-8¾ | 4/19/25 Sean Collier Invitational |
| 15 | Ellie FITZGERALD | JR #22 Williams | 6.67 | 3.87m | 12-8¼ | 5/10/25 The F.I.R.E. Meet at Williams |
| 16 | Leah ZASTROW | JR UW-Stout | 5.54 | 3.85m | 12-7½ | 5/3/25 WIAC Outdoor Championships |
| 17 | Emily THOMPSON | JR Marietta | 4.98 | 3.84m | 12-7¼ | 3/29/25 Amy Adams Memorial Invitati |
| 18 | Marisa HARVEY | SO #2 UW-La Crosse {3} | 4.42 | 3.83m | 12-6¾ | 4/27/25 UW-Eau Claire Richard & Mary |
| 18 | Grace TULLY | SR #24 George Fox | 4.42 | 3.83m | 12-6¾ | 5/9/25 Oregon Twilight |
| 20 | Annika GUNDERSON | JR UW-River Falls | 3.36 | 3.82m | 12-6¼ | 4/12/25 Saint Mary's (Minn.) Open |
| 20 | Jae YU | SR #22 Williams {2} | 3.36 | 3.82m | 12-6¼ | 5/10/25 The F.I.R.E. Meet at Williams |
| 22 | Isabel MORSE | JR Nazareth | 2.30 | 3.81m | 12-6 | 4/19/25 Rochester Alumni Invitational |
| 22 | Ashley D'AMBROSIA | SR Washington and Lee | 2.30 | 3.81m | 12-6 | 4/19/25 Johns Hopkins/Loyola (Md.) I |
| 24 | Erin EASTWOOD | JR Ithaca | 1.23 | 3.80m | 12-5½ | 4/19/25 The Coach Pollard Invitational |
| 25 | Clarissa NEWMAN | FR #8 Johns Hopkins | 0.95 | 3.75m | 12-3½ | 5/12/25 Widener Final Qualifier |
| 25 | Natalie JOHNSON | SR North Central (Ill.) {2} | 0.95 | 3.75m | 12-3½ | 4/18/25 Augustana (Ill.) Meet of Cham |
| 27 | Ellie FORD | JR Ohio Northern {2} | 0.85 | 3.74m | 12-3¼ | 4/19/25 Otterbein Twilight |
| 28 | Madeline SEIFERT | JR Claremont-Mudd-Scri | 0.80 | 3.73m | 12-2¾ | 5/8/25 APU Franson Last Chance |
| 29 | Poppy MILLER | SR #22 Williams {3} | 0.75 | 3.72m | 12-2½ | 5/10/25 The F.I.R.E. Meet at Williams |
| 29 | Jillian SCOTT | SR Springfield (Mass.) | 0.75 | 3.72m | 12-2½ | 5/10/25 The F.I.R.E. Meet at Williams |
| 29 | Payton SORENSEN | SR Amherst | 0.75 | 3.72m | 12-2½ | 5/10/25 The F.I.R.E. Meet at Williams |
| 32 | Abigail BIGGS | FR UW-River Falls {2} | 0.60 | 3.71m | 12-2 | 4/26/25 Janis Rider / Doug Bolstorff In |
| 33 | Hannah WITTER | SR Messiah | 0.55 | 3.70m | 12-1½ | 4/16/25 York (Pa.) Twilight Meet |
| 33 | Jackie BERGERON | FR #2 UW-La Crosse {4} | 0.55 | 3.70m | 12-1½ | 5/9/25 UW-La Crosse Uncaged Eagle |
| 35 | Haley BLAGDON | SR #6 UW-Eau Claire | 0.45 | 3.69m | 12-1¼ | 4/19/25 Kansas Relays |
| 36 | Kalli Jo KLOCKE | SR UW-River Falls {3} | 0.40 | 3.66m | 12-0 | 4/26/25 Janis Rider / Doug Bolstorff In |
| 36 | Amanda VANCALSTER | FR #2 UW-La Crosse {5} | 0.40 | 3.66m | 12-0 | 4/12/25 UW-Platteville Invitational |
| 36 | Kiara TORNUSCIOLO | JR Nazareth {2} | 0.40 | 3.66m | 12-0 | 4/19/25 Rochester Alumni Invitational |
| 36 | Elise DOYLE | FR #3 MIT {3} | 0.40 | 3.66m | 12-0 | 4/5/25 UMASS Flagship Opener |
| 40 | Zoe WANG | SR Middlebury | 0.25 | 3.65m | 11-11¾ | 4/26/25 NESCAC Track & Field Champi |
| 40 | Cara PELLECHIA | JR Fredonia | 0.25 | 3.65m | 11-11¾ | 5/3/25 SUNYAC Outdoor Championsh |
| 40 | Raegan SORENSEN | SR UW-Stout {2} | 0.25 | 3.65m | 11-11¾ | 5/3/25 WIAC Outdoor Championships |
| 43 | Corinne INKLEY | SO Allegheny (Pa.) | 0.18 | 3.61m | 11-10 | 4/26/25 Big Red Invitational (Denison) |
| 44 | Victoria ZULTEVICZ | SR King's College (Pa.) | 0.15 | 3.60m | 11-9¾ | 4/25/25 Monarch Open |
| 44 | Jaylyn AHLBERG | JR Saint Benedict | 0.15 | 3.60m | 11-9¾ | 4/12/25 Bethel Invitational |
| 44 | Addison DOSS | FR Trinity (Texas) | 0.15 | 3.60m | 11-9¾ | 5/11/25 Trinity Last Chance |
| 44 | Ava BARNES | FR Carnegie Mellon | 0.15 | 3.60m | 11-9¾ | 4/12/25 Westminster (Pa.) Invitational |
| 48 | LiLi RAIDT | SO Saint Benedict {2} | 0.05 | 3.58m | 11-9 | 5/10/25 MIAC Outdoor Championships |
| 48 | Analissa PARESA | FR Linfield | 0.05 | 3.58m | 11-9 | 5/9/25 Oregon Twilight |
| 50 | Emma GALL | SO #17 Tufts | 0.01 | 3.57m | 11-8½ | 5/10/25 The F.I.R.E. Meet at Williams |
| 50 | Holly SCHREIBER | SO Case Western Reserve | 0.01 | 3.57m | 11-8½ | 4/27/25 UAA Outdoor Championships |
| 50 | Allison BOBST | SR Lynchburg | 0.01 | 3.57m | 11-8½ | 5/6/25 Liberty Twilight Qualifer |
| 50 | Makenzie STOCK | SR #1 Washington (Mo.) {2} | 0.01 | 3.57m | 11-8½ | 4/27/25 UAA Outdoor Championships |
| 50 | Nyla THOMPSON | SR #17 Tufts | 0.01 | 3.57m | 11-8½ | 5/10/25 The F.I.R.E. Meet at Williams |



National TFRI Event Summary

Women's Long Jump — 2025 Checkpoint #7, May 13

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | | Scored Performance | | | Meet | | |
|-----|-------------------------|----|-------------------------|-----------|---|--------------------|--------------|---------|---------------------------------|--|--|
| 1 | Kennedy KIRKLAND | SO | Bowdoin | 35.01 | | 6.28m | 20-7¼ (1.1) | 3/22/25 | Wesleyan (Conn.) J. Elmer Sw | | |
| 2 | Givanni PERRY | FR | Eastern Connecticut S | 30.85 | | 6.11mw | 20-½ (2.3) | 4/18/25 | Bonnie Edmondson Classic | | |
| 3 | Aurielle BRUNNER | SR | Chatham | 28.35 | | 6.07m | 19-11 (-1.2) | 5/10/25 | Lenoir-Rhyne Last Chance & M | | |
| 4 | Emma SEIPEL | SR | #12 Loras | 26.09 | | 6.05m | 19-10¼ (0.3) | 4/12/25 | UW-Platteville Invitational | | |
| 5 | Elysse CUMBERLAND | FR | #17 Tufts | 23.97 | | 6.04m | 19-9¾ (2.0) | 4/19/25 | Tufts Sunshine Classic | | |
| 6 | Kira HAWAABOO | SO | Linfield | 21.84 | | 6.03m | 19-9½ (0.2) | 5/9/25 | Oregon Twilight | | |
| 6 | Chloe HEIN | SO | #13 Centre | 21.84 | | 6.03m | 19-9½ (0.9) | 5/6/25 | Liberty Twilight Qualifier | | |
| 8 | Annabelle LANIK | FR | Trinity (Texas) | 17.33 | | 5.98mw | 19-7½ (2.2) | 3/28/25 | Trinity (Texas) Invitational | | |
| 9 | Nikki BOON | SR | #5 Emory | 15.16 | | 5.96mw | 19-6¾ (2.4) | 4/27/25 | UAA Outdoor Championships | | |
| 10 | Sage HENDERSHOT | SO | Drew | 12.98 | | 5.94m | 19-6 (0.0) | 5/4/25 | Landmark Outdoor Champion | | |
| 10 | Megan HUNT | SR | #10 UW-Oshkosh | 12.98 | | 5.94mw | 19-6 (2.5) | 4/23/25 | Drake Relays | | |
| 12 | Khia LASTER | SR | Buffalo State | 9.81 | | 5.92mw | 19-5¼ (4.0) | 4/26/25 | Cardinal Classic (St. John Fish | | |
| 13 | Ioanna TSONI | SO | Mount Holyoke | 8.73 | | 5.90mw | 19-4¼ (3.2) | 5/2/25 | New England Division III Outd | | |
| 13 | Jill AMBLER | SO | #4 SUNY Geneseo | 8.73 | | 5.90m | 19-4¼ (1.4) | 5/2/25 | Empire 8 Outdoor Champions | | |
| 13 | Marina SEMPLE | JR | #7 Chicago | 8.73 | | 5.90m | 19-4¼ (1.9) | 4/26/25 | UAA Outdoor Championships | | |
| 16 | Annie LEDER | SR | Dickinson | 5.60 | | 5.87mw | 19-3¼ (3.2) | 4/19/25 | The Coach Pollard Invitational | | |
| 17 | Paulina TINAJERO | SO | #15 Elmhurst | 4.97 | | 5.84m | 19-2 (1.0) | 5/3/25 | CCIW Outdoor Championships | | |
| 17 | Kayla ROBINSON | SR | Widener | 4.97 | | 5.84m | 19-2 (-1.0) | 5/1/25 | Middle Atlantic (MAC) Outdoor | | |
| 19 | Megan GERAETS | SR | Gustavus Adolphus | 2.38 | D | 5.82m | 19-1¼ (0.0) | 5/3/25 | St. Olaf Ole Open | | |
| 19 | Maya EVANS | JR | #2 UW-La Crosse | 3.88 | | 5.82mw | 19-1¼ (2.6) | 5/9/25 | UW-La Crosse Uncaged Eagle | | |
| 21 | Ebunoluwa OPATA | SR | #1 Washington (Mo.) | 2.29 | D | 5.80mw | 19-½ (2.1) | 4/27/25 | UAA Outdoor Championships | | |
| 21 | Jordan ANDREW | SR | #17 Tufts | {2} 2.79 | | 5.80mw | 19-½ (2.8) | 4/19/25 | Tufts Sunshine Classic | | |
| 21 | Chloe SELMER | FR | #15 Elmhurst | {2} 2.79 | | 5.80m | 19-½ (1.4) | 5/9/25 | Augustana Penultimate Qualif | | |
| 24 | Madjo DOUMBIA | SR | #13 Centre | {2} 1.25 | | 5.79m | 19-0 (0.0) | 4/12/25 | Berry Field Day Invitational | | |
| 24 | Mia HILL | JR | Salisbury | 1.25 | | 5.79m | 19-0 (1.0) | 5/12/25 | Widener Final Qualifier | | |
| 26 | Jenna MILLER | JR | #2 UW-La Crosse | {2} 1.11 | | 5.78m | 18-11¾ (1.0) | 5/9/25 | UW-La Crosse Uncaged Eagle | | |
| 27 | Dakota HOUSTON | FR | John Carroll | 1.01 | | 5.77m | 18-11¼ (1.4) | 4/11/25 | Mount Union John Homan Op | | |
| 27 | Veronica DUELL | SR | St. John Fisher | 1.01 | | 5.77mw | 18-11¼ (2.4) | 4/26/25 | Cardinal Classic (St. John Fish | | |
| 29 | Mackenzie DAGGITT | SR | Middlebury | 0.87 | | 5.76mw | 18-10¾ (2.7) | 5/2/25 | New England Division III Outd | | |
| 29 | Samantha SHARROW | JR | Scranton | 0.87 | | 5.76m | 18-10¾ (0.0) | 5/3/25 | Landmark Outdoor Champion | | |
| 31 | Eliza LEE | JR | Westfield State | 0.73 | | 5.75mw | 18-10½ (3.0) | 5/3/25 | New England Division III Outd | | |
| 32 | Kelsey TARBY | SO | #22 Williams | 0.63 | | 5.74m | 18-10 (0.7) | 5/10/25 | The F.I.R.E. Meet at Williams | | |
| 32 | Brooke SIGNORELLA | FR | DeSales | 0.63 | | 5.74m | 18-10 (-0.3) | 5/2/25 | Middle Atlantic (MAC) Outdoor | | |
| 34 | Hannah ALDERFER | SR | Susquehanna | 0.50 | | 5.73mw | 18-9¾ (2.3) | 4/19/25 | The Coach Pollard Invitational | | |
| 35 | Lanna WANDY | JR | #4 SUNY Geneseo | {2} 0.45 | | 5.71m | 18-8¾ (0.3) | 4/14/25 | Rochester Spring Twilight | | |
| 35 | Joy AREOLA | SR | Trinity (Texas) | {2} 0.45 | | 5.71m | 18-8¾ (1.5) | 4/27/25 | SCAC Outdoor Championships | | |
| 35 | Heloise HUGHES | SO | Amherst | 0.45 | | 5.71m | 18-8¾ (0.0) | 4/26/25 | NESCAC Track & Field Champi | | |
| 38 | Harmony CREASY | SR | #12 Loras | {2} 0.30 | | 5.70mw | 18-8½ (3.7) | 4/4/25 | Wartburg Outdoor Select | | |
| 38 | Regan SCOTT | FR | #2 UW-La Crosse | {3} 0.30 | | 5.70m | 18-8½ (2.0) | 5/9/25 | UW-La Crosse Uncaged Eagle | | |
| 40 | Ciara ADU-ADDI | SO | Worcester State | 0.25 | | 5.68mw | 18-7¾ (2.2) | 4/25/25 | MASCAC Outdoor Champions | | |
| 40 | Anna THALER | FR | #6 UW-Eau Claire | 0.25 | | 5.68m | 18-7¾ (1.0) | 5/3/25 | WIAC Outdoor Championships | | |
| 40 | Deja ANDERSON | SO | Illinois College | 0.25 | | 5.68m | 18-7¾ (1.9) | 5/3/25 | Fighting Scots Invitational | | |
| 43 | Bridget FINN | SR | Ripon | 0.18 | | 5.67m | 18-7¼ (1.8) | 5/9/25 | Midwest Conference Outdoor | | |
| 44 | Isabelle HENDERSON | FR | Wittenberg | 0.15 | | 5.66m | 18-7 (-1.4) | 5/3/25 | NCAC Outdoor Championship | | |
| 44 | Serena MCNEILLY | SO | #13 Centre | {3} 0.15 | | 5.66m | 18-7 (0.2) | 4/25/25 | SAA Outdoor Championships | | |
| 44 | Emilee BOOKER | SR | #6 UW-Eau Claire | {2} 0.15 | | 5.66m | 18-7 (0.8) | 4/18/25 | UW-La Crosse Esten Challenge | | |
| 47 | Ellie NUCKOLS | SO | Christopher Newport | 0.08 | | 5.65m | 18-6½ (1.5) | 5/3/25 | Coast-to-Coast Athletic Outdo | | |
| 47 | Treasure ROSARIO-WATSON | JR | Methodist | 0.08 | | 5.65m | 18-6½ (0.0) | 4/26/25 | USA South Outdoor Conferen | | |
| 49 | Amber GROSSE | JR | #2 UW-La Crosse | {4} 0.03 | | 5.64mw | 18-6 (3.6) | 5/9/25 | UW-La Crosse Uncaged Eagle | | |
| 49 | Breannnda DAVIS | SR | Westminster (Pa.) | 0.03 | | 5.64m | 18-6 (0.0) | 4/24/25 | Walsh Tune-Up at Mount Unio | | |
| 49 | Maigan ADAMS | SR | Redlands (Calif.) | 0.03 | | 5.64m | 18-6 (0.0) | 4/26/25 | SCIAC Championships | | |



National TFRI Event Summary

Women's Triple Jump — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|------------------------|-------------------------|-----------|--------------------|---|
| 1 | Ebunoluwa OPATA | SR #1 Washington (Mo.) | 34.20 | 12.82m | 42-¾ (0.5) 4/18/25 Culver-Stockton Wildcat Open |
| 2 | Sarai SEALY | FR Brandeis | 31.71 | 12.73mw | 41-9¼ (2.9) 5/3/25 New England Division III Outd |
| 3 | Elysse CUMBERLAND | FR #17 Tufts | 29.32 | 12.66mw | 41-6½ (2.5) 4/19/25 Tufts Sunshine Classic |
| 4 | Imani OGUNRIBIDO | SO Illinois Wesleyan | 26.82 | 12.57m | 41-3 (0.1) 5/3/25 CCIW Outdoor Championships |
| 5 | Jordan ANDREW | SR #17 Tufts {2} | 23.71 | 12.29mw | 40-4 (2.1) 4/19/25 Tufts Sunshine Classic |
| 6 | Maigan ADAMS | SR Redlands (Calif.) | 21.45 | 12.22m | 40-1¼ (1.1) 4/12/25 Pomona-Pitzer Invitational |
| 7 | Aurielle BRUNNER | SR Chatham | 3.11 D | 12.13m | 39-9¾ (0.3) 4/16/25 Grove City Mini Meet |
| 8 | Kayla ROBINSON | SO Widener | 17.00 | 12.10m | 39-8½ (-0.4) 4/14/25 Bison Outdoor Classic |
| 9 | Kacey KELLY | JR Lynchburg | 14.96 | 12.09m | 39-8 (1.5) 4/25/25 ODAC Outdoor Championship |
| 9 | Nony OTU UGWU | JR #3 MIT | 14.96 | 12.09mw | 39-8 (2.6) 4/18/25 Sean Collier Invitational |
| 11 | Ella BOWERS | SR Pomona-Pitzer | 10.92 | 12.08mw | 39-7¾ (2.4) 5/8/25 APU Franson Last Chance |
| 11 | Joy AREOLA | SR Trinity (Texas) | 10.92 | 12.08m | 39-7¾ (0.8) 5/11/25 Trinity Last Chance |
| 13 | Samantha PAUL | SR Springfield (Mass.) | 8.85 | 12.06mw | 39-6¾ (3.1) 4/25/25 NEWMAC Outdoor Champions |
| 14 | Serena MCNEILLY | SO #13 Centre | 7.81 | 12.05m | 39-6½ (0.0) 4/25/25 SAA Outdoor Championships |
| 14 | Sara BARTLETT | SR #8 Johns Hopkins | 7.81 | 12.05m | 39-6½ (0.2) 5/12/25 Widener Final Qualifier |
| 16 | Mackenzey KRONBERG | JR #2 UW-La Crosse | 5.53 | 11.97m | 39-3¼ (1.9) 5/9/25 UW-La Crosse Uncaged Eagle |
| 17 | Paula SORIC | SR Kenyon | 5.01 | 11.96m | 39-3 (0.6) 5/3/25 NCAC Outdoor Championship |
| 18 | Abigail CALHOUN | SR Carthage | 4.43 | 11.92m | 39-1¼ (0.0) 5/9/25 Augustana Penultimate Qualif |
| 19 | Eden MARANELL | SO St. Norbert | 3.91 | 11.91mw | 39-1 (2.2) 4/26/25 St. Norbert Invitational |
| 20 | Maya EVANS | JR #2 UW-La Crosse {2} | 3.39 | 11.90mw | 39-½ (2.5) 5/9/25 UW-La Crosse Uncaged Eagle |
| 21 | Shaniece NUGENT | JR Brandeis {2} | 2.84 | 11.87m | 38-11½ (1.0) 4/27/25 UAA Outdoor Championships |
| 21 | Alice BRAMBATI | FR RPI | 2.84 | 11.87m | 38-11½ (-0.) 4/10/25 Under the Lights Invite |
| 23 | Jamie RISSO | JR Hunter | 1.82 | 11.86m | 38-11 (1.4) 3/29/25 The Big Hurt |
| 24 | Mackenzie DAGGITT | SR Middlebury | 1.22 | 11.81m | #Error 5/9/25 The F.I.R.E. Meet at Williams |
| 25 | Shaniah JOHNSON | SR #19 Wartburg | 1.16 | 11.80m | 38-8¾ (1.3) 5/8/25 American Rivers (ARC) Outdoo |
| 26 | Harmony CREASY | SR #12 Loras | 1.05 | 11.77mw | 38-7½ (2.7) 5/8/25 American Rivers (ARC) Outdoo |
| 27 | Ioanna TSONI | SO Mount Holyoke | 0.98 | 11.76mw | 38-7 (3.1) 5/2/25 New England Division III Outd |
| 27 | Lili GUY | SR Gustavus Adolphus | 0.98 | 11.76m | 38-7 (0.2) 5/3/25 St. Olaf Ole Open |
| 27 | Sabriya FARQUHARSON | SO Saint Benedict | 0.98 | 11.76m | 38-7 (0.0) 5/10/25 MIAC Outdoor Championships |
| 30 | Jahmilia DENNIS | JR Vassar | 0.79 | 11.74m | 38-6¼ (1.0) 5/9/25 The F.I.R.E. Meet at Williams |
| 31 | Malia MELTON | JR Oglethorpe | 0.70 | 11.72m | 38-5½ (0.9) 4/25/25 SAA Outdoor Championships |
| 32 | Rafaela DELGADO | FR #22 Williams | 0.63 | 11.71m | 38-5 (0.0) 3/27/25 Thrills In The Hills |
| 33 | Eliza LEE | JR Westfield State | 0.57 | 11.70mw | 38-4¾ (2.3) 5/3/25 New England Division III Outd |
| 33 | Samantha WECHSLER | SO Ursinus | 0.57 | 11.70m | 38-4¾ (0.0) 5/2/25 Centennial Outdoor Champio |
| 35 | Madelyn (Maddie) MUCCI | FR #12 Loras {2} | 0.45 | 11.69m | 38-4¼ (0.5) 4/12/25 UW-Platteville Invitational |
| 36 | Ella LEWIS | SO Southwestern (Texas) | 0.40 | 11.68m | 38-4 (1.8) 5/11/25 Trinity Last Chance |
| 37 | Anaya THOMAS | SR Amherst | 0.35 | 11.66m | 38-3¼ (1.4) 5/3/25 New England Division III Outd |
| 38 | Kyleigh ARCHER | SO Pacific Lutheran | 0.30 | 11.64m | 38-2¼ (1.4) 4/4/25 PLU Spring Invite |
| 39 | Caroline HANSEN | SR #5 Emory | 0.28 | 11.63m | 38-2 (-0.5) 3/28/25 Thrills In The Hills |
| 39 | Maddie GREENE | SR Coast Guard | 0.28 | 11.63m | 38-2 (1.3) 3/28/25 Monmouth Season Opener |
| 41 | Campbell JOHNSON | FR Bates | 0.23 | 11.61mw | 38-1¼ (2.9) 5/3/25 New England Division III Outd |
| 41 | Ashyia MADDICKES | SO Berea (Ky.) | 0.23 | 11.61m | 38-1¼ (0.7) 3/29/25 Landon Bond Invitational |
| 43 | Emma PETROLIA | JR Stockton | 0.18 | 11.60mw | 38-¾ (4.0) 5/3/25 NJAC Outdoor Championship |
| 44 | Anna THALER | FR #6 UW-Eau Claire | 0.15 | 11.56m | 37-11¼ (0.0) 5/2/25 WIAC Outdoor Championships |
| 45 | Lauryn BROWN | FR Drew | 0.13 | 11.55m | 37-10¾ (1.6) 4/19/25 The Coach Pollard Invitational |
| 45 | Jazmyn HARMON | SO Greenville | 0.13 | 11.55m | 37-10¾ (0.0) 4/26/25 SLIAC Outdoor Track & Field C |
| 47 | Abbie LAYNE | SO North Central (Ill.) | 0.08 | 11.53m | 37-10 (0.0) 5/9/25 Augustana Penultimate Qualif |
| 48 | Emma SEIPEL | SR #12 Loras {3} | 0.05 | 11.52m | 37-9½ (1.7) 4/15/25 Loras Mid-Week Meet |
| 48 | Audrey JOHNSON | SR #5 Emory {2} | 0.05 | 11.52mw | 37-9½ (2.7) 4/5/25 Emory Dooley Elite |
| 50 | Katie JACQUES | SR Nazareth | 0.01 | 11.51m | 37-9¼ (1.7) 5/11/25 St. John Fisher Last Chance |
| 50 | Isabella PEREIRA | SO Whitworth | 0.01 | 11.51m | 37-9¼ (-0.2) 2/28/25 Ed Boitano Invitational |
| 50 | Molly WHITE | JR Scranton | 0.01 | 11.51m | 37-9¼ (0.0) 4/25/25 Miller Sports Construction Blu |
| 50 | Natasha MIHALKO | SR Misericordia | 0.01 | 11.51m | 37-9¼ (1.7) 5/2/25 Middle Atlantic (MAC) Outdoor |



National TFRI Event Summary

Women's Shot Put — 2025 Checkpoint #7, May 13

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | | Scored Performance | Meet |
|-----|-----------------------|----|-------------------------|-----------|---|--------------------|--|
| 1 | Alexis BOYKIN | SR | #3 MIT | 35.73 | | 15.39m | 50-6 5/3/25 Jay Carisella Coaches Invite |
| 2 | Talahiva TALANOA | SR | Greenville | 30.84 | | 14.65m | 48-¾ 4/26/25 SLIAC Outdoor Track & Field C |
| 3 | Maria FALK | SR | Carroll (Wis.) | 28.29 | | 14.51m | 47-7¼ 5/3/25 CCIW Outdoor Championships |
| 4 | Chloe REISER | SO | Dubuque | 26.10 | | 14.46m | 47-5¼ 5/10/25 American Rivers (ARC) Outdoo |
| 5 | Jenae BOTHE | JR | #1 Washington (Mo.) | 24.06 | | 14.45m | 47-5 4/18/25 Culver-Stockton Wildcat Open |
| 6 | Izzy BURMAN | SR | Ohio Northern | 21.42 | | 14.25m | 46-9 5/2/25 OAC Outdoor Championships |
| 7 | Amblessed OKEMGBO | JR | Whitworth | 19.29 | | 14.20m | 46-7¼ 4/27/25 Northwest (NWC) Conference |
| 8 | Emmily BERGLUND | SO | #18 Nebraska Wesleyan | 17.11 | | 14.13m | 46-4¼ 4/8/25 Doane Invitational |
| 9 | Isabelle DEAL | SR | #20 Rowan | 15.08 | | 14.12m | 46-4 5/4/25 NJAC Outdoor Championship |
| 9 | Onoyeme EGURE | SO | Berry | 15.08 | | 14.12m | 46-4 4/12/25 Berry Field Day Invitational |
| 11 | Vanessa UITENBROEK | SR | Carroll (Wis.) {2} | 11.00 | | 14.09m | 46-2¾ 5/9/25 UW-La Crosse Uncaged Eagle |
| 12 | Shanil AUGUSTE | SR | Rutgers-Newark | 9.92 | | 14.06m | 46-1½ 4/19/25 Wolverine Classic |
| 13 | Kenni CZARNECKI | SR | #14 UW-Whitewater | 8.84 | | 14.03m | 46-½ 5/3/25 WIAC Outdoor Championships |
| 14 | Hannah FRIEND | SR | Ohio Northern {2} | 7.76 | | 14.00m | 45-11¼ 5/2/25 OAC Outdoor Championships |
| 14 | Madison CARR | SO | Whitworth {2} | 7.76 | | 14.00m | 45-11¼ 4/17/25 Whitworth Twilight |
| 14 | Brenna NOON | SR | UW-Platteville | 7.76 | | 14.00m | 45-11¼ 4/12/25 UW-Platteville Invitational |
| 17 | Madison PAYNE | JR | Carthage | 5.22 | | 13.98m | 45-10½ 5/9/25 Augustana Penultimate Qualif |
| 18 | Carley CAMP | SR | Manchester | 4.71 | | 13.97m | 45-10 5/11/25 GVSU 10-Event Last Chance M |
| 19 | Mikayla WRIGHT | SR | Carthage {2} | 4.05 | | 13.85m | 45-5¼ 5/3/25 CCIW Outdoor Championships |
| 20 | Stephanie WITBROD | SR | Bethany Lutheran | 3.47 | | 13.79m | 45-3 4/26/25 Gustavus Adolphus Drake Alte |
| 21 | Brenna MASLOROFF | SR | #10 UW-Oshkosh | 2.37 | D | 13.72m | 45-¼ 5/3/25 WIAC Outdoor Championships |
| 22 | Jessie STENGER | SR | Hanover | 2.36 | | 13.71m | 44-11¾ 3/30/25 Hanover Invitational |
| 23 | Alexis MATTOX | SR | Carthage {3} | 1.74 | | 13.62m | 44-8¼ 5/9/25 Augustana Penultimate Qualif |
| 24 | Hailey GARCIA | FR | Roger Williams | 1.18 | | 13.58m | 44-6¾ 5/3/25 New England Division III Outd |
| 25 | Madilyn VANDER SANDEN | SO | #2 UW-La Crosse | 1.07 | | 13.53m | 44-4¾ 4/12/25 UW-Platteville Invitational |
| 26 | Jessa ALDERMAN | JR | MSOE | 0.99 | | 13.51m | 44-4 5/3/25 NACC Outdoor Championship |
| 27 | Maddie BOLEY | SR | Monmouth (Ill.) | 0.91 | | 13.49m | 44-3¾ 5/3/25 Fighting Scots Invitational |
| 27 | Zoe BARNES | SR | Southern Maine | 0.91 | | 13.49m | 44-3¾ 4/11/25 Monks Track & Field Invitation |
| 29 | Tess ANTHONY | SR | Albion | 0.77 | | 13.46m | 44-2 5/2/25 Michigan Intercollegiate Outd |
| 30 | Kendra HUMPHRIES | SO | McMurry | 0.70 | | 13.44m | 44-1¼ 4/17/25 Angelo State Invitational |
| 31 | Evie SANFORD | JR | Wooster | 0.65 | | 13.34m | 43-9¼ 5/3/25 NCAC Outdoor Championship |
| 31 | Michaela BURKHAUSER | SR | Case Western Reserve | 0.65 | | 13.34m | 43-9¼ 4/27/25 UAA Outdoor Championships |
| 33 | Sarah FINEMAN | SR | #5 Emory | 0.55 | | 13.31m | 43-8 5/11/25 Life U Last Chance |
| 34 | Nora WILHELM | JR | #16 Bethel (Minn.) | 0.50 | | 13.30m | 43-7¾ 5/10/25 MIAC Outdoor Championships |
| 35 | Erika EZUMBA | JR | #8 Johns Hopkins | 0.45 | | 13.26m | 43-6 4/5/25 George Mason Ebanks Invitati |
| 35 | Leanna WELLS | SO | RPI | 0.45 | | 13.26m | 43-6 4/25/25 Capital District Classic |
| 37 | Riley VICE | SR | #12 Loras | 0.35 | | 13.15m | 43-1¾ 5/10/25 American Rivers (ARC) Outdoo |
| 37 | Caitlyn COX | JR | #12 Loras | 0.35 | | 13.15m | 43-1¾ 5/10/25 American Rivers (ARC) Outdoo |
| 37 | Abby VELD | FR | #19 Wartburg | 0.35 | | 13.15m | 43-1¾ 5/2/25 Wartburg May Triangular |
| 40 | Sydney FLORES | JR | Denison | 0.25 | | 13.12m | 43-½ 5/3/25 NCAC Outdoor Championship |
| 41 | Josephine JACKLIN | JR | MSOE {2} | 0.23 | | 13.10m | 42-11¾ 5/9/25 UW-La Crosse Uncaged Eagle |
| 42 | Lillian TOWNSEND | SO | Carthage {4} | 0.20 | | 13.09m | 42-11½ 5/3/25 CCIW Outdoor Championships |
| 42 | Fejro AKIRI | SR | Rutgers-Newark {2} | 0.20 | | 13.09m | 42-11½ 4/19/25 Wolverine Classic |
| 44 | Shelby RAMBO | JR | Westminster (Pa.) | 0.15 | | 13.08m | 42-11 4/24/25 Walsh Tune-Up at Mount Unio |
| 45 | Lupe CORN | SR | UW-Stevens Point | 0.13 | | 13.06m | 42-10¼ 5/9/25 UW-La Crosse Uncaged Eagle |
| 45 | Makayla SITZLAR | JR | Mount Union | 0.13 | | 13.06m | 42-10¼ 3/29/25 Carnegie Mellon Invitational |
| 45 | Anna BRADY | SO | Ohio Northern {3} | 0.13 | | 13.06m | 42-10¼ 4/26/25 Ashland Alumni Open |
| 48 | Ryann ROHRER | JR | Calvin | 0.05 | | 13.05m | 42-9¾ 4/26/25 GVSU Extra Weekend Meet |
| 49 | Jaigan BOUDREAU | SR | Southern Maine {2} | 0.03 | | 13.02m | 42-8¾ 5/3/25 New England Division III Outd |
| 49 | Katelyn WAGNER | SO | Ohio Northern {4} | 0.03 | | 13.02m | 42-8¾ 5/2/25 OAC Outdoor Championships |



National TFRI Event Summary

Women's Discus — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) Institution | Team Pts. | | Scored Performance | Meet |
|-----|----------------------|------------------------------|-----------|---|--------------------|--|
| 1 | Charlotte FRERE | JR #9 Augustana (Ill.) | 35.97 | | 52.70m | 172-11 4/18/25 Augustana (Ill.) Meet of Cham |
| 2 | Alexis BOYKIN | SR #3 MIT | 7.22 | D | 51.93m | 170-5 5/3/25 Jay Carisella Coaches Invite |
| 3 | Nai'lah ANDERS | SO Dubuque | 29.34 | | 50.01m | 164-1 4/18/25 Augustana (Ill.) Meet of Cham |
| 4 | Maddie BOLEY | SR Monmouth (Ill.) | 26.55 | | 49.06m | 161-0 4/5/25 Augustana Viking Olympics |
| 5 | Vanessa UITENBROEK | SR Carroll (Wis.) | 23.38 | | 47.31m | 155-3 4/26/25 St. Norbert Invitational |
| 6 | Brenna MASLOROFF | SR #10 UW-Oshkosh | 21.35 | | 47.27m | 155-1 5/9/25 UW-La Crosse Uncaged Eagle |
| 7 | Anna LUNDAHL | SR #18 Nebraska Wesleyan | 19.16 | | 46.98m | 154-2 3/28/25 Central Nebraska Challenge |
| 8 | Jackie TUZIL | JR Carthage | 17.09 | | 46.87m | 153-9 5/9/25 Augustana Penultimate Qualif |
| 9 | Kayla BEHNKE | SR #6 UW-Eau Claire | 14.71 | | 46.23m | 151-8 5/9/25 UW-La Crosse Uncaged Eagle |
| 10 | Kaelyn MEANS | SO #18 Nebraska Wesleyan {2} | 12.66 | | 46.09m | 151-3 3/28/25 Central Nebraska Challenge |
| 10 | Brandy VARNER | JR King's College (Pa.) | 12.66 | | 46.09m | 151-3 5/12/25 Widener Final Qualifier |
| 10 | Amblessed OKEMGBO | JR Whitworth | 12.66 | | 46.09m | 151-3 4/17/25 Whitworth Twilight |
| 13 | Ryleigh CZARNECKI | SO #14 UW-Whitewater | 8.63 | | 46.00m | 150-11 3/29/25 First Chance Invitational |
| 14 | Emily BALL | SR #3 MIT {2} | 7.56 | | 45.79m | 150-3 5/3/25 Jay Carisella Coaches Invite |
| 15 | Abby VELD | FR #19 Wartburg | 6.52 | | 45.66m | 149-10 5/2/25 Wartburg May Triangular |
| 16 | Nicole TARPLEY | SR Carthage {2} | 5.50 | | 45.61m | 149-8 4/5/25 Wisconsin Private College Cha |
| 17 | Zoe BARNES | SR Southern Maine | 5.00 | | 45.60m | 149-7 4/11/25 Monks Track & Field Invitation |
| 18 | Katherine STEVENS | SR Christopher Newport | 4.43 | | 45.41m | 149-0 5/3/25 Coast-to-Coast Athletic Outdo |
| 19 | Kenni CZARNECKI | SR #14 UW-Whitewater {2} | 2.37 | D | 45.23m | 148-5 5/9/25 UW-La Crosse Uncaged Eagle |
| 20 | Michaela BURKHAUSER | SR Case Western Reserve | 3.31 | | 45.06m | 147-10 4/27/25 UAA Outdoor Championships |
| 21 | Emmilly BERGLUND | SO #18 Nebraska Wesleyan {3} | 2.78 | | 44.96m | 147-6 5/3/25 South Dakota Tune-up |
| 22 | Abby MIKOLAY | SO Bridgewater (Va.) | 2.25 | | 44.89m | 147-4 4/26/25 ODAC Outdoor Championship |
| 23 | Landry DRISKEL | SO Otterbein | 1.69 | | 44.71m | 146-8 4/19/25 Otterbein Twilight |
| 24 | Riley VICE | SR #12 Loras | 1.15 | | 44.60m | 146-4 4/5/25 Wartburg Outdoor Select |
| 25 | Aspin COLLINS | FR #18 Nebraska Wesleyan {4} | 1.08 | | 44.53m | 146-1 4/11/25 Doane-Nebraska Wesleyan |
| 26 | Emily DIMARCO | SR RIT | 1.02 | | 44.50m | 146-0 5/12/25 St. John Fisher Last Chance |
| 27 | Ava LARMON | FR #18 Nebraska Wesleyan {5} | 0.96 | | 44.48m | 145-11 4/8/25 Doane Invitational |
| 28 | Aubree KOENINGS | SO UW-Stout | 0.89 | | 44.43m | 145-9 4/5/25 Ashton May Invitational |
| 29 | Carley CAMP | SR Manchester | 0.79 | | 44.27m | 145-3 4/26/25 HCAC Outdoor Championship |
| 30 | Jeanette HYDUKOVICH | FR #5 Emory | 0.73 | | 44.24m | 145-2 5/11/25 Life U Last Chance |
| 31 | Kylee DOHERTY | JR Edgewood | 0.66 | | 44.19m | 145-0 5/9/25 UW-La Crosse Uncaged Eagle |
| 32 | Shelby RAMBO | JR Westminster (Pa.) | 0.60 | | 44.16m | 144-11 4/18/25 John Papa Invitational |
| 33 | Cora ROSE | SR #11 Rochester (N.Y.) | 0.55 | | 44.06m | 144-7 5/3/25 Liberty League Outdoor Cham |
| 33 | Margie RAYNE | JR Moravian | 0.55 | | 44.06m | 144-7 5/4/25 Landmark Outdoor Champion |
| 35 | Tori COLMAN | SO McMurtry | 0.45 | | 43.95m | 144-3 4/17/25 Angelo State Invitational |
| 36 | Kalynn STEVENSON | SO Castleton | 0.40 | | 43.91m | 144-1 5/3/25 New England Division III Outd |
| 37 | Breen DUFFY | JR Dubuque {2} | 0.35 | | 43.80m | 143-9 4/15/25 Loras Mid-Week Meet |
| 38 | Lydia MORRIS-KLIMENT | SO Swarthmore | 0.30 | | 43.76m | 143-7 5/12/25 Widener Final Qualifier |
| 39 | Josephine JACKLIN | JR MSOE | 0.28 | | 43.75m | 143-7 5/3/25 NACC Outdoor Championship |
| 40 | Jaigan BOUDREAU | SR Southern Maine {2} | 0.25 | | 43.74m | 143-6 5/3/25 New England Division III Outd |
| 41 | Hannah FRIEND | SR Ohio Northern | 0.23 | | 43.73m | 143-6 4/19/25 Mike Becraft Invitational |
| 42 | Isabella COWGER | FR Elizabethtown | 0.20 | | 43.57m | 143-0 3/29/25 Jim Taylor Invitational |
| 43 | Talahiva TALANOVA | SR Greenville | 0.18 | | 43.55m | 142-11 3/29/25 Washington (Mo.) Invitational |
| 44 | Ryann ROHRER | JR Calvin | 0.15 | | 43.44m | 142-6 4/26/25 GVSU Extra Weekend Meet |
| 44 | Teagan JONES | SR #6 UW-Eau Claire {2} | 0.15 | | 43.44m | 142-6 5/9/25 UW-La Crosse Uncaged Eagle |
| 46 | Michaela POMATTO | JR Stockton | 0.10 | | 43.43m | 142-6 5/12/25 Widener Final Qualifier |
| 47 | Kelley BRENNAN | JR Gustavus Adolphus | 0.08 | | 43.35m | 142-3 4/12/25 Bethel Invitational |
| 48 | Emma RAMSINGH | SO Amherst | 0.05 | | 43.29m | 142-1 5/10/25 The F.I.R.E. Meet at Williams |
| 49 | Jessie STENGER | SR Hanover | 0.03 | | 43.25m | 141-11 3/30/25 Hanover Invitational |
| 49 | Olivia DUNCAN | SO Gustavus Adolphus {2} | 0.03 | | 43.25m | 141-11 4/30/25 Maverick Open #1 |



National TFRI Event Summary

Women's Hammer — 2025 Checkpoint #7, May 13

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | Scored Performance | | Meet | |
|-----|--------------------|----|--------------------------|-----------|--------------------|--------|---------|--------------------------------|
| 1 | Alexis BOYKIN | SR | #3 MIT | 36.15 | 62.26m | 204-3 | 4/26/25 | 129th Penn Relays |
| 2 | Brenna MASLOROFF | SR | #10 UW-Oshkosh | 31.93 | 59.34m | 194-8 | 5/3/25 | WIAC Outdoor Championships |
| 3 | Emma TRUE | SR | #19 Wartburg | 29.31 | 58.53m | 192-1 | 4/18/25 | Augustana (Ill.) Meet of Cham |
| 4 | Teagan JONES | SR | #6 UW-Eau Claire | 27.01 | 58.14m | 190-9 | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 5 | Caitlyn COX | JR | #12 Loras | 24.04 | 56.37m | 184-11 | 4/5/25 | Wartburg Outdoor Select |
| 6 | Kenni CZARNECKI | SR | #14 UW-Whitewater | 21.82 | 55.96m | 183-7 | 4/18/25 | Augustana (Ill.) Meet of Cham |
| 7 | Talahiva TALANOA | SR | Greenville | 19.01 | 54.40m | 178-6 | 4/12/25 | Greenville Select Meet |
| 8 | Maddie BOLEY | SR | Monmouth (Ill.) | 16.77 | 53.96m | 177-1 | 4/18/25 | Augustana (Ill.) Meet of Cham |
| 9 | Erika EZUMBA | JR | #8 Johns Hopkins | 14.77 | 53.95m | 177-0 | 5/4/25 | Centennial Outdoor Champio |
| 10 | Taylor FLAIG | SR | #12 Loras {2} | 12.76 | 53.94m | 177-0 | 5/2/25 | Battle in the Bluffs |
| 10 | Carlyssa KING | SR | Illinois Wesleyan | 12.76 | 53.94m | 177-0 | 4/12/25 | Normal Invite |
| 12 | Alexis MATTOX | SR | Carthage | 9.71 | 53.84m | 176-8 | 4/17/25 | Don Church Twilight Meet |
| 13 | Jillian TOTH | JR | Monmouth (Ill.) {2} | 8.67 | 53.77m | 176-5 | 4/5/25 | Augustana Viking Olympics |
| 14 | Cheyenne MCPEEK | SO | SUNY Cortland | 7.62 | 53.66m | 176-1 | 5/3/25 | SUNYAC Outdoor Championsh |
| 15 | Izzy BURMAN | SR | Ohio Northern | 6.61 | 53.65m | 176-0 | 4/19/25 | Mike Becraft Invitational |
| 16 | Nicole TARPLEY | SR | Carthage {2} | 5.52 | 53.48m | 175-6 | 4/17/25 | Don Church Twilight Meet |
| 17 | Anna SPERATOS | JR | #16 Bethel (Minn.) | 5.01 | 53.45m | 175-5 | 5/10/25 | MIAC Outdoor Championships |
| 18 | Kayla BEHNKE | SR | #6 UW-Eau Claire {2} | 4.37 | 52.98m | 173-10 | 4/18/25 | UW-La Crosse Esten Challenge |
| 19 | Laila DAVIS | SR | Allegheny (Pa.) | 3.77 | 52.59m | 172-7 | 4/26/25 | Big Red Invitational (Denison) |
| 20 | Katherine STEVENS | SR | Christopher Newport | 3.26 | 52.56m | 172-5 | 5/12/25 | Widener Final Qualifier |
| 21 | Zoe CONNER | SR | #4 SUNY Geneseo | 2.75 | 52.51m | 172-4 | 4/19/25 | Rochester Alumni Invitational |
| 22 | Ella STRITESKY | JR | St. Scholastica | 2.23 | 52.45m | 172-1 | 5/2/25 | Maverick Open #2 |
| 23 | Antonia HEKSTER | SR | Claremont-Mudd-Scri | 1.67 | 52.20m | 171-3 | 3/29/25 | SCIAC Multi-Dual Series |
| 24 | Kerri MCCARTHY | SR | TCNJ | 1.14 | 52.10m | 170-11 | 5/12/25 | Widener Final Qualifier |
| 25 | Carley CAMP | SR | Manchester | 1.07 | 52.03m | 170-9 | 4/12/25 | Indiana DIII Championships |
| 26 | Chloe REISER | SO | Dubuque | 0.98 | 51.87m | 170-2 | 5/2/25 | Battle in the Bluffs |
| 27 | Breen DUFFY | JR | Dubuque {2} | 0.90 | 51.75m | 169-10 | 5/10/25 | American Rivers (ARC) Outdoo |
| 28 | Katelyn SHOEMAKER | JR | King's College (Pa.) | 0.82 | 51.67m | 169-6 | 4/25/25 | Monarch Open |
| 29 | Vanessa UITENBROEK | SR | Carroll (Wis.) | 0.77 | 51.66m | 169-6 | 4/18/25 | Wisconsin Lutheran Green & |
| 30 | Bobbi BLAHNIK | SR | #10 UW-Oshkosh {2} | 0.71 | 51.63m | 169-5 | 4/26/25 | St. Norbert Invitational |
| 31 | Lexi BRAINER | SR | Hamline | 0.66 | 51.61m | 169-4 | 4/30/25 | Meet of the UnSaintly |
| 32 | Anna STEED | JR | St. John Fisher | 0.60 | 51.48m | 168-11 | 4/19/25 | SUNY Cortland Classic Invitati |
| 33 | Jessica REILLY | SR | TCNJ {2} | 0.55 | 51.28m | 168-3 | 3/29/25 | Trinity (Texas) Invitational |
| 34 | Hannah MCMASTERS | JR | SUNY Cortland {2} | 0.50 | 51.26m | 168-2 | 4/19/25 | SUNY Cortland Classic Invitati |
| 35 | Alivia GERAGHTY | SO | Gordon (Mass.) | 0.45 | 51.20m | 168-0 | 5/10/25 | The F.I.R.E. Meet at Williams |
| 36 | Kelley BRENNAN | JR | Gustavus Adolphus | 0.40 | 51.01m | 167-4 | 4/12/25 | Bethel Invitational |
| 37 | Madison CARR | SO | Whitworth | 0.35 | 50.88m | 166-11 | 5/7/25 | Whitworth Last Chance Meet |
| 38 | Lauren ROSKUSZKA | SR | Case Western Reserve | 0.30 | 50.84m | 166-10 | 5/9/25 | Harrison Dillard Twilight |
| 39 | Hannah FRIEND | SR | Ohio Northern {2} | 0.28 | 50.75m | 166-6 | 5/2/25 | OAC Outdoor Championships |
| 40 | Tara JOCHUMSEN | SR | #19 Wartburg {2} | 0.25 | 50.67m | 166-3 | 5/2/25 | Wartburg May Triangular |
| 41 | Rachel GINN | SR | Case Western Reserve {2} | 0.23 | 50.61m | 166-1 | 4/27/25 | UAA Outdoor Championships |
| 42 | Carli CIAVARELLI | JR | Bates | 0.20 | 50.56m | 165-11 | 4/12/25 | Carla Coffey Classic |
| 43 | Lea RICHARD | SR | Nazareth | 0.18 | 50.48m | 165-8 | 5/3/25 | Empire 8 Outdoor Champions |
| 44 | Alexis MAHAFFEY | SR | Bethany (W.Va.) | 0.15 | 50.47m | 165-7 | 4/13/25 | Bison Classic Invitational |
| 45 | Ailean DUFFIE | SR | Case Western Reserve {3} | 0.13 | 50.27m | 164-11 | 4/19/25 | Paul "Sparky" Adams Invitatio |
| 46 | Isabel RODRIGUEZ | JR | Widener | 0.10 | 50.25m | 164-11 | 5/2/25 | Middle Atlantic (MAC) Outdoor |
| 47 | Gabrielle HARDING | SR | North Central (Ill.) | 0.08 | 50.09m | 164-4 | 5/9/25 | Augustana Penultimate Qualif |
| 48 | Aubree KOENINGS | SO | UW-Stout | 0.05 | 50.07m | 164-3 | 5/9/25 | UW-La Crosse Uncaged Eagle |
| 49 | Emily BALL | SR | #3 MIT {2} | 0.03 | 50.01m | 164-1 | 4/5/25 | UMASS Flagship Opener |
| 50 | Cora ROSE | SR | #11 Rochester (N.Y.) | 0.01 | 49.95m | 163-11 | 5/3/25 | Liberty League Outdoor Cham |



National TFRI Event Summary

Women's Javelin — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|--------------------|------------------------------|-----------|--------------------|---|
| 1 | Avery DECKER | SR #18 Nebraska Wesleyan | 36.43 | 47.50m | 155-10 4/11/25 Doane-Nebraska Wesleyan |
| 2 | Faith LADIN | SR North Central (Ill.) | 30.89 | 44.42m | 145-9 5/3/25 CCIW Outdoor Championships |
| 3 | Riley REITCHEL | JR Southern Maine | 28.68 | 44.24m | 145-2 4/5/25 UNH Jim Boulanger Invitation |
| 4 | Kylee DOHERTY | JR Edgewood | 26.11 | 43.72m | 143-5 4/24/25 UW-Whitewater Drake Alterna |
| 5 | Julia BALASKI | JR Penn State Behrend | 23.81 | 43.34m | 142-2 3/29/25 Carnegie Mellon Invitational |
| 6 | Heather MICHALSKI | SR #9 Augustana (Ill.) | 21.65 | 43.13m | 141-6 4/12/25 UW-Platteville Invitational |
| 7 | Elaine WANG | JR #3 MIT | 19.48 | 42.91m | 140-10 4/19/25 Sean Collier Invitational |
| 8 | Gabby JOHNSON | SR #2 UW-La Crosse | 17.46 | 42.89m | 140-9 4/5/25 Ashton May Invitational |
| 9 | Ellena CORWIN | SR #24 George Fox | 15.37 | 42.77m | 140-4 4/27/25 Northwest (NWC) Conference |
| 10 | Mardy NOVAK | SO Bowdoin | 12.91 | 41.93m | 137-7 4/26/25 NESCAC Track & Field Champi |
| 11 | Angela WEST | FR Roger Williams | 10.77 | 41.57m | 136-5 4/12/25 Conn College Silfen Invitation |
| 12 | Isabelle DEAL | SR #20 Rowan | 9.65 | 41.29m | 135-6 4/5/25 Ursinus College Invitational |
| 12 | Sophia LAUDI | FR Claremont-Mudd-Scri | 9.65 | 41.29m | 135-6 4/27/25 SCIAC Championships |
| 14 | Madalyn HUDNALL | JR Mount St. Joseph | 7.64 | 41.27m | 135-5 4/26/25 HCAC Outdoor Championship |
| 15 | Devyn CHELIN | SO Whitworth | 6.63 | 41.24m | 135-4 4/27/25 Northwest (NWC) Conference |
| 16 | Rebecca HEULER | SR SUNY Brockport | 5.63 | 41.23m | 135-3 4/13/25 Brockport Multi & Invitational |
| 17 | Laina NELSON | SO #9 Augustana (Ill.) {2} | 5.02 | 40.97m | 134-5 5/3/25 CCIW Outdoor Championships |
| 18 | Angie BAWEK | SO Allegheny (Pa.) | 4.51 | 40.93m | 134-4 5/8/25 Marty Goldberg Gator Invitatio |
| 19 | Lily SHAHAN | FR John Carroll | 3.88 | 40.61m | 133-3 4/13/25 Mount Union John Homan Op |
| 20 | Dana SCHWARTZ | JR Hamilton | 3.30 | 40.42m | 132-8 5/5/25 Big Red Invitational (Cornell) |
| 21 | Nikki BOON | SR #5 Emory | 2.30 | 40.41m | 132-7 4/27/25 UAA Outdoor Championships |
| 22 | Aliah CLARKE | SR #18 Nebraska Wesleyan {2} | 2.21 | 40.20m | 131-11 5/10/25 American Rivers (ARC) Outdoo |
| 23 | Keyleigh THOMAS | JR Illinois College | 1.67 | 40.10m | 131-7 5/3/25 Fighting Scots Invitational |
| 24 | Kacey KELLY | JR Lynchburg | 1.16 | 40.08m | 131-6 4/5/25 Colonial Relays |
| 25 | Ellie LEECH | FR Saint Joseph's (Maine) | 1.10 | 40.04m | 131-5 4/19/25 Maine State Pine Tree Classic |
| 25 | Brecken VANDENHOEK | SR #24 George Fox {2} | 1.10 | 40.04m | 131-5 3/22/25 Westmont Collegiate Classic |
| 27 | Lily SEYFERT | JR Ithaca | 0.94 | 39.90m | 130-11 4/19/25 The Coach Pollard Invitational |
| 28 | Ginger ARNOLD | SO Bowdoin {2} | 0.89 | 39.89m | 130-11 3/23/25 Wesleyan (Conn.) J. Elmer Sw |
| 29 | Aaliyah JOHNSON | SR Simpson (Iowa) | 0.80 | 39.81m | 130-8 3/28/25 Central (Iowa) Dutch Invitatio |
| 30 | Diamond EADDY | SO #20 Rowan {2} | 0.75 | 39.80m | 130-7 4/19/25 Paul Donahue Invitational |
| 30 | Raegan SORENSEN | SR UW-Stout | 0.75 | 39.80m | 130-7 4/18/25 UW-La Crosse Esten Challenge |
| 32 | Skyler KLIMOW | JR #4 SUNY Geneseo | 0.64 | 39.79m | 130-7 4/5/25 Geneseo Early Season Invite |
| 33 | Jackie WELLS | SO #17 Tufts | 0.57 | 39.72m | 130-4 4/26/25 NESCAC Track & Field Champi |
| 34 | Kira HAWAABOO | SO Linfield | 0.50 | 39.63m | 130-0 4/27/25 Northwest (NWC) Conference |
| 35 | Ainslee BINKLEY | JR Susquehanna | 0.45 | 39.62m | 130-0 5/4/25 Landmark Outdoor Champion |
| 36 | Mackenzie WARD | SO Franklin & Marshall | 0.40 | 39.55m | 129-9 4/19/25 Millersville Invite |
| 37 | Peyton PANKA | SR Benedictine (Ill.) | 0.35 | 39.34m | 129-1 4/12/25 Cougar Invitational (Concordi |
| 38 | Genevieve GRUBA | SO Concordia Moorhead | 0.30 | 39.32m | 129-0 4/11/25 NDSU Spring Classic |
| 39 | Logan SPOONEMORE | SR Pomona-Pitzer | 0.28 | 39.27m | 128-10 4/27/25 SCIAC Championships |
| 40 | Emily BALL | SR #3 MIT {2} | 0.25 | 39.24m | 128-9 4/19/25 Sean Collier Invitational |
| 41 | Laura BERTRANG | SO #6 UW-Eau Claire | 0.23 | 39.20m | 128-8 5/9/25 UW-La Crosse Uncaged Eagle |
| 42 | Ella PULS | JR #2 UW-La Crosse {2} | 0.20 | 39.18m | 128-7 5/3/25 WIAC Outdoor Championships |
| 43 | Olivia CARPENTER | FR #3 MIT {3} | 0.18 | 39.17m | 128-6 4/5/25 UMASS Flagship Opener |
| 44 | Hazel JOLLIFF | JR Ohio Wesleyan | 0.15 | 39.07m | 128-2 5/3/25 NCAC Outdoor Championship |
| 45 | Elizabeth LUBOLD | JR Allegheny (Pa.) {2} | 0.13 | 39.05m | 128-2 4/14/25 Bison Outdoor Classic |
| 46 | Katie KOVALCHICK | SO Washington & Jefferso | 0.10 | 38.99m | 127-11 5/2/25 PAC Outdoor Championships |
| 46 | Kaia GACK | FR Concordia Moorhead {2} | 0.10 | 38.99m | 127-11 5/10/25 MIAC Outdoor Championships |
| 48 | Brooke SHAFER | SR #19 Wartburg | 0.05 | 38.96m | 127-10 5/10/25 American Rivers (ARC) Outdoo |
| 49 | Annalise STEPHENS | SR TCNJ | 0.03 | 38.95m | 127-10 4/26/25 Lions' Invitational |
| 50 | Sarah VIVEIROS | FR Case Western Reserve | 0.01 | 38.94m | 127-9 5/8/25 Marty Goldberg Gator Invitatio |



National TFRI Event Summary

Women's Heptathlon — 2025 Checkpoint #7, May 13

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|---------------------|--------------------------|-----------|--------------------|--|
| 1 | Nikki BOON | SR #5 Emory | 37.88 | 5,638 | 3/28/25 Thrills In The Hills |
| 2 | Emilee BOOKER | SR #6 UW-Eau Claire | 30.85 | 5,074 | 4/18/25 UW-La Crosse Esten Challenge |
| 3 | Olivia BOHLEN | JR #23 Central (Iowa) | 28.59 | 5,045 | 4/18/25 Jim Dutcher Memorial |
| 4 | Aurielle BRUNNER | SR Chatham | 25.85 | 4,947 | 5/11/25 Lenoir-Rhyne Last Chance & M |
| 5 | Bridget FINN | SR Ripon | 23.84 | 4,945 | 4/12/25 UW Oshkosh Invitational |
| 6 | Emma GRUEN | SR #6 UW-Eau Claire {2} | 21.67 | 4,917 | 4/18/25 UW-La Crosse Esten Challenge |
| 7 | Amber GROSSE | JR #2 UW-La Crosse | 19.38 | 4,869 | 4/18/25 UW-La Crosse Esten Challenge |
| 8 | Kira HAWAABOO | SO Linfield | 17.20 | 4,840 | 4/15/25 Northwest (NWC) Conference |
| 9 | Thea RING | JR North Park | 15.11 | 4,825 | 5/3/25 CCIW Outdoor Championships |
| 10 | Lauren HUBER | SR Illinois Wesleyan | 13.09 | 4,821 | 4/19/25 Indiana State Gibson Invitatio |
| 11 | Megan HUNT | SR #10 UW-Oshkosh | 10.98 | 4,804 | 4/12/25 UW Oshkosh Invitational |
| 12 | Eleanor BACHMEIER | SR Redlands (Calif.) | 9.81 | 4,761 | 5/8/25 APU Franson Last Chance |
| 13 | Katie MOORE | SR DePauw | 8.78 | 4,751 | 4/27/25 NCAC Outdoor Championship |
| 14 | Jenna HUNTSMAN | JR #24 George Fox | 7.52 | 4,669 | 4/15/25 Northwest (NWC) Conference |
| 15 | Alexys SCHEUERELL | JR #2 UW-La Crosse {2} | 6.50 | 4,663 | 4/18/25 UW-La Crosse Esten Challenge |
| 16 | Emma BURR | SO Thomas (Maine) | 5.46 | 4,650 | 4/19/25 Maine State Pine Tree Classic |
| 17 | Hannah SWALE | JR Swarthmore | 4.95 | 4,646 | 5/4/25 Centennial Outdoor Champio |
| 18 | Breeauna O'REAR | SR #24 George Fox {2} | 4.37 | 4,622 | 3/21/25 Klein/Nwaba Combined Event |
| 19 | Hannah ALDERFER | SR Susquehanna | 3.87 | 4,619 | 4/11/25 Susquehanna River Hawk Mul |
| 20 | Anna SAWICKI | FR Lebanon Valley | 3.33 | 4,607 | 5/2/25 Middle Atlantic (MAC) Outdoor |
| 21 | Livi MAZEROLLE | JR #22 Williams | 2.81 | 4,600 | 5/10/25 The F.I.R.E. Meet at Williams |
| 22 | Elisabeth EICHINGER | JR Redlands (Calif.) {2} | 2.28 | 4,593 | 5/8/25 APU Franson Last Chance |
| 23 | Emily RUBIO | JR Middlebury | 1.73 | 4,576 | 5/10/25 The F.I.R.E. Meet at Williams |
| 24 | Claudia OUIMET | FR #8 Johns Hopkins | 1.14 | 4,548 | 5/4/25 Centennial Outdoor Champio |
| 25 | Emily BROWN | SO Whitworth | 0.95 | 4,495 | 4/15/25 Northwest (NWC) Conference |
| 26 | Margo FOX | JR Lynchburg | 0.90 | 4,493 | 5/11/25 Lenoir-Rhyne Last Chance & M |
| 27 | Jenna KALEVIK | SR Concordia Moorhead | 0.85 | 4,489 | 5/2/25 MIAC Outdoor Championships |
| 28 | Justus FLOREN | SR Saint Benedict | 0.80 | 4,451 | 5/2/25 MIAC Outdoor Championships |
| 29 | Peyton SELLE | SR Concordia Moorhead{2} | 0.75 | 4,442 | 5/2/25 MIAC Outdoor Championships |
| 30 | Serena MCNEILLY | SO #13 Centre | 0.70 | 4,404 | 4/12/25 Berry Field Day Invitational |
| 31 | Lauren DIMLER | JR #6 UW-Eau Claire {3} | 0.65 | 4,403 | 5/3/25 WIAC Outdoor Championships |
| 32 | Anne SPILA | SR Alfred | 0.60 | 4,341 | 4/11/25 Susquehanna River Hawk Mul |
| 33 | Victoria WILSON | JR LeTourneau | 0.55 | 4,338 | 5/8/25 APU Franson Last Chance |
| 34 | Molly LU MCKELLAR | JR Keene State | 0.50 | 4,325 | 5/10/25 The F.I.R.E. Meet at Williams |
| 35 | Ellie NUCKOLS | SO Christopher Newport | 0.45 | 4,310 | 4/19/25 New Captains Classic/Combin |
| 36 | Madeline THORESON | FR #2 UW-La Crosse {3} | 0.40 | 4,302 | 4/18/25 UW-La Crosse Esten Challenge |
| 37 | Molly WHITE | JR Scranton | 0.35 | 4,296 | 4/11/25 Susquehanna River Hawk Mul |
| 38 | Caitlin BENESH | SO #19 Wartburg | 0.30 | 4,286 | 5/10/25 American Rivers (ARC) Outdoo |
| 39 | Haylie RASMUSSEN | SO UW-River Falls | 0.28 | 4,271 | 5/3/25 WIAC Outdoor Championships |
| 40 | Anna COTTER | SR North Central (Ill.) | 0.25 | 4,266 | 4/18/25 Augustana (Ill.) Meet of Cham |
| 41 | Lanna WANDY | SR #4 SUNY Geneseo | 0.23 | 4,264 | 4/15/25 Rochester Spring Twilight |
| 42 | Tessa PLAYER | SO #17 Tufts | 0.20 | 4,257 | 5/3/25 New England Division III Outd |
| 43 | Jaclyn DONOHO | JR #8 Johns Hopkins {2} | 0.18 | 4,254 | 5/4/25 Centennial Outdoor Champio |
| 44 | Eden MARANELL | SO St. Norbert | 0.15 | 4,248 | 4/12/25 Duke Invitational |
| 45 | Rose JENKINS | SO Bowdoin | 0.13 | 4,202 | 5/3/25 New England Division III Outd |
| 46 | Ella THOMPSON | FR Willamette | 0.10 | 4,191 | 4/15/25 Northwest (NWC) Conference |
| 47 | Becca HANSEN | SO UW-Stout | 0.08 | 4,187 | 4/18/25 UW-La Crosse Esten Challenge |
| 48 | Aaliyah JOHNSON | SR Simpson (Iowa) | 0.05 | 4,156 | 5/10/25 American Rivers (ARC) Outdoo |
| 49 | Brooklyn LAMERS | FR #6 UW-Eau Claire {4} | 0.03 | 4,155 | 4/18/25 UW-La Crosse Esten Challenge |
| 50 | Jordan SHAMION | SR UW-Stevens Point | 0.01 | 4,141 | 4/18/25 UW-La Crosse Esten Challenge |