



National TFRI Event Summary

Women's 100 Meters — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | Meet |
|-----|------------------------|-------------|----------------------------|-----------|----------------------|---|
| 1 | Briana CAMPBELL | FR #9 | Life (Ga.) | 5.00 D | 11.49 (1.2) | 4/5/25 Emory Dooley Elite |
| 2 | Tyeesa SMITH | JR #3 | William Carey (Miss.) | 30.75 | 11.52 (1.5) | 3/22/25 Alumni Bulldog Relays |
| 3 | Irmiris MENDEZ | SR #4 | Southeastern (Fla.) | 28.42 | 11.56w (2.8) | 4/12/25 South Florida Invitational (out |
| 4 | Kevell BYRD | SR #23 | Dillard (La.) | 25.76 | 11.64 (1.8) | 4/12/25 HBCUAC Outdoor Champions |
| 5 | Ny'tierra HOBBS | SR #6 | Madonna (Mich.) | 23.67 | 11.65w (2.3) | 3/29/25 Bobcat Invitational (Texas Sta |
| 6 | Breanna CLARKE | SO #21 | Xavier (La.) | 21.44 | 11.68w (3.4) | 4/5/25 Davenport-Milburn Pelican Re |
| 6 | Tinya RIDGE | SO | Friends (Kan.) | 21.44 | 11.68w (3.6) | 3/22/25 TCU Invitational |
| 6 | Denai WILSON | JR #3 | William Carey (Miss.) {2} | 21.44 | 11.68 (1.8) | 3/22/25 Alumni Bulldog Relays |
| 9 | Kayly GUTHRIE | SR #14 | Lindsey Wilson (Ky.) | 15.38 | 11.69w (2.8) | 4/12/25 South Florida Invitational (out |
| 10 | Hanna SOBKOWICH | SR #1 | British Columbia | 13.28 | 11.71 (2.0) | 4/6/25 Simon Fraser High Performan |
| 10 | Debbie SULEMAN | FR #1 | British Columbia | 13.28 | 11.71 | 4/12/25 |
| 10 | Jaelyn MITCHELL | SO #21 | Xavier (La.) {2} | 13.28 | 11.71w (2.6) | 3/22/25 Louisiana Classics |
| 13 | Jahhi CLARKE-BLOOMFIEL | SO | Warner (Fla.) | 9.17 | 11.73w (2.4) | 4/5/25 Embry-Riddle Running Eleme |
| 14 | Charlotte BOWMAN | SR #16 | College of Idaho | 8.00 | 11.76w (2.6) | 4/12/25 Northwest Nazarene Open |
| 15 | Bri HAY | FR #10 | St. Thomas (Fla.) | 6.74 | 11.82w (3.6) | 4/12/25 South Florida Invitational (out |
| 16 | Syniah SIMS | SO #3 | William Carey (Miss.) {3} | 5.71 | 11.83w (2.6) | 3/29/25 Southern Miss Invitational |
| 17 | Gretchen RANEY | SR | Saint Mary (Kan.) | 5.19 | 11.84 (1.5) | 3/28/25 Emporia State Relays |
| 17 | Leah MACON-FORD | FR | UHSP (Mo.) | 5.19 | 11.84w (2.8) | 3/29/25 Billiken Invitational |
| 17 | Leah MACON-FORD | FR | UHSP (Mo.) | 5.19 | 11.84w (2.8) | 3/29/25 Billiken Invitational |
| 19 | Tori BURTON | JR #23 | Dillard (La.) {2} | 4.16 | 11.85 (1.1) | 4/12/25 HBCUAC Outdoor Champions |
| 20 | Lamoy DUFFUS | SR | Talladega (Ala.) | 3.61 | 11.87 (1.8) | 4/12/25 HBCUAC Outdoor Champions |
| 21 | Hannah REID | FR #14 | Lindsey Wilson (Ky.) {2} | 2.37 D | 11.96w (2.1) | 3/22/25 Alan Connie Shamrock Invitati |
| 22 | Abia KANTE | SO #5 | Cumberlands (Ky.) | 2.34 | 11.97 (1.3) | 3/22/25 Alumni Bulldog Relays |
| 22 | Zakiya PORTER | JR #13 | Central Methodist (Mo. | 2.34 | 11.97 (0.4) | 4/11/25 Mule Relays |
| 24 | Carsyn BURDINE | JR #24 | Olivet Nazarene (Ill.) | 1.31 | 11.98 (1.9) | 4/13/25 Olivet Nazarene Tiger Open |
| 25 | Neryah HEKL | SO #2 | Doane (Neb.) | 1.21 | 12.00 (1.0) | 4/8/25 Doane Invitational |
| 25 | Myesha HALL | SR | Truett-McConnell (Ga.) | 1.21 | 12.00 (0.9) | 3/28/25 Thrills In The Hills |
| 27 | Alyssa MORLEY | FR #4 | Southeastern (Fla.) {2} | 1.01 | 12.04w (2.4) | 4/5/25 Embry-Riddle Running Eleme |
| 28 | Mya CHARLES | SO | Park (Mo.) | 0.93 | 12.05 (2.0) | 4/4/25 Emporia State Midwest Classi |
| 28 | Roy' Janae BROWN | SO | Ottawa (Kan.) | 0.93 | 12.05w (3.6) | 3/28/25 Emporia State Relays |
| 30 | Jordanne THOMAS | FR #10 | St. Thomas (Fla.) {2} | 0.78 | 12.07 (1.8) | 3/29/25 Texas Relays |
| 30 | Ta'nijal MATTHEWS | SR #23 | Dillard (La.) {3} | 0.78 | 12.07w (2.6) | 3/29/25 Southern Miss Invitational |
| 32 | Carissa BURNS | SR | Southwestern Christia | 0.65 | 12.08w (4.0) | 3/29/25 Oklahoma Baptist Invitational |
| 33 | Larrisa MCHENRY | SR | Our Lady of the Lake (| 0.58 | 12.09w (2.9) | 3/22/25 UTSA Invitational |
| 33 | Kellan WAHL | SR | Rocky Mountain (Mont | 0.58 | 12.09cw (12.06A) (3. | 3/29/25 Al Manuel Invitational |
| 33 | Nevaeh LACEY | SO #21 | Xavier (La.) {3} | 0.58 | 12.09 (1.1) | 4/11/25 Strawberry Relays |
| 36 | Tierney HUSS | FR | Northwestern (Iowa) | 0.40 | 12.12 (0.9) | 4/12/25 Sioux City Relays |
| 37 | Cameron KELPERIS | SO #9 | Life (Ga.) {2} | 0.35 | 12.13 (1.2) | 4/5/25 Emory Dooley Elite |
| 37 | Sara MCKEN | SO #25 | Eastern Oregon | 0.35 | 12.13 (0.6) | 4/4/25 Whitworth Peace Meet |
| 37 | Kyah HILL | SR | Southwestern (Kan.) | 0.35 | 12.13w (2.5) | 3/29/25 Mark A. Phillips Tiger Open |
| 40 | Tylar PARKER | FR #24 | Olivet Nazarene (Ill.) {2} | 0.25 | 12.14 (1.9) | 4/13/25 Olivet Nazarene Tiger Open |
| 41 | Latrice BROWN | SO | Columbia (S.C.) | 0.23 | 12.15w (2.3) | 4/4/25 FMU Patriot Invitational |
| 41 | Alexis MENDLIK | FR | Ave Maria (Fla.) | 0.23 | 12.15 (1.0) | 4/11/25 Keiser Twilight Invitational |
| 43 | Khila DARRISAW | JR #10 | St. Thomas (Fla.) {3} | 0.18 | 12.16 (0.9) | 3/22/25 UCF Black and Gold Invite |
| 43 | Jordyn WEEMS | SR | Ottawa (Kan.) {2} | 0.18 | 12.16w (2.2) | 3/22/25 Spire Distance Carnival & Tea |
| 45 | RaeAnn THOMPSON | SO #2 | Doane (Neb.) {2} | 0.13 | 12.18 (1.0) | 4/8/25 Doane Invitational |
| 45 | Ta'nyia FLOWERS | JR #23 | Dillard (La.) {4} | 0.13 | 12.18 (1.8) | 4/12/25 HBCUAC Outdoor Champions |
| 45 | Kyla BRADBERRY | FR | Saint Mary-of-the-Woo | 0.13 | 12.18w (2.2) | 3/29/25 Pacesetter Sports Invitational |
| 45 | Sidni DANIEL | FR | Brewton-Parker (Ga.) | 0.13 | 12.18 (1.6) | 3/28/25 Thrills In The Hills |
| 45 | Kristian NICHOLS | FR | UNT Dallas | 0.13 | 12.18w (3.9) | 4/12/25 McMurry War Hawk Classic |
| 45 | Rhianna HILL | FR | Friends (Kan.) {2} | 0.13 | 12.18w (3.8) | 3/22/25 TCU Invitational |
| 45 | Alexis SUMMERS | SO | Baker (Kan.) | 0.13 | 12.18 (2.0) | 4/4/25 Emporia State Midwest Classi |



National TFRI Event Summary

Women's 100 Meter Hurdles — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | | Meet |
|-----|------------------------|-------------|---------------------------|-----------|--------------------|--------------|--|
| 1 | Briana CAMPBELL | FR #9 | Life (Ga.) | 35.45 | 13.17w | (2.6) | 4/12/25 Gamecock Invitational |
| 2 | Adrianna RODENCAL | JR #18 | Concordia (Neb.) | 31.84 | 13.46w | (2.3) | 4/12/25 Bronco Invitational |
| 3 | Salieci MYLES | SR #3 | William Carey (Miss.) | 29.24 | 13.57 | (0.2) | 3/22/25 Alumni Bulldog Relays |
| 4 | Kerrigan MYERS | SR | Midland (Neb.) | 25.98 | 13.86 | (1.6) | 4/5/25 Friends Invitational |
| 5 | Irmiris MENDEZ | SR #4 | Southeastern (Fla.) | 23.81 | 13.91 | (1.6) | 4/5/25 Embry-Riddle Running Eleme |
| 6 | Nyrانيا BARR-MILLER | FR #10 | St. Thomas (Fla.) | 21.43 | 14.02w | (2.1) | 4/12/25 South Florida Invitational (out |
| 7 | Isabel URRUTIA LEMUS | FR #14 | Lindsey Wilson (Ky.) | 19.26 | 14.07w | (3.5) | 4/12/25 South Florida Invitational (out |
| 8 | Renee FINKE | SR #13 | Central Methodist (Mo. | 17.23 | 14.08 | (1.9) | 3/29/25 Central Methodist Invitational |
| 9 | Brei CHRISTOFFER | SO | Clarke (Iowa) | 15.03 | 14.14w | (2.3) | 4/12/25 Mustang Distance Carnival & |
| 10 | Addisyn TERPSTRA | SO | Grand View (Iowa) | 12.89 | 14.18 | (1.0) | 3/22/25 Grand View Viking Relays |
| 11 | Jade HARRIS | JR #21 | Xavier (La.) | 10.76 | 14.22 | (1.3) | 4/11/25 Strawberry Relays |
| 11 | Emma DIVERONICA | SR #10 | St. Thomas (Fla.) {2} | 10.76 | 14.22w | (3.5) | 4/12/25 South Florida Invitational (out |
| 13 | Kaitlyn MCCOLLY | SR #7 | Dickinson State (N.D.) | 8.66 | 14.28 | (1.9) | 4/11/25 NDSU Spring Classic |
| 14 | Kiya POGUE | SR | Indiana Tech | 7.64 | 14.29 | (-0.5) | 4/12/25 Indiana Little State Invitationa |
| 15 | Sariyah MORALES | FR #10 | St. Thomas (Fla.) {3} | 6.61 | 14.31w | (2.1) | 4/12/25 South Florida Invitational (out |
| 16 | Samantha DEGRACE | FR | Tennessee Wesleyan | 5.59 | 14.32 | (1.3) | 4/12/25 Fast Break Athletics Invitation |
| 17 | Josie GARRETT | JR #2 | Doane (Neb.) | 5.08 | 14.33 | (0.6) | 4/11/25 Doane-Nebraska Wesleyan |
| 18 | Makiyah ALLEN | JR | Campbellsville (Ky.) | 4.44 | 14.41w | (2.3) | 3/15/25 Myrtle Beach Collegiate Challe |
| 19 | Parys SMITH | SR #13 | Central Methodist (Mo.) | 3.88 | 14.45 | (1.9) | 3/29/25 Central Methodist Invitational |
| 20 | Jordyn MILLER-KNUCKLES | SO | Saint Mary (Kan.) | 3.33 | 14.48w | (3.2) | 4/12/25 Wichita State K.T. Woodman I |
| 21 | Mackenzie PRINGLE | SO | Columbia (S.C.) | 2.81 | 14.49 | (0.7) | 3/28/25 Thrills In The Hills |
| 22 | Shanai SWEETING | JR | Park (Mo.) | 2.27 | 14.52w | (2.8) | 4/12/25 Wichita State K.T. Woodman I |
| 23 | Linnearia RICHARDS | JR #19 | Siena Heights (Mich.) | 1.73 | 14.54 | (0.4) | 4/12/25 SAU Bill Bippes Cougar Classic |
| 23 | Talea GIFFORD | FR #4 | Southeastern (Fla.) {2} | 1.73 | 14.54 | (1.9) | 4/5/25 Embry-Riddle Running Eleme |
| 23 | Emily LUDWIG | SO | Viterbo (Wis.) | 1.73 | 14.54w | (2.5) | 4/12/25 UW Oshkosh Invitational |
| 26 | Breanna CLARKE | SO #21 | Xavier (La.) {2} | 1.10 | 14.56 | (-1.0) | 3/22/25 Louisiana Classics |
| 27 | Tanya DHANOA | SO | British Columbia | 1.00 | 14.59 | | 4/12/25 |
| 28 | Hope KLAMM | JR | Park (Mo.) {2} | 0.94 | 14.60w | (2.8) | 4/12/25 Wichita State K.T. Woodman I |
| 29 | Kaylah MCCALL | JR #24 | Olivet Nazarene (Ill.) | 0.87 | 14.61 | (1.1) | 3/29/25 Texas Relays |
| 30 | Aziza CLARK | SO | Our Lady of the Lake (| 0.81 | 14.62w | (3.3) | 4/12/25 Cactus Cup |
| 31 | Nina MARINKOVIC | SO #15 | Marian (Ind.) | 0.74 | 14.63 | (-0.2) | 4/12/25 Indiana Little State Invitationa |
| 32 | Faith JACKSON | SR #19 | Siena Heights (Mich.) {2} | 0.60 | 14.71w | (2.1) | 4/5/25 Golden Grizzly Invite |
| 33 | Ariel JOHNSON | SO | Wiley (Texas) | 0.55 | 14.72w | (3.1) | 3/22/25 Prairie View A&M Relays |
| 34 | Madigan KELLY | SR | Lewis-Clark State (Ida | 0.50 | 14.73 | (1.0) | 3/22/25 Oregon Preview (outdoor) |
| 35 | Katelynn DIX | JR | Cornerstone (Mich.) | 0.45 | 14.77 | (1.0) | 3/29/25 Billiken Invitational |
| 36 | Gabriela MILLAN | SO | Friends (Kan.) | 0.40 | 14.78w | (3.2) | 4/12/25 Wichita State K.T. Woodman I |
| 37 | Isabella LEHTINEN | FR #12 | Cumberland (Tenn.) | 0.35 | 14.79 | (1.1) | 3/22/25 Lee Invitational |
| 37 | Abi STEVENS | SR | Southern Oregon | 0.35 | 14.79 | (0.5) | 4/12/25 John Knight Twilight |
| 39 | Kiana SIEFERT | JR #17 | Taylor (Ind.) | 0.28 | 14.84w | (2.8) | 3/22/25 Polar Bear Invitational (Indian |
| 40 | Charlize DAVIS | SO | Rocky Mountain (Mont | 0.25 | 14.88c | (14.84A) (0. | 3/29/25 Al Manuel Invitational |
| 41 | Zaria JONES | FR #13 | Central Methodist (Mo.) | 0.23 | 14.89 | (0.8) | 4/11/25 Mule Relays |
| 42 | Kenna CONNER | SO | Texas Wesleyan | 0.20 | 14.90w | (3.8) | 4/5/25 Bill Schmidt Classic |
| 43 | Kayla RORIE | FR | Indiana Tech {2} | 0.18 | 14.92 | (0.2) | 4/12/25 Indiana Little State Invitationa |
| 44 | Irian PADULLES | SR | Friends (Kan.) {2} | 0.15 | 14.93w | (3.0) | 3/28/25 Emporia State Relays |
| 45 | Ally HAWK | JR #20 | Indiana Wesleyan | 0.13 | 14.96w | (3.7) | 3/29/25 Pacesetter Sports Invitational |
| 45 | Kayla SVOBODA | JR #18 | Concordia (Neb.) {2} | 0.13 | 14.96w | (2.3) | 4/12/25 Bronco Invitational |
| 47 | Haley BELLAMY | JR #13 | Central Methodist (Mo.) | 0.08 | 14.97 | (1.8) | 3/29/25 Central Methodist Invitational |
| 48 | Marissa RUTTER | FR | Mount Vernon Nazare | 0.05 | 14.98 | (1.5) | 3/30/25 Denison Lid-Lifter |
| 49 | Emma JOHNSON | SR | Viterbo (Wis.) {2} | 0.03 | 14.99 | (1.0) | 3/29/25 Billiken Invitational |
| 49 | Ambar FULGENCIO | JR | Graceland (Iowa) | 0.03 | 14.99 | (1.3) | 3/22/25 Grand View Viking Relays |



National TFRI Event Summary

Women's 200 Meters — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | | | Meet |
|-----|------------------------|-------------|----------------------------|-----------|--------------------|--------|---------|----------------------------------|
| 1 | Briana CAMPBELL | FR #9 | Life (Ga.) | 33.67 | 23.54w | (2.8) | 4/12/25 | Gamecock Invitational |
| 2 | Praise IDAMADUDU | SR #12 | Cumberland (Tenn.) | 31.26 | 23.64w | (2.4) | 4/5/25 | Tennessee Invite |
| 3 | Tonyan BECKFORD | FR #10 | St. Thomas (Fla.) | 28.86 | 23.74 | (-0.1) | 3/22/25 | UCF Black and Gold Invite |
| 4 | Abia KANTE | SO #5 | Cumberlands (Ky.) | 26.50 | 23.83w | (3.1) | 3/29/25 | Central Methodist Invitational |
| 5 | Denai WILSON | JR #3 | William Carey (Miss.) | 24.31 | 23.88 | (0.7) | 3/22/25 | Alumni Bulldog Relays |
| 6 | Irmiris MENDEZ | SR #4 | Southeastern (Fla.) | 3.65 D | 24.08 | (1.8) | 4/12/25 | South Florida Invitational (out |
| 7 | Kevell BYRD | SR #23 | Dillard (La.) | 19.34 | 24.20 | (1.4) | 3/29/25 | Southern Miss Invitational |
| 8 | Charity JONES | SR #6 | Madonna (Mich.) | 17.29 | 24.22 | (0.8) | 3/29/25 | Bobcat Invitational (Texas Sta |
| 9 | Kayly GUTHRIE | SR #14 | Lindsey Wilson (Ky.) | 15.08 | 24.30w | (3.7) | 4/5/25 | Tennessee Invite |
| 10 | Hannah REID | FR #14 | Lindsey Wilson (Ky.) {2} | 13.03 | 24.32w | (3.2) | 4/12/25 | South Florida Invitational (out |
| 11 | Jaelyn MITCHELL | SO #21 | Xavier (La.) | 10.87 | 24.38 | (0.6) | 3/22/25 | Louisiana Classics |
| 12 | Carsyn BURDINE | JR #24 | Olivet Nazarene (Ill.) | 9.72 | 24.44 | (0.0) | 4/13/25 | Olivet Nazarene Tiger Open |
| 13 | Zakiya PORTER | JR #13 | Central Methodist (Mo. | 8.67 | 24.46w | (4.0) | 3/29/25 | Central Methodist Invitational |
| 14 | Hanna SOBKOWICH | SR #1 | British Columbia | 2.64 D | 24.48 | (1.4) | 3/22/25 | Willie Williams/Dave Murray Di |
| 14 | Joana VAKASOBUDURU | JR #13 | Central Methodist (Mo.) | 7.64 | 24.48w | (3.1) | 3/29/25 | Central Methodist Invitational |
| 16 | Khila DARRISAW | JR #10 | St. Thomas (Fla.) {2} | 5.61 | 24.50w | (2.7) | 4/12/25 | South Florida Invitational (out |
| 17 | Charlotte BOWMAN | SR #16 | College of Idaho | 5.09 | 24.52w | (2.1) | 4/12/25 | Northwest Nazarene Open |
| 18 | Myesha HALL | SR | Truett-McConnell (Ga.) | 2.55 D | 24.55 | (0.8) | 4/5/25 | Joe Walker Invitational |
| 19 | Ny'tierra HOBBS | SR #6 | Madonna (Mich.) {2} | 4.04 | 24.56 | (1.3) | 3/29/25 | Bobcat Invitational (Texas Sta |
| 20 | Kyah HILL | SR | Southwestern (Kan.) | 3.42 | 24.65w | (3.3) | 3/13/25 | Dean Pryor Invitational |
| 20 | Gretchen RANEY | SR | Saint Mary (Kan.) | 2.42 D | 24.65 | (1.8) | 3/28/25 | Emporia State Relays |
| 22 | Kyla BRADBERRY | FR | Saint Mary-of-the-Woo | 2.41 | 24.66w | (2.7) | 3/29/25 | Pacesetter Sports Invitational |
| 23 | Lillian GUZMAN | SO #5 | Cumberlands (Ky.) {2} | 1.89 | 24.68w | (4.0) | 3/29/25 | Central Methodist Invitational |
| 24 | Jahhi CLARKE-BLOOMFIEL | SO | Warner (Fla.) | 1.31 | 24.74 | (0.9) | 4/5/25 | Embry-Riddle Running Eleme |
| 25 | Tori BURTON | JR #23 | Dillard (La.) {2} | 1.25 | 24.75 | (0.2) | 4/12/25 | HBCUAC Outdoor Champions |
| 26 | Lamoy DUFFUS | SR | Talladega (Ala.) | 1.11 | 24.82w | (2.4) | 4/12/25 | HBCUAC Outdoor Champions |
| 27 | Tylar PARKER | FR #24 | Olivet Nazarene (Ill.) {2} | 1.02 | 24.85 | (0.0) | 4/13/25 | Olivet Nazarene Tiger Open |
| 28 | Nyrania BARR-MILLER | FR #10 | St. Thomas (Fla.) {3} | 0.92 | 24.89w | (2.4) | 4/12/25 | South Florida Invitational (out |
| 28 | Sara MCKEN | SO #25 | Eastern Oregon | 0.92 | 24.89 | (0.6) | 4/4/25 | Whitworth Peace Meet |
| 30 | Tyeese SMITH | JR #3 | William Carey (Miss.) {2} | 0.79 | 24.92 | (-0.2) | 3/22/25 | Alumni Bulldog Relays |
| 31 | Breyanna KEMP | SO | Oklahoma Panhandle | 0.71 | 24.94 | (1.8) | 4/12/25 | Jo Meaker Classic & Multi |
| 32 | Shanise ELLIS | FR | Florida Memorial | 0.65 | 24.95 | (0.8) | 4/5/25 | Embry-Riddle Running Eleme |
| 32 | Nora ROSCOE | SO #25 | Eastern Oregon {2} | 0.65 | 24.95 | (0.8) | 4/4/25 | Whitworth Peace Meet |
| 34 | Junae BENNETT | JR | Indiana Tech | 0.52 | 24.97w | (2.5) | 4/12/25 | Indiana Little State Invitationa |
| 34 | Jordyn WEEMS | SR | Ottawa (Kan.) | 0.52 | 24.97 | (1.8) | 3/28/25 | Emporia State Relays |
| 36 | Ja'Niya MCDONALD | JR #3 | William Carey (Miss.) {3} | 0.40 | 24.99 | (-0.4) | 3/22/25 | Alumni Bulldog Relays |
| 37 | Ta'nijal MATTHEWS | SR #23 | Dillard (La.) {3} | 0.35 | 25.05w | (2.8) | 4/12/25 | HBCUAC Outdoor Champions |
| 37 | Jordanne THOMAS | FR #10 | St. Thomas (Fla.) {4} | 0.35 | 25.05 | (0.7) | 4/4/25 | STU Outdoor Meet |
| 39 | Jordan BLAIR | FR #21 | Xavier (La.) {2} | 0.28 | 25.06w | (2.7) | 3/29/25 | Southern Miss Invitational |
| 40 | Ifunanya MUOGHALU | JR #12 | Cumberland (Tenn.) {2} | 0.25 | 25.08w | (2.5) | 4/5/25 | Tennessee Invite |
| 41 | Rosjai CURTIS | FR | Park (Mo.) | 0.23 | 25.10 | (0.5) | 4/12/25 | Wichita State K.T. Woodman I |
| 41 | Tierney HUSS | FR | Northwestern (Iowa) | 0.23 | 25.10w | (2.2) | 4/5/25 | South Dakota Early Bird |
| 43 | Alayah GORE | FR | North American (Texa | 0.18 | 25.11w | (2.4) | 4/12/25 | McMurtry War Hawk Classic |
| 44 | RaeAnn THOMPSON | SO #2 | Doane (Neb.) | 0.15 | 25.12w | (2.3) | 4/8/25 | Doane Invitational |
| 44 | Diane ONDOBO | JR #13 | Central Methodist (Mo.) | 0.15 | 25.12w | (4.0) | 3/29/25 | Central Methodist Invitational |
| 46 | Alicia ROBINSON | JR | Harris-Stowe State (M | 0.10 | 25.15w | (2.5) | 3/29/25 | Billiken Invitational |
| 47 | Jovana MILOSEVIC | FR #15 | Marian (Ind.) | 0.08 | 25.16 | (0.8) | 4/5/25 | Joe Walker Invitational |
| 48 | Nevaeh LACEY | SO #21 | Xavier (La.) {3} | 0.05 | 25.20 | (1.2) | 4/11/25 | Strawberry Relays |
| 48 | Jamiah CLAY | SR | Oklahoma Panhandle | 0.05 | 25.20w | (3.9) | 3/22/25 | West Texas Relays |
| 50 | Aaliyah FREDERICK | SO | Indiana Tech {2} | 0.01 | 25.21 | (1.6) | 4/12/25 | Indiana Little State Invitationa |



National TFRI Event Summary

Women's 400 Meters — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | Meet |
|-----|-------------------|-------------|-----------------------------|-----------|--------------------|--|
| 1 | Praise IDAMADUDU | SR | #12 Cumberland (Tenn.) | 33.91 | 53.75 | 3/29/25 UAB Spring Time Invite |
| 2 | Charity JONES | SR | #6 Madonna (Mich.) | 31.53 | 54.02 | 3/29/25 Bobcat Invitational (Texas Sta |
| 3 | Tonyan BECKFORD | FR | #10 St. Thomas (Fla.) | 4.64 | 54.66 | 3/22/25 UCF Black and Gold Invite |
| 4 | Emeline DELAVILLE | SO | #9 Life (Ga.) | 26.06 | 55.08 | 4/5/25 Emory Dooley Elite |
| 5 | Hannah REID | FR | #14 Lindsey Wilson (Ky.) | 24.02 | 55.11 | 4/5/25 Tennessee Invite |
| 6 | Kiara CARTER | SR | #6 Madonna (Mich.) {2} | 21.73 | 55.38 | 4/12/25 South Florida Invitational (out |
| 7 | Diane ONDOBO | JR | #13 Central Methodist (Mo. | 19.40 | 55.75 | 3/22/25 Missouri S&T Miner Invitationa |
| 8 | Hanna SOBKOWICH | SR | #1 British Columbia | 17.26 | 55.91 | 3/29/25 British Columbia Open |
| 9 | Jaymee YELTON | SR | Huston-Tillotson (Texa | 15.18 | 56.00 | 3/29/25 Bobcat Invitational (Texas Sta |
| 10 | Kat VOGT | JR | #2 Doane (Neb.) | 13.15 | 56.03 | 4/11/25 Doane-Nebraska Wesleyan |
| 11 | Jewel OLSON | SR | #7 Dickinson State (N.D.) | 11.06 | 56.14 | 4/6/25 Al Bortke Open |
| 12 | Kevell BYRD | SR | #23 Dillard (La.) | 2.87 | 56.35 | 4/12/25 HBCUAC Outdoor Champions |
| 13 | Najah GIBSON | JR | #9 Life (Ga.) {2} | 8.74 | 56.53 | 4/5/25 Emory Dooley Elite |
| 14 | Junae BENNETT | JR | Indiana Tech | 7.55 | 56.96 | 4/12/25 Indiana Little State Invitationa |
| 15 | Carsyn BURDINE | JR | #24 Olivet Nazarene (Ill.) | 6.52 | 57.04 | 4/5/25 Chicagoland Outdoor Champi |
| 16 | Hanna REUTER | JR | #15 Marian (Ind.) | 5.46 | 57.17 | 4/12/25 Indiana Little State Invitationa |
| 17 | Emily COLLINS | JR | Lewis-Clark State (Ida | 4.93 | 57.25 | 4/4/25 Whitworth Peace Meet |
| 18 | Mia CAMERON | SO | #1 British Columbia {2} | 4.40 | 57.31 | 4/12/25 |
| 19 | Gretchen RANEY | SR | Saint Mary (Kan.) | 3.81 | 57.52 | 4/4/25 Emporia State Midwest Classi |
| 20 | Charlotte BOWMAN | SR | #16 College of Idaho | 2.31 | 57.53 | 4/4/25 Whitworth Peace Meet |
| 21 | Lakin ESSEX | SO | #22 MidAmerica Nazarene | 2.80 | 57.54 | 4/12/25 Carl Kight Invitational |
| 22 | Allena ROWLAND | SO | #13 Central Methodist (Mo.) | 2.26 | 57.64 | 4/11/25 Mule Relays |
| 23 | Emma EDWARDS | FR | #15 Marian (Ind.) {2} | 1.75 | 57.67 | 4/12/25 Indiana Little State Invitationa |
| 24 | Tamia TAYLOR | FR | Indiana Tech {2} | 1.24 | 57.68 | 4/12/25 Indiana Little State Invitationa |
| 25 | Lasharia GORDON | SR | Texas Wesleyan | 1.19 | 57.69 | 3/22/25 TCU Invitational |
| 26 | Chaleica BOOKER | SO | Huston-Tillotson (Tex) | 1.14 | 57.70 | 4/5/25 Tom Tellez Invitational |
| 27 | Irmiris MENDEZ | SR | #4 Southeastern (Fla.) | 1.08 | 57.71 | 3/30/25 Spartan Relays |
| 28 | Ta'nijal MATTHEWS | SR | #23 Dillard (La.) {2} | 1.01 | 57.76 | 3/22/25 Louisiana Classics |
| 29 | Jamiah CLAY | SR | Oklahoma Panhandle | 0.94 | 57.81 | 3/22/25 West Texas Relays |
| 30 | Lillian GUZMAN | SO | #5 Cumberlands (Ky.) | 0.88 | 57.82 | 4/5/25 Tennessee Invite |
| 30 | Madalen SHIPMAN | JR | Carroll (Mont.) | 0.88 | 57.82c (57.71A) | 4/10/25 Providence Open |
| 32 | Hallie KOOYER | SO | Cornerstone (Mich.) | 0.73 | 57.94 | 3/28/25 SLU Speed/Power Festival |
| 33 | Kayla KIRCHNER | JR | #18 Concordia (Neb.) | 0.68 | 57.96 | 3/28/25 Central Nebraska Challenge |
| 34 | Kyah HILL | SR | Southwestern (Kan.) | 0.62 | 57.98 | 4/12/25 Wichita State K.T. Woodman I |
| 34 | Emma BLUM | JR | Northwestern (Iowa) | 0.62 | 57.98 | 4/12/25 Sioux City Relays |
| 36 | Kendra PAYNE | FR | Brewton-Parker (Ga.) | 0.49 | 58.05 | 4/12/25 Georgia Showdown |
| 37 | Areeyanna BONDS | FR | #4 Southeastern (Fla.) {2} | 0.43 | 58.06 | 3/30/25 Spartan Relays |
| 38 | Leesa MUTANDWA | JR | #12 Cumberland (Tenn.) {2} | 0.38 | 58.07 | 4/5/25 Tennessee Invite |
| 39 | Jennifer EZEOKA | JR | #3 William Carey (Miss.) | 0.33 | 58.13 | 3/22/25 Alumni Bulldog Relays |
| 40 | Jaa'Ln MCBRIDE | FR | #4 Southeastern (Fla.) {3} | 0.30 | 58.14 | 3/22/25 South Florida Alumni Invitatio |
| 40 | Yesenia LAWSON | SR | Multnomah (Ore.) | 0.30 | 58.14 | 4/5/25 Linfield Jenn Boyman Memori |
| 42 | Jaelyn MITCHELL | SO | #21 Xavier (La.) | 0.23 | 58.18 | 3/29/25 Southern Miss Invitational |
| 43 | Lauren HAMILTON | SO | #6 Madonna (Mich.) {3} | 0.18 | 58.28 | 4/5/25 Golden Grizzly Invite |
| 44 | Aroa CARBALLO | FR | #13 Central Methodist (Mo.) | 0.15 | 58.29 | 4/11/25 Mule Relays |
| 44 | Nicole DOMENE | SO | #17 Taylor (Ind.) | 0.15 | 58.29 | 4/12/25 Indiana Little State Invitationa |
| 46 | Kylie MONTGOMERY | FR | Rio Grande (Ohio) | 0.10 | 58.31 | 4/12/25 Dennis Craddock Coaches Cla |
| 47 | Ahlia SANDIFER | SR | #10 St. Thomas (Fla.) {2} | 0.08 | 58.34 | 3/8/25 St. Thomas Under the Lights |
| 48 | India BENTON | SR | IU East (Ind.) | 0.05 | 58.36 | 4/12/25 Indiana Little State Invitationa |
| 49 | Haley MARTIN | FR | #1 British Columbia {3} | 0.03 | 58.38 | 4/12/25 |
| 50 | Jordyn WEEMS | SR | Ottawa (Kan.) | 0.01 | 58.40 | 4/12/25 Wichita State K.T. Woodman I |



National TFRI Event Summary

Women's 400 Meter Hurdles — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|-----------------------|-----------------------------------|-----------|---------------------|--|
| 1 | Hannah ANTKOVIK | SR #24 Olivet Nazarene (Ill.) | 37.89 | 56.71 | 3/29/25 Texas Relays |
| 2 | Tonyan BECKFORD | FR #10 St. Thomas (Fla.) | 30.87 | 1:00.86 | 4/12/25 South Florida Invitational (out |
| 3 | Adrianna RODENCAL | JR #18 Concordia (Neb.) | 28.31 | 1:01.36 | 4/12/25 Bronco Invitational |
| 4 | Linnearia RICHARDS | JR #19 Siena Heights (Mich.) | 25.97 | 1:01.66 | 4/12/25 SAU Bill Bippes Cougar Classic |
| 5 | Aziza CLARK | SO Our Lady of the Lake (| 23.57 | 1:02.06 | 4/12/25 Cactus Cup |
| 6 | Jaida ROWE | JR Hastings (Neb.) | 21.37 | 1:02.33 | 4/5/25 Friends Invitational |
| 7 | Ally HAWK | JR #20 Indiana Wesleyan | 19.34 | 1:02.37 | 3/29/25 Pacesetter Sports Invitational |
| 8 | Mia CAMERON | SO #1 British Columbia | 17.24 | 1:02.51 | 3/22/25 Willie Williams/Dave Murray Di |
| 9 | JayOnna PERRY | JR Ottawa (Kan.) | 15.22 | 1:02.54 | 3/22/25 Spire Distance Carnival & Tea |
| 10 | Laila JOHNSON | FR #23 Dillard (La.) | 13.05 | 1:02.77 | 4/12/25 HBCUAC Outdoor Champions |
| 11 | Skotlyn HILL | SR #25 Eastern Oregon | 10.99 | 1:02.86 | 3/15/25 Nighthawks Opener |
| 12 | Areeyanna BONDS | FR #4 Southeastern (Fla.) | 9.70 | 1:03.38 | 4/12/25 South Florida Invitational (out |
| 13 | Isabella LEHTINEN | FR #12 Cumberland (Tenn.) | 8.69 | 1:03.40 | 4/12/25 Fast Break Athletics Invitation |
| 14 | Claire BAILEY | SO #17 Taylor (Ind.) | 7.67 | 1:03.47 | 4/12/25 Indiana Little State Invitationa |
| 15 | Yanira DEANNA PANINKA | JR Saint Xavier (Ill.) | 6.63 | 1:03.59 | 4/5/25 Chicagoland Outdoor Champi |
| 16 | Hope CRABTREE | FR Saint Mary (Kan.) | 5.46 | 1:04.05 | 3/22/25 Spire Distance Carnival & Tea |
| 17 | Cayna LOVE | SR Benedictine (Kan.) | 4.92 | 1:04.19 | 4/11/25 Mule Relays |
| 18 | Haley MARTIN | FR #1 British Columbia {2} | 4.40 | 1:04.23 | 3/22/25 Willie Williams/Dave Murray Di |
| 19 | Aroa CARBALLO | FR #13 Central Methodist (Mo. | 3.83 | 1:04.44 | 3/22/25 Missouri S&T Miner Invitationa |
| 20 | Trysta HILTON | JR Huntington (Ind.) | 3.32 | 1:04.45 | 4/12/25 Indiana Little State Invitationa |
| 21 | Samantha HOELSCHER | JR Cleary (Mich.) | 2.82 | 1:04.47 | 4/12/25 SAU Bill Bippes Cougar Classic |
| 22 | Mariah MALEY | SR Saint Francis (Ind.) | 2.25 | 1:04.66 | 4/12/25 Indiana Little State Invitationa |
| 23 | Olivia LENTZ | FR #24 Olivet Nazarene (Ill.) {2} | 1.73 | 1:04.72 | 4/5/25 Chicagoland Outdoor Champi |
| 24 | Sydney PECK | JR #25 Eastern Oregon {2} | 1.22 | 1:04.75 | 4/12/25 Northwest Nazarene Open |
| 25 | Kyley BARNETT | JR #7 Dickinson State (N.D.) | 1.12 | 1:04.90 | 4/11/25 NDSU Spring Classic |
| 26 | Jessica BROWN | SO #4 Southeastern (Fla.) {2} | 1.00 | 1:05.10 | 4/12/25 South Florida Invitational (out |
| 27 | Delaney STRAUS | JR Culver-Stockton (Mo.) | 0.95 | 1:05.12 | 4/5/25 Cornell College Invitational |
| 28 | Liberty WILES | JR Evangel (Mo.) | 0.89 | 1:05.13 | 3/22/25 Missouri S&T Miner Invitationa |
| 29 | Ella MAAS | JR #20 Indiana Wesleyan {2} | 0.82 | 1:05.19 | 4/12/25 Indiana Little State Invitationa |
| 30 | Kaitlin WERCINSKI | FR Dordt (Iowa) | 0.71 | 1:05.36 | 4/12/25 Sioux City Relays |
| 31 | Chaney NELSON | SO #2 Doane (Neb.) | 0.65 | 1:05.39 | 4/8/25 Doane Invitational |
| 32 | Shaylee QUENZER | FR Arizona Christian | 0.60 | 1:05.41 | 4/5/25 UNLV Rebel Elite |
| 33 | Taylor COLLINS | JR Evangel (Mo.) {2} | 0.55 | 1:05.62 | 3/22/25 Missouri S&T Miner Invitationa |
| 34 | Ashlyn BROUSSARD | JR Mobile (Ala.) | 0.50 | 1:05.63 | 4/11/25 Strawberry Relays |
| 35 | Ezthia MAYCOCK | JR #12 Cumberland (Tenn.) {2} | 0.45 | 1:05.64 | 4/12/25 Fast Break Athletics Invitation |
| 36 | Emma DIVERONICA | SR #10 St. Thomas (Fla.) {2} | 0.40 | 1:05.79 | 3/8/25 St. Thomas Under the Lights |
| 37 | Nyrania BARR-MILLER | FR #10 St. Thomas (Fla.) {3} | 0.35 | 1:05.82 | 3/8/25 St. Thomas Under the Lights |
| 38 | Shannon O'NEIL | JR #13 Central Methodist (Mo.) | 0.30 | 1:05.87 | 3/15/25 Central Methodist Open |
| 39 | Sophia OUTHOUSS | SO Spartanburg Methodis | 0.28 | 1:05.91 | 4/4/25 Tornado Classic |
| 39 | Serina ROSE | SR Florida Memorial | 0.28 | 1:05.91 | 4/11/25 Keiser Twilight Invitational |
| 41 | Claire LANGE | SO #15 Marian (Ind.) | 0.23 | 1:05.94 | 4/12/25 Indiana Little State Invitationa |
| 42 | Havyn VANDENACRE | FR Providence (Mont.) | 0.20 | 1:06.02c (1:05.91A) | 4/10/25 Providence Open |
| 43 | Katelynn DIX | JR Cornerstone (Mich.) | 0.18 | 1:06.10 | 4/12/25 Calvin Invite |
| 44 | Mia DUNCAN | SR Missouri Baptist | 0.15 | 1:06.14 | 3/29/25 Billiken Invitational |
| 45 | Grace COGGINS | FR #4 Southeastern (Fla.) {3} | 0.13 | 1:06.25 | 3/30/25 Spartan Relays |
| 46 | Laisha HERNANDEZ | FR #9 Life (Ga.) | 0.10 | 1:06.31 | 4/12/25 Berry Field Day Invitational |
| 47 | Claire BUCKLIN | FR Carroll (Mont.) | 0.08 | 1:06.37c (1:06.26A) | 4/10/25 Providence Open |
| 47 | Sophia SCHRAUBEN | FR Aquinas (Mich.) | 0.08 | 1:06.37 | 4/12/25 Davenport Panther Classic |
| 49 | Vladlena KLYMOVA | SR Bethel (Ind.) | 0.03 | 1:06.41 | 4/4/25 Indiana Tech April Open |
| 50 | Aniya ADAMS | SR Lawrence Tech (Mich.) | 0.01 | 1:06.46 | 3/30/25 Yellow Jacket Collegiate Open |



National TFRI Event Summary

Women's 800 Meters — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | Meet |
|-----|----------------------|-------------|----------------------------|-----------|---------------------|--|
| 1 | Katie WOODS | JR #15 | Marian (Ind.) | 32.92 | 2:11.23 | 4/12/25 Fast Break Athletics Invitation |
| 2 | Ellen-Mary KEARNEY | JR | Milligan (Tenn.) | 30.73 | 2:11.48 | 4/5/25 Tennessee Invite |
| 3 | Maci MILLS | JR #4 | Southeastern (Fla.) | 28.57 | 2:11.68 | 4/5/25 Embry-Riddle Running Eleme |
| 4 | Mackenzie CAMPBELL | SR #1 | British Columbia | 26.10 | 2:12.28 | 3/29/25 British Columbia Open |
| 5 | Jaa'Ln MCBRIDE | FR #4 | Southeastern (Fla.) {2} | 23.86 | 2:12.58 | 4/5/25 Embry-Riddle Running Eleme |
| 6 | Emeline DELAVILLE | SO #9 | Life (Ga.) | 21.57 | 2:12.95 | 4/12/25 Gamecock Invitational |
| 7 | Hannah FREDERICKS | SR #8 | The Master's (Calif.) | 3.50 | 2:13.06 | 4/12/25 Pomona-Pitzer Invitational |
| 8 | Dylan GARCIA | SR #11 | Montreat (N.C.) | 17.44 | 2:13.17 | 4/5/25 Electric City Invitational |
| 9 | Ellen PALMGREN | SR #8 | The Master's (Calif.) {2} | 15.24 | 2:13.57 | 4/12/25 Pomona-Pitzer Invitational |
| 10 | Danie PARRIOTT | JR #2 | Doane (Neb.) | 13.17 | 2:13.70 | 4/8/25 Doane Invitational |
| 11 | Carly HOLADIA | SO | Saint Mary (Kan.) | 11.10 | 2:13.84 | 4/12/25 Wichita State K.T. Woodman I |
| 12 | Kylee QUINTON | SO #16 | College of Idaho | 10.01 | 2:14.02 | 4/12/25 Northwest Nazarene Open |
| 13 | Kylie SAUDER | SR | Grace (Ind.) | 8.98 | 2:14.07c (2:15.61) | 3/30/25 Yellow Jacket Collegiate Open |
| 14 | Corinne BRAUN | FR | Dordt (Iowa) | 7.96 | 2:14.11 | 4/12/25 Sioux City Relays |
| 15 | Lauren HAMILTON | SO #6 | Madonna (Mich.) | 6.88 | 2:14.27 | 4/12/25 South Florida Invitational (out |
| 16 | Maggie FRONING | SR | SCAD Savannah (Ga.) | 5.83 | 2:14.36 | 4/12/25 Georgia Showdown |
| 17 | Abigail MAYS | SR #17 | Taylor (Ind.) | 5.11 | 2:15.08 | 4/12/25 Indiana Little State Invitationa |
| 18 | Nora STEELE | SR #15 | Marian (Ind.) {2} | 4.54 | 2:15.36 | 3/29/25 Pacesetter Sports Invitational |
| 19 | Christy SHANK | JR | Campbellsville (Ky.) | 3.95 | 2:15.71 | 4/12/25 The Gordon Bocock Cumberla |
| 20 | Olivia MATHIS | JR | Saint Xavier (Ill.) | 3.42 | 2:15.83 | 3/28/25 Washington (Mo.) Distance Ca |
| 21 | Heidi HELDT | JR #24 | Olivet Nazarene (Ill.) | 2.87 | 2:16.02 | 3/28/25 Washington (Mo.) Distance Ca |
| 22 | Olivia ELBERT | FR | College of Saint Mary (| 2.35 | 2:16.09 | 4/11/25 Jim Duncan Invitational |
| 23 | Ashlyn VANLANDINGHAM | JR | SCAD Atlanta (Ga.) | 1.85 | 2:16.10 | 3/28/25 Thrills In The Hills |
| 24 | Ronnie MCMILLAN | SR | Cornerstone (Mich.) | 1.34 | 2:16.14 | 4/12/25 Calvin Invite |
| 25 | Shelby BUWALDA | JR | Dordt (Iowa) {2} | 1.26 | 2:16.27 | 4/12/25 Sioux City Relays |
| 26 | Laura BEGHIN | SR #1 | British Columbia {2} | 1.15 | 2:16.50 | 3/29/25 British Columbia Open |
| 27 | Alexandra CLARKE | SR | Saint Xavier (Ill.) {2} | 1.08 | 2:16.60 | 3/28/25 Washington (Mo.) Distance Ca |
| 28 | Delaney STRAUS | JR | Culver-Stockton (Mo.) | 0.97 | 2:16.81 | 4/12/25 Mustang Distance Carnival & |
| 29 | Elizabeth DANCEY | JR #6 | Madonna (Mich.) {2} | 0.90 | 2:16.91 | 3/29/25 Bobcat Invitational (Texas Sta |
| 30 | Emma STEELE | FR | Cornerstone (Mich.) {2} | 0.84 | 2:16.94 | 4/12/25 Calvin Invite |
| 31 | Laura HAMM | FR | Rio Grande (Ohio) | 0.78 | 2:16.97 | 3/29/25 Carnegie Mellon Invitational |
| 32 | Sonya ZIMMERMAN | SR | Tabor (Kan.) | 0.70 | 2:17.10 | 4/5/25 Friends Invitational |
| 33 | Olivia HOWELL | FR | Huntington (Ind.) | 0.64 | 2:17.16 | 4/12/25 Indiana Little State Invitationa |
| 34 | Madalen SHIPMAN | JR | Carroll (Mont.) | 0.57 | 2:17.22c (2:17.61A) | 3/29/25 Al Manuel Invitational |
| 35 | Jaymee YELTON | SR | Huston-Tillotson (Texa | 0.49 | 2:17.35 | 3/29/25 Bobcat Invitational (Texas Sta |
| 36 | Emonie BONNER | SO #6 | Madonna (Mich.) {3} | 0.41 | 2:17.48 | 3/29/25 Bobcat Invitational (Texas Sta |
| 37 | Gracie FIELDS | FR #15 | Marian (Ind.) {3} | 0.35 | 2:17.60 | 4/12/25 Fast Break Athletics Invitation |
| 38 | Viola JEPLETING | FR #5 | Cumberlands (Ky.) | 0.30 | 2:17.78 | 3/22/25 Montreat College Open |
| 39 | Trinity TULS | SR #18 | Concordia (Neb.) | 0.28 | 2:17.83 | 4/5/25 Concordia (Neb.) Outdoor Invi |
| 40 | Karis HUNTER | JR #20 | Indiana Wesleyan | 0.25 | 2:17.91 | 4/12/25 Indiana Little State Invitationa |
| 41 | Skotti BALL-DULEY | FR | Indiana Tech | 0.23 | 2:17.98 | 4/12/25 Indiana Little State Invitationa |
| 42 | Eliza MCKOWN | JR | Waldorf (Iowa) | 0.20 | 2:18.10 | 4/12/25 Mustang Distance Carnival & |
| 43 | Adrianna BOYD | SR #15 | Marian (Ind.) {4} | 0.18 | 2:18.13 | 4/5/25 Joe Walker Invitational |
| 44 | Taygen BEYER | FR #24 | Olivet Nazarene (Ill.) {2} | 0.15 | 2:18.26 | 4/13/25 Olivet Nazarene Tiger Open |
| 45 | Jacie REMTEMA | SO | Cornerstone (Mich.) {3} | 0.13 | 2:18.28 | 4/12/25 Calvin Invite |
| 46 | Rachel MCDONALD | FR #1 | British Columbia {3} | 0.10 | 2:18.29 | 3/29/25 British Columbia Open |
| 47 | Kara FITZGERALD | FR #1 | British Columbia {4} | 0.08 | 2:18.33 | 3/29/25 British Columbia Open |
| 47 | Lauren WOOPER | JR | Aquinas (Mich.) | 0.08 | 2:18.33 | 4/5/25 GVSU Early Meet |
| 49 | Mira FOSMER | SO | College of Saint Mary {2} | 0.03 | 2:18.39 | 4/11/25 Jim Duncan Invitational |
| 50 | Mia ROMAN | SR | Bethel (Kan.) | 0.01 | 2:18.41 | 4/12/25 Wichita State K.T. Woodman I |



National TFRI Event Summary

Women's 1500 Meters — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|--------------------|---------------------------------|-----------|---------------------|--|
| 1 | Ellen-Mary KEARNEY | JR Milligan (Tenn.) | 34.37 | 4:21.46 | 3/29/25 Raleigh Relays |
| 2 | Hannah FREDERICKS | SR #8 The Master's (Calif.) | 30.94 | 4:26.24 | 3/21/25 Bob Larsen Distance Carnival |
| 3 | Katie WOODS | JR #15 Marian (Ind.) | 28.79 | 4:26.75 | 4/12/25 Fast Break Athletics Invitation |
| 4 | Amelia PFOHL | SR #1 British Columbia | 26.19 | 4:28.82 | 4/12/25 |
| 5 | Kylie SAUDER | SR Grace (Ind.) | 24.15 | 4:28.96 | 4/5/25 GVSU Early Meet |
| 6 | Dylan GARCIA | SR #11 Montreat (N.C.) | 22.09 | 4:29.17 | 3/29/25 Raleigh Relays |
| 7 | Elysse FLEMING | SR #1 British Columbia {2} | 19.98 | 4:29.58 | 4/12/25 |
| 8 | Mackenzie CAMPBELL | SR #1 British Columbia {3} | 17.36 | 4:32.86 | 3/29/25 British Columbia Open |
| 9 | Kahea FIGUEIRA | SR #16 College of Idaho | 15.06 | 4:34.46 | 4/4/25 Whitworth Peace Meet |
| 10 | Riley MORRIS | JR #25 Eastern Oregon | 12.93 | 4:35.13 | 4/4/25 Whitworth Peace Meet |
| 11 | Emily TEDDER | SR Huntington (Ind.) | 10.86 | 4:35.55 | 3/29/25 Texas Relays |
| 12 | Rebekah NIEDNAGEL | JR #8 The Master's (Calif.) {2} | 9.74 | 4:36.72 | 3/21/25 Bob Larsen Distance Carnival |
| 13 | Alauna CARSTENS | JR Evergreen State (Wash) | 2.63 | 4:37.92 | 4/12/25 John Knight Twilight |
| 14 | Kylee QUINTON | SO #16 College of Idaho {2} | 2.58 | 4:38.44 | 4/4/25 Whitworth Peace Meet |
| 15 | Sarah MACGILLIVRAY | JR #1 British Columbia {4} | 6.56 | 4:38.71 | 3/29/25 British Columbia Open |
| 16 | Viola JEPLETING | FR #5 Cumberlands (Ky.) | 5.51 | 4:39.22 | 3/29/25 Raleigh Relays |
| 17 | Christy SHANK | JR Campbellsville (Ky.) | 4.97 | 4:39.70 | 4/5/25 Jim Vargo Invitational |
| 18 | Cammeo RAMIREZ | SR Southern Oregon | 4.45 | 4:39.87 | 3/22/25 Oregon Preview (outdoor) |
| 19 | Madalen SHIPMAN | JR Carroll (Mont.) | 3.94 | 4:39.97 | 4/4/25 Whitworth Peace Meet |
| 20 | Noel VANDERWALL | JR #17 Taylor (Ind.) | 3.41 | 4:40.35 | 4/12/25 Indiana Little State Invitationa |
| 21 | Suzie JOHNSON | JR #8 The Master's (Calif.) {3} | 2.89 | 4:40.55 | 3/21/25 Bob Larsen Distance Carnival |
| 22 | Grace BEACH | FR #1 British Columbia {5} | 2.33 | 4:41.20 | 4/12/25 |
| 23 | Maggie FRONING | SR SCAD Savannah (Ga.) | 1.77 | 4:41.83 | 4/12/25 Georgia Showdown |
| 24 | Kallyn WILKINS | JR Rocky Mountain (Mont) | 1.25 | 4:42.04c (4:45.33A) | 3/29/25 Al Manuel Invitational |
| 25 | Kara FITZGERALD | FR #1 British Columbia {6} | 1.20 | 4:42.10 | 4/12/25 |
| 26 | Laura BEGHIN | SR #1 British Columbia {7} | 1.14 | 4:42.15 | 3/29/25 British Columbia Open |
| 27 | Skylar ADAMS | SR Evangel (Mo.) | 1.07 | 4:42.46 | 4/11/25 Mule Relays |
| 28 | Emeline DELAVILLE | SO #9 Life (Ga.) | 0.98 | 4:42.90 | 3/29/25 Don McGarey Invitational Trac |
| 29 | Heidi HELDT | JR #24 Olivet Nazarene (Ill.) | 0.90 | 4:43.14 | 4/5/25 Chicagoland Outdoor Champi |
| 30 | Ellen PALMGREN | SR #8 The Master's (Calif.) {4} | 0.84 | 4:43.29 | 3/21/25 Bob Larsen Distance Carnival |
| 31 | Lea KUNSTMANN | FR Saint Francis (Ind.) | 0.71 | 4:44.21 | 3/21/25 Blizzard Buster |
| 32 | Katie CLARKE | SR SCAD Atlanta (Ga.) | 0.62 | 4:44.71 | 4/5/25 Tennessee Invite |
| 33 | Grace TIEGS | JR Lewis-Clark State (Ida) | 0.56 | 4:44.81 | 3/22/25 Oregon Preview (outdoor) |
| 34 | Kate MADSEN | SR Saint Mary (Kan.) | 0.50 | 4:45.05 | 4/12/25 Wichita State K.T. Woodman I |
| 35 | Elizabeth DANCEY | JR #6 Madonna (Mich.) | 0.45 | 4:45.12 | 4/5/25 Golden Grizzly Invite |
| 36 | Madison REMPALSKI | SO Aquinas (Mich.) | 0.40 | 4:45.26 | 4/5/25 GVSU Early Meet |
| 37 | Mia DUNCAN | SR Missouri Baptist | 0.35 | 4:45.40 | 4/11/25 Mule Relays |
| 38 | Liz HOGAN | JR SCAD Savannah (Ga.) {2} | 0.30 | 4:45.44 | 4/12/25 Georgia Showdown |
| 39 | Heather MURPHY | FR #11 Montreat (N.C.) {2} | 0.28 | 4:45.45 | 3/22/25 Montreat College Open |
| 40 | Alyssa JOHNSON | SO Southern Oregon {2} | 0.25 | 4:45.86 | 3/22/25 Oregon Preview (outdoor) |
| 41 | Summer REMPE | FR #15 Marian (Ind.) {2} | 0.23 | 4:46.08 | 3/29/25 Pacesetter Sports Invitational |
| 42 | Elizabeth LUCASON | JR #5 Cumberlands (Ky.) {2} | 0.20 | 4:46.25 | 4/12/25 The Gordon Bocock Cumberla |
| 43 | Erika PENA | SO Oklahoma City | 0.18 | 4:46.40 | 4/12/25 Wichita State K.T. Woodman I |
| 43 | Josie KOPPE | SR Kansas Wesleyan | 0.18 | 4:46.40 | 4/12/25 Wichita State K.T. Woodman I |
| 45 | Madisyn EHRlich | JR Kansas Wesleyan {2} | 0.13 | 4:46.65 | 3/22/25 Spire Distance Carnival & Tea |
| 46 | Tatum DYKSTRA | FR SCAD Atlanta (Ga.) {2} | 0.10 | 4:46.97 | 3/28/25 Thrills In The Hills |
| 47 | Carly HOLADIA | SO Saint Mary (Kan.) {2} | 0.08 | 4:47.34 | 3/22/25 Spire Distance Carnival & Tea |
| 48 | Jacie REMTEMA | SO Cornerstone (Mich.) | 0.05 | 4:47.51 | 3/29/25 Billiken Invitational |
| 49 | Maci MILLS | JR #4 Southeastern (Fla.) | 0.03 | 4:47.93 | 4/12/25 South Florida Invitational (out |
| 50 | Brooke WIEBE | SR #11 Montreat (N.C.) {3} | 0.01 | 4:48.12 | 4/5/25 Electric City Invitational |



National TFRI Event Summary

Women's Steeplechase — 2025 Checkpoint #3, April 15

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|--------------------|----|-------------------------------------|-----------|------------------------------|---|
| 1 | Elysse FLEMING | SR | #1 British Columbia | 34.44 | 10:42.73 | 3/29/25 British Columbia Open |
| 2 | Emma NELSON | JR | #8 The Master's (Calif.) | 31.70 | 10:49.34 | 3/21/25 Bob Larsen Distance Carnival |
| 3 | Mia DUNCAN | SR | Missouri Baptist | 29.20 | 10:53.85 | 3/28/25 Washington (Mo.) Distance Ca |
| 4 | Zoe TIZARD | SO | Embry-Riddle (Ariz.) | 25.72 | 11:10.94 | 3/28/25 Mangrum Invitational |
| 5 | Gabrielle METZGER | SR | Multnomah (Ore.) | 23.63 | 11:12.21 | 3/22/25 Oregon Preview (outdoor) |
| 6 | Lea KUNSTMANN | FR | Saint Francis (Ind.) | 21.63 | 11:12.28 | 4/5/25 Jenna Strong Invitational |
| 7 | Abby KNEPPER | SO | Mount Mercy (Iowa) | 19.56 | 11:13.20 | 3/28/25 Washington (Mo.) Distance Ca |
| 8 | Kylee QUINTON | SO | #16 College of Idaho | 17.45 | 11:14.78 | 3/22/25 Oregon Preview (outdoor) |
| 9 | Madalenn FEE | SR | Cottey (Mo.) | 15.36 | 11:16.18 | 4/11/25 Mule Relays |
| 10 | Samantha PATTERSON | SO | #17 Taylor (Ind.) | 12.96 | 11:22.30 | 4/12/25 Indiana Little State Invitationa |
| 11 | Brooke CREGAN | JR | #8 The Master's (Calif.) {2} | 10.91 | 11:23.73 | 3/21/25 Bob Larsen Distance Carnival |
| 12 | Grace TIMM | SR | Rocky Mountain (Mont) | 9.85 | 11:25.35c (11:33.63A) | 3/29/25 Al Manuel Invitational |
| 13 | Analynne KLOTZ | JR | Multnomah (Ore.) {2} | 8.81 | 11:26.43 | 3/22/25 Oregon Preview (outdoor) |
| 14 | Audrey BRINKRUFF | SR | #17 Taylor (Ind.) {2} | 7.73 | 11:28.97 | 4/12/25 Indiana Little State Invitationa |
| 15 | Natalia QUIROZ | SR | Oklahoma Wesleyan | 6.65 | 11:31.07 | 4/12/25 Wichita State K.T. Woodman I |
| 16 | Alyssa JANY | JR | Montana Tech | 5.60 | 11:32.75c (11:41.12A) | 3/29/25 Al Manuel Invitational |
| 17 | Molly MULDER | JR | Dordt (Iowa) | 5.04 | 11:34.38 | 4/5/25 South Dakota Early Bird |
| 18 | Abigail WHITE | JR | Saint Mary (Kan.) | 4.49 | 11:35.76 | 4/12/25 Wichita State K.T. Woodman I |
| 19 | Helen ULLRICH | SO | Benedictine (Kan.) | 3.98 | 11:36.28 | 4/11/25 Mule Relays |
| 20 | Kaitlyn KNOCHE | SO | St. Ambrose (Iowa) | 3.46 | 11:36.92 | 4/12/25 Mustang Distance Carnival & |
| 21 | Hannah WELLS | SR | IU Kokomo (Ind.) | 2.95 | 11:37.07 | 4/12/25 Indiana Little State Invitationa |
| 22 | Jada KOERNER | SO | Dordt (Iowa) {2} | 2.39 | 11:38.88 | 4/5/25 South Dakota Early Bird |
| 23 | Courtney SPORRER | JR | Morningside (Iowa) | 1.89 | 11:38.93 | 4/5/25 South Dakota Early Bird |
| 24 | Cadence SMITH | FR | Bushnell (Ore.) | 1.23 | 11:43.67 | 4/5/25 Mike Fanelli Track Classic |
| 25 | Jaycie FRANCO | JR | Clarke (Iowa) | 1.09 | 11:46.39 | 4/12/25 Mustang Distance Carnival & |
| 26 | Charis CHILDERS | SO | Oregon Tech | 1.04 | 11:46.42 | 4/12/25 John Knight Twilight |
| 27 | Jozelynn BOSTICK | SO | Missouri Valley | 0.92 | 11:48.71 | 4/11/25 Mule Relays |
| 28 | Brooke WIEBE | SR | #11 Montreat (N.C.) | 0.82 | 11:50.18 | 3/22/25 Montreat College Open |
| 29 | Aubrey BRITT | JR | Blue Mountain (Miss.) | 0.75 | 11:52.98 | 4/5/25 Bryan Phillips Invitational |
| 30 | Adrienne ROCKETTE | JR | Missouri Baptist {2} | 0.70 | 11:53.21 | 3/28/25 Washington (Mo.) Distance Ca |
| 31 | Elizabeth LUCASON | JR | #5 Cumberlands (Ky.) | 0.65 | 11:53.31 | 4/5/25 Tennessee Invite |
| 32 | Blanca CONESA | SR | #3 William Carey (Miss.) | 0.60 | 11:54.81 | 3/29/25 Southern Miss Invitational |
| 33 | Brooke BEAUCAIRE | JR | Dakota State (S.D.) | 0.55 | 11:56.53 | 4/5/25 South Dakota Early Bird |
| 34 | Hanna ASSENMACHER | SR | Lawrence Tech (Mich.) | 0.50 | 11:57.37 | 4/5/25 Golden Grizzly Invite |
| 35 | Grace TIEGS | JR | Lewis-Clark State (Ida) | 0.45 | 11:58.95 | 4/11/25 Whitworth Jeffrahn Classic |
| 36 | Grace PETTIT | SO | Grace (Ind.) | 0.40 | 11:59.25 | 4/12/25 Indiana Little State Invitationa |
| 37 | Heather ELLER | SR | Rochester Christian (M) | 0.35 | 12:01.48 | 4/12/25 Davenport Panther Classic |
| 38 | Sadie MCCOY | SO | #25 Eastern Oregon | 0.30 | 12:02.72 | 3/15/25 Nighthawks Opener |
| 39 | Corinne CHILDERS | SO | Oregon Tech {2} | 0.28 | 12:03.92 | 4/12/25 John Knight Twilight |
| 40 | Addy SMITH | JR | St. Ambrose (Iowa) {2} | 0.25 | 12:04.91 | 4/12/25 Mustang Distance Carnival & |
| 41 | Lexi MINARD | FR | St. Ambrose (Iowa) {3} | 0.23 | 12:05.85 | 4/12/25 Mustang Distance Carnival & |
| 42 | Megan TURNER | SR | #8 The Master's (Calif.) {3} | 0.20 | 12:06.47 | 3/21/25 Bob Larsen Distance Carnival |
| 43 | Kierra JENSEN | JR | Kansas Wesleyan | 0.18 | 12:06.74 | 3/28/25 Emporia State Relays |
| 44 | Hannah SEMPFF | JR | Carroll (Mont.) | 0.15 | 12:07.19 | 4/4/25 Whitworth Peace Meet |
| 45 | Kaesha GUILLAUME | SR | Arizona Christian | 0.13 | 12:07.54 | 3/15/25 Ross and Sharon Irwin Collegi |
| 46 | Madison THOMAS | JR | Ave Maria (Fla.) | 0.10 | 12:08.98 | 4/4/25 STU Outdoor Meet |
| 47 | Fionnula CAREW | SO | Embry-Riddle (Ariz.) {2} | 0.08 | 12:15.14 | 3/28/25 Mangrum Invitational |
| 48 | McKenna SPAULDING | SO | Milligan (Tenn.) | 0.05 | 12:19.29 | 4/5/25 Tennessee Invite |
| 49 | Hannah BEINTEMA | JR | #18 Concordia (Neb.) | 0.03 | 12:20.36 | 4/12/25 Bronco Invitational |
| 50 | Sophie ROBINSON | JR | #4 Southeastern (Fla.) | 0.01 | 12:20.82 | 4/5/25 Embry-Riddle Running Eleme |



National TFRI Event Summary

Women's 5000 Meters — 2025 Checkpoint #3, April 15

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | | Scored Performance | Meet |
|-----|--------------------|----|------------------------------|-----------|---|--------------------|--|
| 1 | Holly MACGILLIVRAY | SR | #1 British Columbia | 34.83 | | 16:04.85 | 3/29/25 British Columbia Open |
| 2 | Jaynie HALTERMAN | FR | #17 Taylor (Ind.) | 32.51 | | 16:09.75 | 3/22/25 Polar Bear Invitational (Indian |
| 3 | Heather MURPHY | FR | #11 Montreat (N.C.) | 28.36 | | 16:43.26 | 4/5/25 Electric City Invitational |
| 4 | Amelia PFOHL | SR | #1 British Columbia {2} | 25.98 | | 16:49.38 | 3/29/25 British Columbia Open |
| 5 | Alauna CARSTENS | JR | Evergreen State (Wash | 23.54 | | 16:58.27 | 3/22/25 Oregon Preview (outdoor) |
| 6 | Alyssa LOVETT | JR | #8 The Master's (Calif.) | 21.52 | | 16:58.76 | 3/21/25 Bob Larsen Distance Carnival |
| 7 | Elizabeth BARRETT | JR | #20 Indiana Wesleyan | 19.26 | | 17:05.23 | 3/28/25 Washington (Mo.) Distance Ca |
| 8 | Kahea FIGUEIRA | SR | #16 College of Idaho | 17.25 | | 17:05.39 | 3/22/25 Oregon Preview (outdoor) |
| 9 | Katie CLARKE | SR | SCAD Atlanta (Ga.) | 15.21 | | 17:06.32 | 3/22/25 Yellow Jacket Invitational |
| 10 | Ellen-Mary KEARNEY | JR | Milligan (Tenn.) | 2.98 | D | 17:12.13 | 3/22/25 Lee Invitational |
| 11 | Emma NELSON | JR | #8 The Master's (Calif.) {2} | 10.93 | | 17:13.39 | 3/8/25 Oxy Distance Carnival and Spr |
| 12 | Josie TYRRELL | SO | Saint Mary (Kan.) | 9.88 | | 17:14.60 | 3/28/25 Washington (Mo.) Distance Ca |
| 13 | Noel VANDERWALL | JR | #17 Taylor (Ind.) {2} | 8.75 | | 17:20.19 | 3/22/25 Polar Bear Invitational (Indian |
| 14 | Samantha PATTERSON | SO | #17 Taylor (Ind.) {3} | 7.71 | | 17:22.21 | 3/22/25 Polar Bear Invitational (Indian |
| 15 | Esther CAMERON | JR | Grace (Ind.) | 6.70 | | 17:22.51 | 4/5/25 GVSU Early Meet |
| 16 | Emily TEDDER | SR | Huntington (Ind.) | 5.69 | | 17:23.39 | 4/12/25 Indiana Little State Invitationa |
| 17 | Elke WIJKMANS | SR | #5 Cumberlands (Ky.) | 5.05 | | 17:30.42 | 4/12/25 The Gordon Bocock Cumberla |
| 18 | Addi DEWEY | SR | #20 Indiana Wesleyan {2} | 4.39 | | 17:38.42 | 3/28/25 Washington (Mo.) Distance Ca |
| 19 | Mekayla GIBSON | SR | William Woods (Mo.) | 3.88 | | 17:39.06 | 4/11/25 Mule Relays |
| 20 | Avery RAYMOND | SO | SCAD Atlanta (Ga.) {2} | 3.35 | | 17:40.86 | 3/22/25 Yellow Jacket Invitational |
| 21 | Liz HOGAN | JR | SCAD Savannah (Ga.) | 2.83 | | 17:41.57 | 4/5/25 Embry-Riddle Running Eleme |
| 22 | Viola JEPLETING | FR | #5 Cumberlands (Ky.) {2} | 2.31 | | 17:42.93 | 4/5/25 Tennessee Invite |
| 23 | Isabella WEBB | SO | Dordt (Iowa) | 1.73 | | 17:46.99 | 4/5/25 South Dakota Early Bird |
| 24 | Olivia CISCO | JR | Shawnee State (Ohio) | 1.20 | | 17:48.49 | 3/22/25 49er Classic |
| 25 | Emma MOORE | JR | Cornerstone (Mich.) | 1.15 | | 17:48.62 | 3/28/25 Washington (Mo.) Distance Ca |
| 26 | Hailey GERARD | JR | William Woods (Mo.) {2} | 1.09 | | 17:49.24 | 4/11/25 Mule Relays |
| 27 | Tori GERBER | SR | Viterbo (Wis.) | 1.03 | | 17:49.65 | 4/12/25 UW-Platteville Invitational |
| 28 | Damaris KIBIWOT | FR | Lewis-Clark State (Ida | 0.95 | | 17:50.96 | 4/11/25 Whitworth Jeffrahn Classic |
| 29 | Ellen PALMGREN | SR | #8 The Master's (Calif.) {3} | 0.90 | | 17:51.16 | 3/8/25 Oxy Distance Carnival and Spr |
| 30 | Zoe TIZARD | SO | Embry-Riddle (Ariz.) | 0.84 | | 17:51.58 | 3/8/25 Oxy Distance Carnival and Spr |
| 31 | Mercy CHEBET | JR | Goshen (Ind.) | 0.78 | | 17:52.06 | 4/12/25 Indiana Little State Invitationa |
| 32 | Molly CONNOR | SR | #16 College of Idaho {2} | 0.63 | | 17:57.75 | 3/22/25 Oregon Preview (outdoor) |
| 33 | Skylar ADAMS | SR | Evangel (Mo.) | 0.55 | | 18:00.13 | 3/29/25 SBU Bearcat Invitational |
| 34 | Sadie MCCOY | SO | #25 Eastern Oregon | 0.50 | | 18:08.68 | 4/4/25 Whitworth Peace Meet |
| 35 | Dyannara FRANCO | SO | St. Francis (Ill.) | 0.45 | | 18:09.13 | 4/12/25 Mustang Distance Carnival & |
| 36 | Abby KNEPPER | SO | Mount Mercy (Iowa) | 0.40 | | 18:09.25 | 4/12/25 Mustang Distance Carnival & |
| 37 | Kaleah HINES | SO | #25 Eastern Oregon {2} | 0.35 | | 18:10.67 | 4/4/25 Whitworth Peace Meet |
| 38 | Mia KEMP | FR | Embry-Riddle (Ariz.) {2} | 0.30 | | 18:11.86 | 3/15/25 Ross and Sharon Irwin Collegi |
| 39 | Julia GILBERT | SO | #16 College of Idaho {3} | 0.28 | | 18:12.33 | 3/22/25 Oregon Preview (outdoor) |
| 40 | Mary PEARCE | FR | Freed-Hardeman (Ten | 0.25 | | 18:12.78 | 3/22/25 Margaret Simmons Invitationa |
| 41 | Kimbrie KNUDSEN | FR | #16 College of Idaho {4} | 0.23 | | 18:13.43 | 4/4/25 Whitworth Peace Meet |
| 42 | Rose PAOLETTI | JR | #6 Madonna (Mich.) | 0.20 | | 18:14.74 | 4/5/25 Golden Grizzly Invite |
| 43 | Carrie BABCOCK | FR | Corban (Ore.) | 0.18 | | 18:15.95 | 3/29/25 Pacific (Ore.) Open |
| 44 | Cece MITCHELL | SO | Grace (Ind.) {2} | 0.15 | | 18:16.45 | 4/5/25 GVSU Early Meet |
| 45 | Edith MANFRED | SO | SCAD Savannah (Ga.) {2} | 0.13 | | 18:16.73 | 4/5/25 Embry-Riddle Running Eleme |
| 46 | Tarikua MAJOCCHI | FR | #5 Cumberlands (Ky.) {3} | 0.10 | | 18:17.07 | 4/12/25 The Gordon Bocock Cumberla |
| 47 | Rebekah FIRESTONE | JR | #17 Taylor (Ind.) {4} | 0.08 | | 18:18.37 | 4/12/25 Indiana Little State Invitationa |
| 48 | Linda KOECH | FR | Saint Francis (Ind.) | 0.05 | | 18:19.35 | 3/21/25 Blizzard Buster |
| 49 | Krysta STANKO | SO | Governors State (Ill.) | 0.03 | | 18:23.19 | 4/5/25 Chicagoland Outdoor Champi |
| 50 | Emily HARRIS | JR | Evangel (Mo.) {2} | 0.01 | | 18:23.45 | 3/29/25 SBU Bearcat Invitational |



National TFRI Event Summary

Women's 10,000 Meters — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | Meet |
|-----|--------------------|-------------|-----------------------------|-----------|--------------------|--|
| 1 | Heather MURPHY | FR | #11 Montreat (N.C.) | 34.61 | 33:45.36 | 3/29/25 Raleigh Relays |
| 2 | Hannah FREDERICKS | SR | #8 The Master's (Calif.) | 32.59 | 33:46.19 | 4/5/25 Stanford Invitational |
| 3 | Jaynie HALTERMAN | FR | #17 Taylor (Ind.) | 29.99 | 34:06.16 | 4/12/25 Indiana Little State Invitationa |
| 4 | Alina BOSHCHUK | SO | #5 Cumberlands (Ky.) | 26.20 | 35:28.19 | 3/29/25 Raleigh Relays |
| 5 | Sharon JEMILI | FR | #5 Cumberlands (Ky.) {2} | 24.17 | 35:29.89 | 3/29/25 Raleigh Relays |
| 6 | Alauna CARSTENS | JR | Evergreen State (Wash) | 22.11 | 35:33.05 | 4/4/25 Whitworth Peace Meet |
| 7 | Katie CLARKE | SR | SCAD Atlanta (Ga.) | 19.47 | 36:07.84 | 4/12/25 Fast Break Athletics Invitation |
| 8 | Alyssa JOHNSON | SO | Southern Oregon | 17.18 | 36:23.81 | 4/5/25 Mike Fanelli Track Classic |
| 9 | Amarissa KERNS | JR | Rio Grande (Ohio) | 14.95 | 36:36.88 | 4/12/25 Fast Break Athletics Invitation |
| 10 | Olivia CISCO | JR | Shawnee State (Ohio) | 12.83 | 36:44.10 | 4/12/25 Fast Break Athletics Invitation |
| 11 | Mekayla GIBSON | SR | William Woods (Mo.) | 10.74 | 36:52.22 | 3/28/25 Washington (Mo.) Distance Ca |
| 12 | Avery RAYMOND | SO | SCAD Atlanta (Ga.) {2} | 9.73 | 36:53.58 | 4/12/25 Fast Break Athletics Invitation |
| 13 | Abbey GENTZ | JR | Huntington (Ind.) | 8.70 | 36:56.54 | 4/12/25 Indiana Little State Invitationa |
| 14 | Cammeo RAMIREZ | SR | Southern Oregon {2} | 7.55 | 37:13.32 | 4/5/25 Mike Fanelli Track Classic |
| 15 | Ashlyn HAAS | JR | Milligan (Tenn.) | 6.41 | 37:29.59 | 3/22/25 Lee Invitational |
| 16 | Mackenzie MCCARTHY | JR | Rio Grande (Ohio) {2} | 5.40 | 37:31.29 | 4/12/25 Fast Break Athletics Invitation |
| 17 | Molly CONNOR | SR | #16 College of Idaho | 4.89 | 37:32.79 | 4/5/25 Mike Fanelli Track Classic |
| 18 | Karly JUST | JR | Valley City State (N.D.) | 4.36 | 37:35.87 | 4/6/25 Al Bortke Open |
| 19 | Esther CAMERON | JR | Grace (Ind.) | 3.82 | 37:41.04 | 3/30/25 Yellow Jacket Collegiate Open |
| 20 | Damaris KIBIWOT | FR | Lewis-Clark State (Ida) | 3.26 | 37:47.30 | 4/4/25 Whitworth Peace Meet |
| 21 | Mia KEMP | FR | Embry-Riddle (Ariz.) | 2.74 | 37:49.62 | 3/8/25 Oxy Distance Carnival and Spr |
| 22 | Alyssa JANY | JR | Montana Tech | 2.22 | 37:52.21 | 4/4/25 Whitworth Peace Meet |
| 23 | Talia SULLIVAN | SR | SCAD Savannah (Ga.) | 1.72 | 37:52.52 | 4/5/25 Embry-Riddle Running Eleme |
| 24 | Cadence TRAYLOR | SO | #20 Indiana Wesleyan | 1.19 | 37:55.84 | 4/12/25 Indiana Little State Invitationa |
| 25 | Katharina GOZE | SO | Ozarks (Mo.) | 1.07 | 38:03.77 | 4/11/25 Mule Relays |
| 26 | Julia GILBERT | SO | #16 College of Idaho {2} | 0.95 | 38:12.72 | 4/5/25 Mike Fanelli Track Classic |
| 27 | Tame BAYLIS | SO | Grace (Ind.) {2} | 0.85 | 38:25.23 | 4/12/25 Indiana Little State Invitationa |
| 28 | Anna JONES | JR | Milligan (Tenn.) {2} | 0.80 | 38:25.68 | 3/22/25 Lee Invitational |
| 29 | Katie MORRISON | SO | #20 Indiana Wesleyan {2} | 0.75 | 38:30.74 | 4/12/25 Indiana Little State Invitationa |
| 30 | Carlyn BOBO | SO | #11 Montreat (N.C.) {2} | 0.70 | 38:37.34 | 4/5/25 Electric City Invitational |
| 31 | Cece MITCHELL | SO | Grace (Ind.) {3} | 0.65 | 38:39.32 | 3/30/25 Yellow Jacket Collegiate Open |
| 32 | Courtney JOINER | JR | Dordt (Iowa) | 0.60 | 38:43.56 | 4/12/25 Sioux City Relays |
| 33 | Hannah THONG | FR | Dordt (Iowa) {2} | 0.55 | 38:52.98 | 4/12/25 Sioux City Relays |
| 34 | Anna ENDERLE | SO | Bethel (Ind.) | 0.50 | 38:53.18 | 4/12/25 Indiana Little State Invitationa |
| 35 | Lily BENNETT | FR | Lewis-Clark State (Ida) {2} | 0.45 | 38:56.81 | 4/4/25 Whitworth Peace Meet |
| 36 | Emma BEIMFOHR | JR | #15 Marian (Ind.) | 0.40 | 39:05.40 | 4/12/25 Indiana Little State Invitationa |
| 37 | Emersyn WEAVER | FR | #15 Marian (Ind.) {2} | 0.35 | 39:09.72 | 4/12/25 Indiana Little State Invitationa |
| 38 | Natalie FELLERS | SR | Milligan (Tenn.) {3} | 0.30 | 39:24.68 | 3/22/25 Lee Invitational |
| 39 | Carissa WILSON | JR | Bryan (Tenn.) | 0.28 | 39:32.69 | 3/22/25 Lee Invitational |
| 40 | Eden NORRIS | JR | #20 Indiana Wesleyan {3} | 0.25 | 39:33.77 | 4/12/25 Indiana Little State Invitationa |
| 41 | Nina DAMAN | SR | Campbellsville (Ky.) | 0.23 | 39:36.60 | 4/5/25 Jim Vargo Invitational |
| 42 | Anna TERRY | SO | Carroll (Mont.) | 0.20 | 40:05.62 | 4/4/25 Whitworth Peace Meet |
| 43 | Quinlan TEAGUE | JR | Saint Mary-of-the-Woo | 0.18 | 40:10.89 | 3/29/25 Pacesetter Sports Invitational |
| 44 | Samantha FOWLER | FR | IU East (Ind.) | 0.15 | 40:15.71 | 4/12/25 Indiana Little State Invitationa |
| 45 | Izabelle TREFTS | JR | Evergreen State (Wash) {2} | 0.13 | 40:22.02 | 4/4/25 Whitworth Peace Meet |
| 46 | Charlee LIND | JR | Kansas Wesleyan | 0.10 | 40:22.36 | 4/12/25 Wichita State K.T. Woodman I |
| 47 | Madyson OUDBIER | SO | Spring Arbor (Mich.) | 0.08 | 40:22.67 | 4/12/25 SAU Bill Bippes Cougar Classic |
| 48 | Emma MADDING | FR | Campbellsville (Ky.) {2} | 0.05 | 40:26.46 | 4/5/25 Jim Vargo Invitational |
| 49 | Emilie NELSON | JR | Benedictine (Kan.) | 0.03 | 40:41.60 | 3/30/25 Zach Kindler Wildcat Open |
| 50 | Evelyn HASENOUR | SR | IU East (Ind.) {2} | 0.01 | 40:52.27 | 4/12/25 Indiana Little State Invitationa |



National TFRI Event Summary

Women's 5000m Race Walk — 2025 Checkpoint #3, April 15

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|-------------------|----|------------------------------|-----------|--------------------|--|
| 1 | Olivia LUNDMAN | SR | #1 British Columbia | 35.70 | 21:55.86 | 4/12/25 |
| 2 | Grace FORREST | SO | Rio Grande (Ohio) | 30.48 | 25:32.86 | 4/12/25 The Gordon Bocock Cumberla |
| 3 | Grace WONG | FR | #1 British Columbia {2} | 28.26 | 25:50.49 | 4/12/25 |
| 4 | Heather DURRANT | SO | #5 Cumberlands (Ky.) | 25.78 | 26:40.65 | 4/12/25 The Gordon Bocock Cumberla |
| 5 | Eliza HAGENS | SR | #14 Lindsey Wilson (Ky.) | 23.74 | 26:45.38 | 4/12/25 The Gordon Bocock Cumberla |
| 6 | Chantelle DASS | FR | #1 British Columbia {3} | 21.73 | 26:46.70 | 3/29/25 British Columbia Open |
| 7 | Ashlyn POULIN | SO | #4 Southeastern (Fla.) | 19.58 | 27:05.31 | 3/30/25 Spartan Relays |
| 8 | Ava NEWKIRK | SO | #5 Cumberlands (Ky.) {2} | 17.43 | 27:24.42 | 4/12/25 The Gordon Bocock Cumberla |
| 9 | Faith YOUNCE | SR | Culver-Stockton (Mo.) | 15.29 | 27:44.34 | 3/22/25 Grand View Viking Relays |
| 10 | Marlee IRVIN | JR | #4 Southeastern (Fla.) {2} | 13.09 | 28:33.83 | 3/30/25 Spartan Relays |
| 11 | Cailyn GODSEY | SO | Campbellsville (Ky.) | 11.03 | 28:49.03 | 4/12/25 The Gordon Bocock Cumberla |
| 12 | Rebecca SPOHN | FR | Rio Grande (Ohio) {2} | 10.02 | 28:49.74 | 4/12/25 The Gordon Bocock Cumberla |
| 13 | Alexis DEAN | JR | IU East (Ind.) | 8.96 | 29:05.70 | 3/28/25 IU East Racewalking Event |
| 14 | Maddie DOTLICH | SR | IU Kokomo (Ind.) | 7.89 | 29:24.40 | 3/28/25 IU East Racewalking Event |
| 15 | Makenzee KAHN | SO | IU East (Ind.) {2} | 6.89 | 29:25.30 | 3/28/25 IU East Racewalking Event |
| 16 | Eleanor HASENOUR | SR | IU East (Ind.) {3} | 5.79 | 29:51.31 | 4/4/25 Indiana Tech April Open |
| 17 | Joselyn RIVERA | SO | #4 Southeastern (Fla.) {3} | 5.19 | 30:19.94 | 4/11/25 Keiser Twilight Invitational |
| 18 | Leah KUHN | SO | Benedictine (Kan.) | 4.62 | 30:41.51 | 4/5/25 Friends Invitational |
| 19 | Alanna RODRIGUEZ | JR | Saint Xavier (Ill.) | 3.99 | 31:18.09 | 4/13/25 Olivet Nazarene Tiger Open |
| 20 | Ava BRACKHAN | JR | Hastings (Neb.) | 3.47 | 31:26.35 | 4/12/25 Bronco Invitational |
| 21 | Paula LOPEZ | SO | #14 Lindsey Wilson (Ky.) {2} | 2.93 | 31:38.88 | 4/12/25 The Gordon Bocock Cumberla |
| 22 | Natalie BRAMMER | JR | Shawnee State (Ohio) | 2.38 | 31:53.36 | 3/15/25 Cumberlands Early Spring Me |
| 23 | Maria TALAFUSE | JR | Ave Maria (Fla.) | 1.72 | 32:45.57 | 4/11/25 Keiser Twilight Invitational |
| 24 | Destini JOHNSON | FR | Hastings (Neb.) {2} | 1.06 | 33:41.04 | 4/12/25 Bronco Invitational |
| 25 | Tiarra JACKSON | FR | #4 Southeastern (Fla.) {4} | 0.95 | 34:07.72 | 4/11/25 Keiser Twilight Invitational |
| 26 | Alejandra RECAREY | SO | #14 Lindsey Wilson (Ky.) {3} | 0.90 | 34:51.55 | 4/12/25 The Gordon Bocock Cumberla |
| 27 | Anna HART | FR | William Woods (Mo.) | 0.85 | 35:59.41 | 3/29/25 Central Methodist Invitational |
| 28 | Emma BERRY | SO | Culver-Stockton (Mo.) {2} | 0.80 | 38:50.52 | 3/29/25 Central Methodist Invitational |
| 29 | Klaudia BLASZCZYK | SO | Culver-Stockton (Mo.) {3} | 0.75 | 39:32.75 | 3/29/25 Central Methodist Invitational |
| 30 | Jennyfer VIGUERAS | | Columbia (S.C.) | 0.70 | 39:56.65 | 3/22/25 Montreat College Open |
| 31 | Amelia NIFONG | FR | Columbia (S.C.) {2} | 0.65 | 46:44.94 | 4/5/25 High Point VertKlasse Meeting |



National TFRI Event Summary

Women's 4x100 Relay — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|---|-----------------------------|-----------|--------------------|--|
| 1 | Tyeese Smith, Denai Wilson, Salieci Myles, Syniah Sims | #3 William Carey (Miss.) | 35.30 | 45.46 | 3/29/25 Southern Miss Invitational |
| 2 | Tori Burton, Kevell Byrd, Ta'nijal Matthews, Laila Johnson | #23 Dillard (La.) | 31.43 | 46.08 | 3/22/25 Louisiana Classics |
| 3 | Rhianna Rerrie, Breanna Clarke, Jordan Blair, Jaelyn Mitchell | #21 Xavier (La.) | 29.22 | 46.15 | 3/22/25 Louisiana Classics |
| 4 | Tonyan Beckford, Khila Darrisaw, Bri Hay, Yamina Numan | #10 St. Thomas (Fla.) | 26.51 | 46.39 | 3/8/25 St. Thomas Under the Lights |
| 5 | RaeAnn Thompson, Morgan Mahoney, Kat Vogt, Neryah Hekl | #2 Doane (Neb.) | 24.37 | 46.44 | 4/11/25 Doane-Nebraska Wesleyan |
| 6 | Cameron Kelperis, Briana Campbell, Zaria Bonafede, Najah Gibson | #9 Life (Ga.) | 22.10 | 46.53 | 4/5/25 Emory Dooley Elite |
| 7 | Debbie Suleman, Sonya Urbanowicz, Tanya Dhanoa, Hanna Sobkowich | #1 British Columbia | 19.79 | 46.65 | 3/22/25 Willie Williams/Dave Murray Di |
| 8 | Valeria Crespo, Rhianna Hill, Haidyn Thompson, Tiyna Ridge | Friends (Kan.) | 17.40 | 46.85 | 4/5/25 Friends Invitational |
| 9 | Hannah Reid, Jozlen Brisbon, Kyra Engel, Jermani Morris | #14 Lindsey Wilson (Ky.) | 15.19 | 46.96 | 3/15/25 Cumberlands Early Spring Me |
| 10 | Aba Sam, Roy'Janae Brown, Jah-Nisha Campbell, Jordyn Weems | Ottawa (Kan.) | 13.11 | 47.00 | 3/28/25 Emporia State Relays |
| 11 | Zakiya Porter, Joana Vakasobuduru, Parys Smith, Diane Ondobo | #13 Central Methodist (Mo.) | 10.94 | 47.09 | 3/29/25 Central Methodist Invitational |
| 11 | Kiara Carter, Charity Jone: Kourtlyn Cannon, Ny'tierra Hobbs | #6 Madonna (Mich.) | 10.94 | 47.09 | 3/29/25 Texas Relays |
| 13 | Lillian Guzman, Allie Bryson, Abia Kante, MaQuoia Raglan | #5 Cumberlands (Ky.) | 8.82 | 47.15 | 3/15/25 Cumberlands Early Spring Me |
| 14 | Armonee Clay, Jovana Milosevic, Hanna Reuter, Janae Bailey | #15 Marian (Ind.) | 7.52 | 47.31 | 4/5/25 Joe Walker Invitational |
| 15 | Rosjai Curtis, Mya Charles, Hannah Mand, Alexandria Sherman | Park (Mo.) | 6.50 | 47.32 | 3/28/25 Central (Iowa) Dutch Invitatio |
| 16 | Hope Crabtree, Deslyne Cooper, Jordyn Miller-Knuckles, Gretchen Raney | Saint Mary (Kan.) | 5.45 | 47.37 | 4/12/25 Wichita State K.T. Woodman I |
| 17 | Mackenzie Pringle, Ashant Shaw, Myikayla Howard, Latrice Brown | Columbia (S.C.) | 4.87 | 47.45 | 4/5/25 High Point VertKlasse Meeting |
| 18 | Carsyn Burdine, Kristen Garth, Kaylah Mccall, Tylar Parker | #24 Olivet Nazarene (Ill.) | 4.24 | 47.59 | 4/13/25 Olivet Nazarene Tiger Open |
| 18 | Cambria Saunders, Kayla Kirchner, Emily Loseke, Adrianna Rodencal | #18 Concordia (Neb.) | 4.24 | 47.59 | 4/12/25 Bronco Invitational |
| 20 | Amealie Smith, Olecia Colston, Shanise Ellis, Serina Rose | Florida Memorial | 3.23 | 47.60 | 4/5/25 Embry-Riddle Running Eleme |



National TFRI Event Summary

Women's 4x100 Relay — 2025 Checkpoint #3, April 15

| | | | | | | |
|----|---|---------------------------|------|-----------------|---------|--------------------------------|
| 21 | Karina DeYoung, Sydney Peck, Nora Roscoe, Sara McKen | #25 Eastern Oregon | 2.62 | 47.72 | 4/12/25 | Northwest Nazarene Open |
| 22 | Morgan Lilly, Taylor Collins, Alivia Parker, Delaney Weimer | Evangel (Mo.) | 2.11 | 47.73 | 3/22/25 | Missouri S&T Miner Invitationa |
| 23 | Kishawna Wallace, Dhaenia Pinnock, Dhenecia Pinnock, Lamoy Duffus | Talladega (Ala.) | 1.55 | 47.79 | 3/9/25 | Victor Ice Breaker Duals |
| 24 | Zaniya Duffie, Ariana Erickson, Autumn Roberts, Larrisa Mchenry | Our Lady of the Lake (| 1.04 | 47.81 | 4/12/25 | Cactus Cup |
| 25 | Alexus Motley, Hilaria Rodriguez, Alexis Even, Zelie Sorensen | Mount Marty (S.D.) | 0.95 | 47.86 | 4/12/25 | Sioux City Relays |
| 26 | Talea Gifford, Areeyanna Bonds, Alyssa Morley, Irmiris Mendez | #4 Southeastern (Fla.) | 0.90 | 47.95 | 4/5/25 | Embry-Riddle Running Eleme |
| 27 | Allison Horsley, Isis Villafane, Stella Gray, Charlotte Bowman | #16 College of Idaho | 0.85 | 48.14 | 4/12/25 | Northwest Nazarene Open |
| 28 | Lillia Chvatal, Olivia Wingc Avery Poppe, Braylee Hyatt | Viterbo (Wis.) | 0.80 | 48.22 | 3/29/25 | Billiken Invitational |
| 29 | Alyssa Budd, Lonna Perna Shailin Golden, Hope Taylor | Spring Arbor (Mich.) | 0.75 | 48.38 | 4/12/25 | SAU Bill Bippes Cougar Classic |
| 30 | Grace Clemens, Ann Mose: Mckenna Hubbard, Samantha DeGrace | Tennessee Wesleyan | 0.70 | 48.56 | 4/5/25 | Emory Dooley Elite |
| 31 | Kameron Noble, Kendra Payne, Danaysia Roberts, Sidni Daniel | Brewton-Parker (Ga.) | 0.65 | 48.63 | 4/5/25 | UWG Legends Invitational |
| 32 | Latrice Williams, Martina Montserrat-Vilar, Maliea May, Aniya Adams | Lawrence Tech (Mich.) | 0.60 | 48.65 | 4/12/25 | SAU Bill Bippes Cougar Classic |
| 33 | Cora Pesanti, Abby Clark, Ayla Janzen, Olleca Severson | Montana Tech | 0.55 | 48.67c (48.55A) | 4/10/25 | Providence Open |
| 34 | Jocie Berry, Terria Fisher, Brooke Sharp, Jenna-Ann Johnson | #19 Siena Heights (Mich.) | 0.50 | 48.68 | 4/12/25 | SAU Bill Bippes Cougar Classic |
| 34 | Sydney Rodgers, Brianna Hooton, Nicanta Smith, Grace Constable | Bethel (Ind.) | 0.50 | 48.68 | 4/4/25 | Indiana Tech April Open |
| 36 | Kyla Laurent, Madison Kitson, Kendra Martin, Jasmine Johnson | Brenau (Ga.) | 0.40 | 48.76 | 4/5/25 | UWG Legends Invitational |
| 37 | Dejah Okonji, Chaleica Booker, Jariah Jackson-Simon, Jazmyne White | Huston-Tillotson (Texa | 0.35 | 48.96 | 4/5/25 | Tom Tellez Invitational |
| 38 | Gracie Zacarias, Jasheena Owens, Destiny McBroom, Virginia Tan | Keiser (Fla.) | 0.30 | 49.00 | 4/11/25 | Keiser Twilight Invitational |
| 39 | Paizlie Reyna-Mata, Jamiah Clay, Akia Bowens, Ashlynn Perez | Oklahoma Panhandle | 0.28 | 49.06 | 3/22/25 | West Texas Relays |
| 40 | Abigale Smith, Myesha Hall, Brooke Wilmoth, Autumn Shepherd | Truett-McConnell (Ga.) | 0.25 | 49.24 | 4/5/25 | Joe Walker Invitational |
| 41 | Kellesse Heard, Mikaiya Rodgers, Taylor Hrabik, Savannah Horne | College of Saint Mary (| 0.23 | 49.34 | 4/11/25 | Jim Duncan Invitational |



National TFRI Event Summary

Women's 4x100 Relay — 2025 Checkpoint #3, April 15

| | | | | | | |
|----|---|-------------------------|------|-----------------|---------|----------------------------------|
| 42 | Abigail Bell, Kenadi Aker, Makenzie Cumbee, Lydiana Styles | Reinhardt (Ga.) | 0.20 | 49.35 | 3/15/25 | Falcon Classic |
| 43 | Reanna Green, Lakin Esse, Janiah Nicholson, Daizy Solir | #22 MidAmerica Nazarene | 0.18 | 49.42 | 3/29/25 | Central Methodist Invitational |
| 43 | Jaci Stone, Hope McGuire, Alexandra Hernandez, Kyla Bradberry | Saint Mary-of-the-Wood | 0.18 | 49.42 | 4/12/25 | Indiana Little State Invitationa |
| 45 | Tiffany Humpherys, Sydne Soskis, Brooke Anderson, McKenna Donovan | Oregon Tech | 0.13 | 49.43 | 4/12/25 | John Knight Twilight |
| 46 | Ryli Thompson, Ada Dekkers, Kailee Altena, Lindsay Grau | Dordt (Iowa) | 0.10 | 49.44 | 4/12/25 | South Dakota Challenge |
| 47 | Lauren Waypa, Emma Blum, Erin Heusinkveld, Aleigh Zettle | Northwestern (Iowa) | 0.08 | 49.46 | 4/12/25 | Sioux City Relays |
| 48 | Brynn Wandle, Claire Bucklin, Chloe Raats, Katelyn Christensen | Carroll (Mont.) | 0.05 | 49.49c (49.37A) | 4/10/25 | Providence Open |
| 49 | Abby Matthews, Ally Hawk, Lauren Coppersmith, Dylainey Floyd | #20 Indiana Wesleyan | 0.03 | 49.55 | 4/12/25 | Indiana Little State Invitationa |
| 50 | Amelie Steins, Bridget Bartling, Molli Thornton, Raylee Wallis | Dakota State (S.D.) | 0.01 | 49.59 | 4/12/25 | Minnesota State Open |



National TFRI Event Summary

Women's 4x400 Relay — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|--|----------------------------|-----------|--------------------|--|
| 1 | Charity Jones, Rahzia Rios Smith, Lauren Hamilton, Kiara Carter | #6 Madonna (Mich.) | 35.18 | 3:46.60 | 4/12/25 South Florida Invitational (out) |
| 2 | Jennifer Ezeoha, Denai Wilson, Aubrey Johnson, Maria Simancas | #3 William Carey (Miss.) | 32.26 | 3:48.13 | 3/29/25 Southern Miss Invitational |
| 3 | Tanya Dhanoa, Haley Martin, Mia Cameron, Hanna Sobkowich | #1 British Columbia | 29.30 | 3:49.76 | 3/22/25 Willie Williams/Dave Murray Di |
| 4 | Isabella Lehtinen, Ezthia Maycock, Leesa Mutandwa, Praise Idamadudu | #12 Cumberland (Tenn.) | 27.09 | 3:50.12 | 3/22/25 Lee Invitational |
| 5 | Diane Ondobo, Allena Rowland, Aroa Carballo, Joana Vakasobuduru | #13 Central Methodist (Mo. | 24.97 | 3:50.32 | 3/29/25 Central Methodist Invitational |
| 6 | Areeyanna Bonds, Jaade McBride, Maci Mills, Irmiris Mendez | #4 Southeastern (Fla.) | 22.11 | 3:51.82 | 4/12/25 South Florida Invitational (out) |
| 7 | Ahlia Sandifer, Tonyan Beckford, Emani Glover, Wislande Pierre-Louis | #10 St. Thomas (Fla.) | 19.60 | 3:53.00 | 3/8/25 St. Thomas Under the Lights |
| 8 | Briana Campbell, Emeline Delaville, Najah Gibson, Laisha Hernandez | #9 Life (Ga.) | 17.58 | 3:53.05 | 3/29/25 Don McGarey Invitational Trac |
| 9 | JayOnna Perry, Jordyn Weems, Tanzania Barnes, Jah-Nisha Campbell | Ottawa (Kan.) | 15.54 | 3:53.17 | 4/12/25 Wichita State K.T. Woodman I |
| 10 | Anna Vie, Dylainey Floyd, Ally Hawk, Karis Hunter | #20 Indiana Wesleyan | 12.91 | 3:54.82 | 4/12/25 Indiana Little State Invitationa |
| 11 | Fedjine Bell, Vanessa Oladapo, Jordan Blair, Jaelyn Mitchell | #21 Xavier (La.) | 10.85 | 3:55.00 | 3/29/25 Southern Miss Invitational |
| 12 | Alexandria Segura, Tara Madrid, Autumn Roberts, Aziza Clark | Our Lady of the Lake (| 9.53 | 3:56.29 | 3/29/25 Bobcat Invitational (Texas Sta |
| 13 | Charlotte Bowman, Zoe Butler, Kylee Quinton, Isis Villafane | #16 College of Idaho | 8.52 | 3:56.31 | 4/4/25 Whitworth Peace Meet |
| 14 | Ta'Shya Cramer, Anna Grasse, Kayly Guthrie, Hannah Reid | #14 Lindsey Wilson (Ky.) | 7.50 | 3:56.44 | 4/5/25 Tennessee Invite |
| 15 | Joslyn Griffin, Lakin Essex, Alex Gere, Janiah Nicholson | #22 MidAmerica Nazarene | 6.49 | 3:56.47 | 4/12/25 Carl Kight Invitational |
| 16 | Emma Edwards, Hanna Reuter, Claire Lange, Holli Reuter | #15 Marian (Ind.) | 5.44 | 3:56.75 | 4/5/25 Joe Walker Invitational |
| 17 | Sydney Peck, Madisen Douglas, Sara McKen, Nora Roscoe | #25 Eastern Oregon | 4.62 | 3:58.50 | 4/4/25 Whitworth Peace Meet |
| 18 | Kailee Altena, Lindsay Grau, Kaitlin Wercinski, Shelby Buwalda | Dordt (Iowa) | 4.00 | 3:59.65 | 4/12/25 South Dakota Challenge |
| 19 | #Type! | Mount Mercy (Iowa) | 3.50 | 3:59.93 | 4/12/25 Mustang Distance Carnival & |
| 20 | Abigail Mays, Addie Drape Nicole Domene, Delaney Gale | #17 Taylor (Ind.) | 3.00 | 4:00.02 | 4/12/25 Indiana Little State Invitationa |
| 21 | Kyla Laurent, Kamille Dixon, Madison Kitson, Kamryn Chambliss | Brenau (Ga.) | 2.50 | 4:00.66 | 3/28/25 Thrills In The Hills |



National TFRI Event Summary

Women's 4x400 Relay — 2025 Checkpoint #3, April 15

| | | | | | | |
|----|---|---------------------------|------|---------------------|---------|----------------------------------|
| 22 | Yessenia Castellanos, Dylan Garcia, Kaylene Manternach, Emily Standifer | #11 Montreat (N.C.) | 2.00 | 4:00.76 | 3/22/25 | Montreat College Open |
| 23 | Hope Crabtree, Deslyne Cooper, Jane Duteil, Gretchen Raney | Saint Mary (Kan.) | 1.50 | 4:00.92 | 3/28/25 | Emporia State Relays |
| 24 | Jocie Berry, Terria Fisher, Bailey McCulloch, Linnearia Richards | #19 Siena Heights (Mich.) | 1.00 | 4:01.17 | 4/12/25 | SAU Bill Bippes Cougar Classic |
| 25 | Hallie Kooyer, Sarah Genzink, Emma Steele, Ronnie McMillan | Cornerstone (Mich.) | 0.95 | 4:01.73 | 4/5/25 | GVSU Early Meet |
| 26 | Jayden Roach, Kendra Grooms, Laura Hamm, Kylie Montgomery | Rio Grande (Ohio) | 0.90 | 4:01.89 | 3/29/25 | Carnegie Mellon Invitational |
| 27 | Emma Blum, Macy Schroeder, Jordan Shull, Brielle Engelmann | Northwestern (Iowa) | 0.85 | 4:01.92 | 4/12/25 | Sioux City Relays |
| 28 | Fien Molenberg, Naomi Vagher, Gema del Valle, JaNiya Glass | Friends (Kan.) | 0.80 | 4:02.19 | 4/5/25 | Friends Invitational |
| 29 | Sydney Soskis, McKenna Donovan, Lily Everson, Tiffany Humpherys | Oregon Tech | 0.75 | 4:03.14 | 4/5/25 | Linfield Jenn Boyman Memori |
| 30 | Yanira Deanna Paninka, Amaya Rique, Emerson Colins, Alexandra Clarke | Saint Xavier (Ill.) | 0.70 | 4:03.42 | 3/29/25 | Billiken Invitational |
| 31 | Chaleica Booker, Jazmyne White, Jaymee Yelton, Jariah Jackson-Simon | Huston-Tillotson (Texa) | 0.65 | 4:03.44 | 3/29/25 | Texas Relays |
| 32 | Adrianna Rodencal, Trinity Tuls, Emily Loseke, Kayla Kirchner | #18 Concordia (Neb.) | 0.60 | 4:03.96 | 4/12/25 | Bronco Invitational |
| 33 | Emma Konen, Peyton Walker, MaKenzie Sheils, Kamryn Comba | Montana Tech | 0.55 | 4:04.30c (4:03.86A) | 4/10/25 | Providence Open |
| 34 | Ta'nijal Matthews, Laila Johnson, Tori Burton, Kevell Byrd | #23 Dillard (La.) | 0.50 | 4:05.03 | 4/12/25 | HBCUAC Outdoor Champions |
| 35 | Taylor Collins, Liberty Wiles, Sydney Bryan, Jayleign Flood | Evangel (Mo.) | 0.45 | 4:05.37 | 4/11/25 | Mule Relays |
| 36 | Madalen Shipman, Claire Bucklin, Chloe Raats, Ellie Baxter | Carroll (Mont.) | 0.40 | 4:05.85c (4:05.41A) | 4/10/25 | Providence Open |
| 37 | Zelie Sorensen, Alexis Even, Lexa Burtzlaff, Josey Wahlstrom | Mount Marty (S.D.) | 0.35 | 4:05.89 | 4/12/25 | Sioux City Relays |
| 38 | Jonnica Williams, Lilly Camarcho, Hannah Mand, Adison Hayden | Park (Mo.) | 0.30 | 4:06.56 | 4/12/25 | Wichita State K.T. Woodman I |
| 39 | Vanessa Temple, Mackenzie Rohde, Sarah Marshall, India Benton | IU East (Ind.) | 0.28 | 4:06.57 | 4/12/25 | Indiana Little State Invitationa |
| 40 | Jailah Robinson, Bailey Arceneaux, Shannel Graham, Rachel Sterner | Baker (Kan.) | 0.25 | 4:06.65 | 3/30/25 | Zach Kindler Wildcat Open |
| 41 | Marissa Rutter, Kate Ruffle, Maddy Lengacher, Lyssi Snouffer | Mount Vernon Nazare | 0.23 | 4:07.66 | 4/4/25 | Ohio Cherry Blossom Invitatio |



National TFRI Event Summary

Women's 4x400 Relay — 2025 Checkpoint #3, April 15

| | | | | | | | |
|----|---|---------------------------|------|----------|-----------|---------|-------------------------------|
| 42 | Liberty Leis, Addisyn Terpstra, Faith Neeley, Anna Paul | Grand View (Iowa) | 0.20 | 4:07.70c | (4:10.98) | 4/12/25 | Dick Young Classic |
| 43 | Emma Hefner, Autumn Shepherd, Destinee Lovejoy, Myesha Hall | Truett-McConnell (Ga.) | 0.18 | 4:07.73 | | 3/28/25 | Thrills In The Hills |
| 44 | Jolee Mesz, Morgan Sachs Sydney Brouwer, Courtney Sporrer | Morningside (Iowa) | 0.15 | 4:08.90 | | 4/12/25 | Sioux City Relays |
| 45 | #Type! | Trinity Christian (Ill.) | 0.13 | 4:09.13 | | 4/12/25 | Mustang Distance Carnival & |
| 46 | #Type! | Park (Ariz.) | 0.10 | 4:09.22 | | 3/29/25 | Dave Shannon Invitational |
| 47 | Olivia Adkins, Cadence Manning, Sophie Rupp, Morgan Welch | Grace (Ind.) | 0.08 | 4:09.34c | (4:12.65) | 3/30/25 | Yellow Jacket Collegiate Open |
| 48 | Cadence Schultz, Amber Koole, Ella Koons, Lauren Wooer | Aquinas (Mich.) | 0.05 | 4:09.52 | | 4/5/25 | GVSU Early Meet |
| 49 | Georgia Gomez, Lucy Lovelace, Jade Roberts, Shaylee Quenzer | Arizona Christian | 0.03 | 4:09.74 | | 4/5/25 | UNLV Rebel Elite |
| 50 | Kiley Hejtmanek, Danie Parriott, Ashlei McDonald, Marissa Miles | #2 Doane (Neb.) | 0.01 | 4:09.97 | | 4/11/25 | Doane-Nebraska Wesleyan |
| 50 | Kyley Barnett, Kaitlyn McColly, Jewel Olson, Mia Handran | #7 Dickinson State (N.D.) | 0.01 | 4:09.97 | | 3/27/25 | Yellowjackets Open |



National TFRI Event Summary

Women's 4x800 Relay — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | | Meet |
|-----|---|--------------------------|-----------|-----------------------|---------|----------------------------------|
| 1 | Laura Beghin, Sarah MacGillivray, Mackenzie Campbell, Rachel Mortimer | #1 British Columbia | 35.27 | 9:02.82 | 4/12/25 | |
| 2 | Hannah Fredericks, Suzie Johnson, Rebekah Niednagel, Ellen Palmgren | #8 The Master's (Calif.) | 32.27 | 9:09.63 | 3/22/25 | Westmont Collegiate Classic |
| 3 | #Type! | Rocky Mountain (Mont) | 29.31 | 9:16.34 | 3/27/25 | Yellowjackets Open |
| 4 | Elizabeth Dancey, Lauren Hamilton, Sofiya Sally, Emonie Bonner | #6 Madonna (Mich.) | 26.36 | 9:23.76 | 3/29/25 | Texas Relays |
| 5 | Abigail Mays, Noel VanderWall, Addie Draper, Kennedy Applegate | #17 Taylor (Ind.) | 24.30 | 9:24.38 | 4/12/25 | Indiana Little State Invitationa |
| 6 | Jillian Blaser, Jaade McBride, Natalie Rohm, Maci Mills | #4 Southeastern (Fla.) | 22.17 | 9:25.81 | 3/30/25 | Spartan Relays |
| 7 | Olivia Howell, MacKenzie Brewer, Abbey Gentz, Emily Tedder | Huntington (Ind.) | 19.83 | 9:29.53 | 3/29/25 | Texas Relays |
| 8 | Brooke Wiebe, Yessenia Castellanos, Heather Murphy, Dylan Garcia | #11 Montreat (N.C.) | 17.82 | 9:29.66 | 3/22/25 | Montreat College Open |
| 9 | Florencia Cabrera, Louise Cocking, Isabelle Spiller, Erika Pena | Oklahoma City | 15.34 | 9:35.01 | 4/5/25 | Friends Invitational |
| 10 | Savanna Liddle, Karis Hunter, Abby Mathews, Abby Wallace | #20 Indiana Wesleyan | 13.17 | 9:38.18 | 4/12/25 | Indiana Little State Invitationa |
| 11 | Julianna Maxfield, Kylie Arnold, Autumn Hickock, Sonya Zimmerman | Tabor (Kan.) | 11.14 | 9:39.03 | 4/5/25 | Friends Invitational |
| 12 | Julie Duedahl, Elisa Helferich, Megan Kitchens, Elizabeth Lucason | #5 Cumberlands (Ky.) | 9.99 | 9:42.21 | 3/22/25 | Montreat College Open |
| 13 | Adriana McGregor, Emily Harris, Macy Kopp, Skylar Adams | Evangel (Mo.) | 8.63 | 9:50.42 | 3/15/25 | Central Methodist Open |
| 14 | Jayden Roach, Kendra Grooms, Amarissa Kerns, Laura Hamm | Rio Grande (Ohio) | 7.58 | 9:51.66 | 3/15/25 | Myrtle Beach Collegiate Challe |
| 15 | MaKenzie Sheils, Peyton Walker, Alyssa Jany, Kamryn Comba | Montana Tech | 6.46 | 9:54.44c (9:54.44A) | 4/10/25 | Providence Open |
| 16 | Carly Holadia, Abigail White, Kathryn Cameron, Emilia Diaz | Saint Mary (Kan.) | 5.25 | 9:59.26 | 3/22/25 | Spire Distance Carnival & Tea |
| 17 | Skotti Ball-Duley, McKenn Palmer, Abigail Plezia, Alina LaForest | Indiana Tech | 4.60 | 10:02.89 | 4/12/25 | Indiana Little State Invitationa |
| 18 | Ellie Baxter, Nikki Nau, Erika Arthur, Jenna Castro | Carroll (Mont.) | 4.00 | 10:06.12c (10:06.12A) | 4/10/25 | Providence Open |
| 19 | Catherine Starrs, Anna Campbell, Gemma Downey, Mary Cate Golden | Benedictine (Kan.) | 3.50 | 10:06.73 | 3/22/25 | Spire Distance Carnival & Tea |
| 20 | Leslie Sprankles, Hannah Wells, Keeley Carpenter, Rachel Eby | IU Kokomo (Ind.) | 3.00 | 10:16.82 | 3/22/25 | Alan Connie Shamrock Invitati |
| 21 | Anna McKnight, Casandra Reyes, Julia Swearengin, Isabella Meili | #22 MidAmerica Nazarene | 2.50 | 10:21.49 | 3/15/25 | Central Methodist Open |



National TFRI Event Summary

Women's 4x800 Relay — 2025 Checkpoint #3, April 15

| | | | | | |
|----|--|-------------------------------|------|----------|--|
| 22 | Grace Lee, Gabrielle Schwabe, Kayli Gonzales, Hannah Cribley | <i>Friends (Kan.)</i> | 2.00 | 10:23.07 | 4/5/25 Friends Invitational |
| 23 | Mikey Duncan, Emma Morton, Tori Calder, Anna Keys | <i>John Brown (Ark.)</i> | 1.50 | 10:26.01 | 3/22/25 Spire Distance Carnival & Tea |
| 24 | Lexi Clark, Delaney Straus, Malia Carmack, Emma Berry | <i>Culver-Stockton (Mo.)</i> | 1.00 | 10:30.30 | 3/15/25 Central Methodist Open |
| 25 | Emma Maxwell, Addison Curtis, Elaina Schwendenmann, Emaleigh Smith | <i>Bethel (Ind.)</i> | 0.95 | 10:31.03 | 4/12/25 Indiana Little State Invitationa |
| 26 | Aubrey Britt, Harley Garner, Tyra Yahola, Angel Wright | <i>Blue Mountain (Miss.)</i> | 0.90 | 10:33.65 | 3/15/25 Rhodes Invitational |
| 27 | Brianna Collins, Anna-Claire Carwile, Maggie Jewell, Jennifer Buttery | <i>Campbellsville (Ky.)</i> | 0.85 | 10:45.12 | 3/15/25 Myrtle Beach Collegiate Challe |
| 28 | Akin Averie, Kamille Dixon, Victoria Woods, Madi McMahan | <i>Brenau (Ga.)</i> | 0.80 | 10:45.20 | 3/22/25 Emory Spring Break Classic |
| 29 | Caitlyn Terrien, Olivia Ortell, Nevaeh Harris, Shelby Cade | <i>Spring Arbor (Mich.)</i> | 0.75 | 10:46.57 | 4/12/25 SAU Bill Bippes Cougar Classic |
| 30 | Sarah Marshall, Jillian Jackson, Skylah Strawser, Abby Gudeman | <i>IU East (Ind.)</i> | 0.70 | 10:46.64 | 4/12/25 Indiana Little State Invitationa |
| 31 | Sophia Outhous, Polly Addington, Nsimire Bahongwerhe, Averi Vance | <i>Spartanburg Methodis</i> | 0.65 | 10:47.06 | 3/22/25 Montreat College Open |
| 32 | Emma Clifford, Myra Bake, Kyah Weirich, Christian Steuck | <i>William Woods (Mo.)</i> | 0.60 | 10:47.61 | 3/29/25 Central Methodist Invitational |
| 33 | Xavia Cullers, Kierstin Maddox, Nataly Gutierrez, Paige Thielen | <i>Columbia (Mo.)</i> | 0.55 | 10:54.77 | 3/15/25 Central Methodist Open |
| 34 | Presley Madden, Elle Sims, Allison Craft, Autumn Shepherd | <i>Truett-McConnell (Ga.)</i> | 0.50 | 10:55.78 | 3/28/25 Thrills In The Hills |
| 35 | Elizabeth Gustafson, Morgan Hartman, Jada Figgins, Mercy Berkemeyer | <i>Columbia Internation</i> | 0.45 | 11:04.20 | 3/22/25 Emory Spring Break Classic |
| 36 | Caitlyn Gordon, Brooklyn Acosta, Yasmin Pines, Kennedy Timmons | #23 <i>Dillard (La.)</i> | 0.40 | 11:07.59 | 4/12/25 HBCUAC Outdoor Champions |
| 37 | Camille Humphrey, Brynn: Wentland, Faraja Nyasa, Shaliah Mckoy | <i>Missouri Valley</i> | 0.35 | 11:49.75 | 3/29/25 Central Methodist Invitational |
| 38 | Jasmine Clouse, Kaylee Hall, Melanie Partin, Sofia Petz | <i>Union (Ky.)</i> | 0.30 | 11:51.10 | 3/22/25 Margaret Simmons Invitationa |
| 39 | Jakatelyn Thomas, Remi Pierre, Jean Marie Farinha, Meeyesha Tutt-Mootouo | <i>Wiley (Texas)</i> | 0.28 | 11:51.30 | 4/12/25 HBCUAC Outdoor Champions |
| 40 | Skylah Barton, Kayla Garrett, Vanessa Oladapo, Hannah Stoutmire | #21 <i>Xavier (La.)</i> | 0.25 | 12:10.54 | 4/11/25 Strawberry Relays |
| 41 | Jewel Cross, Tia'monie Jackson, Jade Thompson-Parker, Aliana Taylor | <i>Talladega (Ala.)</i> | 0.23 | 12:49.93 | 4/12/25 HBCUAC Outdoor Champions |



National TFRI Event Summary

Women's High Jump — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | | Meet |
|-----|------------------------|-------------|---------------------------------|-----------|--------------------|-------|--|
| 1 | Adarra HAGELUND | JR | #7 Dickinson State (N.D.) | 36.89 | 1.80m | 5-10¾ | 4/6/25 Al Bortke Open |
| 2 | Delaney MILLER | JR | Evangel (Mo.) | 32.18 | 1.75m | 5-8¾ | 3/29/25 SBU Bearcat Invitational |
| 3 | Jacie VANDER WAAL | SR | Northwestern (Iowa) | 28.56 | 1.72m | 5-7¾ | 3/28/25 Wildcat Classic |
| 4 | Emma VALENTINE | JR | #19 Siena Heights (Mich.) | 26.02 | 1.71m | 5-7¼ | 4/12/25 Davenport Panther Classic |
| 5 | Sarah PIMBLETT | JR | #1 British Columbia | 23.52 | 1.70m | 5-7 | 4/6/25 Simon Fraser High Performan |
| 5 | Isabelle AALDERS | FR | #12 Cumberland (Tenn.) | 23.52 | 1.70m | 5-7 | 3/22/25 Lee Invitational |
| 7 | Brooke COFFMAN | SO | #15 Marian (Ind.) | 19.16 | 1.69m | 5-6½ | 3/22/25 Polar Bear Invitational (Indian |
| 7 | Mya HINES | SO | #5 Cumberlands (Ky.) | 19.16 | 1.69m | 5-6½ | 4/5/25 Electric City Invitational |
| 7 | Lyssi SNOUFFER | JR | Mount Vernon Nazare | 19.16 | 1.69m | 5-6½ | 3/30/25 Denison Lid-Lifter |
| 10 | Abi STEVENS | SR | Southern Oregon | 12.80 | 1.68m | 5-6 | 4/5/25 Linfield Jenn Boyman Memori |
| 10 | Rosemond OWUSU | FR | #14 Lindsey Wilson (Ky.) | 12.80 | 1.68m | 5-6 | 3/22/25 Alan Connie Shamrock Invitati |
| 10 | Renee FINKE | SR | #13 Central Methodist (Mo. | 12.80 | 1.68m | 5-6 | 3/22/25 Missouri S&T Miner Invitationa |
| 10 | Kayla MORGAN | JR | Corban (Ore.) | 12.80 | 1.68m | 5-6 | 4/5/25 Linfield Jenn Boyman Memori |
| 10 | Adrienne WASHINGTON | JR | #25 Eastern Oregon | 12.80 | 1.68m | 5-6 | 4/4/25 Whitworth Peace Meet |
| 15 | Emerson VANSKOY | SO | Midway (Ky.) | 6.49 | 1.67m | 5-5¾ | 3/22/25 Pioneer Invitational |
| 15 | Samantha DEGRACE | FR | Tennessee Wesleyan | 6.49 | 1.67m | 5-5¾ | 3/28/25 Thrills In The Hills |
| 17 | Morgan LUTTON | JR | #19 Siena Heights (Mich.) {2} | 4.80 | 1.66m | 5-5¼ | 4/12/25 Davenport Panther Classic |
| 17 | Haley BELLAMY | JR | #13 Central Methodist (Mo.) {2} | 4.80 | 1.66m | 5-5¼ | 3/29/25 Central Methodist Invitational |
| 17 | Abby CLARK | SR | Montana Tech | 4.80 | 1.66m | 5-5¼ | 4/10/25 Providence Open |
| 17 | Aubrey DEGROOT | SO | Northwestern (Iowa) {2} | 4.80 | 1.66m | 5-5¼ | 4/12/25 Sioux City Relays |
| 17 | Corona PARKER | SR | Evergreen State (Wash | 4.80 | 1.66m | 5-5¼ | 3/8/25 Pacific Lutheran Opener |
| 17 | Krista HARDY | JR | Midland (Neb.) | 4.80 | 1.66m | 5-5¼ | 3/28/25 Central Nebraska Challenge |
| 17 | Kerrigan MYERS | SR | Midland (Neb.) | 2.30 | D 1.66m | 5-5¼ | 3/28/25 Central Nebraska Challenge |
| 17 | Alexis GOODMAN | FR | Talladega (Ala.) | 4.80 | 1.66m | 5-5¼ | 4/12/25 HBCUAC Outdoor Champions |
| 17 | Katelynn KRATZ | FR | #2 Doane (Neb.) | 4.80 | 1.66m | 5-5¼ | 4/8/25 Doane Invitational |
| 26 | Brooke WIRKKALA | JR | Rocky Mountain (Mont | 1.02 | 1.65m | 5-5 | 3/15/25 Battlin' Bears/Yellowjacket Ic |
| 27 | Bridgette HANSEN | FR | #1 British Columbia {2} | 0.85 | 1.64m | 5-4½ | 3/22/25 Willie Williams/Dave Murray Di |
| 28 | Emily MCCREARY | SR | Grace (Ind.) | 0.80 | 1.63m | 5-4¼ | 4/5/25 GVSU Early Meet |
| 28 | Molly FROM | SO | Ave Maria (Fla.) | 0.80 | 1.63m | 5-4¼ | 4/4/25 STU Outdoor Meet |
| 28 | Hannah NEWTON | SR | Midland (Neb.) {3} | 0.80 | 1.63m | 5-4¼ | 4/5/25 Friends Invitational |
| 31 | Mattie SHIRTS | SO | #16 College of Idaho | 0.65 | 1.62m | 5-3¾ | 3/15/25 Nighthawks Opener |
| 32 | Addison REIMER | SO | #18 Concordia (Neb.) | 0.60 | 1.61m | 5-3¾ | 4/5/25 Concordia (Neb.) Outdoor Invi |
| 32 | Anna JEANNIN | FR | Huntington (Ind.) | 0.60 | 1.61m | 5-3¾ | 4/4/25 Indiana Tech April Open |
| 32 | Josie GARRETT | JR | #2 Doane (Neb.) {2} | 0.60 | 1.61m | 5-3¾ | 4/11/25 Doane-Nebraska Wesleyan |
| 32 | Alyssa CHRISTIAN | FR | Indiana Tech | 0.60 | 1.61m | 5-3¾ | 4/12/25 Indiana Little State Invitationa |
| 32 | Olivia WINGO | SR | Viterbo (Wis.) | 0.60 | 1.61m | 5-3¾ | 4/12/25 UW Oshkosh Invitational |
| 32 | Josey REINEMAN | SR | Huntington (Ind.) | 0.60 | 1.61m | 5-3¾ | 4/4/25 Indiana Tech April Open |
| 32 | Alexis FURGASON | JR | Aquinas (Mich.) | 0.60 | 1.61m | 5-3¾ | 4/12/25 Davenport Panther Classic |
| 32 | Lindsey STRUTZ | JR | Aquinas (Mich.) | 0.60 | 1.61m | 5-3¾ | 4/12/25 Davenport Panther Classic |
| 40 | Giani WIMBISH-GAY | FR | Texas Wesleyan | 0.25 | 1.60m | 5-3 | 3/22/25 TCU Invitational |
| 40 | Jordyn MILLER-KNUCKLES | SO | Saint Mary (Kan.) | 0.25 | 1.60m | 5-3 | 4/12/25 Wichita State K.T. Woodman I |
| 40 | Kaitlyn BECNEL | SR | Loyola (La.) | 0.25 | 1.60m | 5-3 | 3/22/25 Belhaven Invitational |
| 40 | Tenosh LANDRY | FR | Loyola (La.) | 0.25 | 1.60m | 5-3 | 3/22/25 Belhaven Invitational |
| 40 | Lauryn MARTIN | FR | #21 Xavier (La.) | 0.25 | 1.60m | 5-3 | 4/5/25 Davenport-Milburn Pelican Re |
| 40 | Ada SMIES | SO | Dordt (Iowa) | 0.25 | 1.60m | 5-3 | 4/12/25 South Dakota Challenge |
| 40 | Olivia BACKUS | SO | Valley City State (N.D.) | 0.25 | 1.60m | 5-3 | 3/22/25 Marauders Outdoor Opener |
| 47 | April PHILLIPS | SO | Evangel (Mo.) {2} | 0.08 | 1.58m | 5-2¼ | 4/11/25 Mule Relays |
| 48 | Jeslynn FLORES | FR | Our Lady of the Lake (| 0.05 | 1.57m | 5-1¾ | 4/12/25 Cactus Cup |
| 48 | Dakota BUSSEN | FR | #16 College of Idaho {2} | 0.05 | 1.57m | 5-1¾ | 3/15/25 Nighthawks Opener |
| 50 | Karli SWART | SO | Northwestern (Iowa) {3} | 0.01 | 1.56m | 5-1¼ | 4/12/25 Sioux City Relays |
| 50 | Callie KAISER | SO | Carroll (Mont.) | 0.01 | 1.56m | 5-1¼ | 4/5/25 Fighting Saints Open |
| 50 | Sophie DAGNALL | FR | #24 Olivet Nazarene (Ill.) | 0.01 | 1.56m | 5-1¼ | 4/5/25 Chicagoland Outdoor Champi |
| 50 | Amanda STEINKE | SR | #18 Concordia (Neb.) {2} | 0.01 | 1.56m | 5-1¼ | 3/28/25 Central Nebraska Challenge |
| 50 | Zailee POULSON | SR | Hastings (Neb.) | 0.01 | 1.56m | 5-1¼ | 3/28/25 Central Nebraska Challenge |



National TFRI Event Summary

Women's High Jump — 2025 Checkpoint #3, April 15

| | | | | | | | | | |
|----|----------------|----|---------------------------|-----|------|-------|------|---------|---------------------------------|
| 50 | Erica XAYARATH | SR | <i>Huntington (Ind.)</i> | {3} | 0.01 | 1.56m | 5-1¼ | 3/22/25 | Polar Bear Invitational (Indian |
| 50 | Ariel MANNS | JR | <i>Bethel (Ind.)</i> | | 0.01 | 1.56m | 5-1¼ | 4/4/25 | Indiana Tech April Open |
| 50 | Andrea SUCHA | JR | <i>Mount Marty (S.D.)</i> | | 0.01 | 1.56m | 5-1¼ | 4/12/25 | Sioux City Relays |



National TFRI Event Summary

Women's Pole Vault — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | | | Meet |
|-----|----------------------|-------------|-------------------------------|-----------|--------------------|--------|---------|----------------------------------|
| 1 | Margherita CONRAD | JR | #19 Siena Heights (Mich.) | 34.60 | 4.17m | 13-8¼ | 4/12/25 | Davenport Panther Classic |
| 2 | Sonya URBANOWICZ | JR | #1 British Columbia | 31.94 | 4.10m | 13-5¼ | 3/22/25 | Willie Williams/Dave Murray Di |
| 3 | Olivia WINGO | SR | Viterbo (Wis.) | 29.17 | 4.02m | 13-2¼ | 4/12/25 | UW Oshkosh Invitational |
| 4 | Cameron KELPERIS | SO | #9 Life (Ga.) | 26.98 | 4.00m | 13-1½ | 4/5/25 | Emory Dooley Elite |
| 5 | Kaylee PRIBYL | SO | #2 Doane (Neb.) | 24.59 | 3.95m | 12-11½ | 3/28/25 | Central Nebraska Challenge |
| 6 | Emma STEWART | SO | #19 Siena Heights (Mich.) {2} | 21.27 | 3.75m | 12-3½ | 4/12/25 | Davenport Panther Classic |
| 6 | Madison WAHL | SR | #7 Dickinson State (N.D.) | 21.27 | 3.75m | 12-3½ | 3/27/25 | Yellowjackets Open |
| 6 | Gabrielle ZEILENGA | SO | Bethel (Ind.) | 21.27 | 3.75m | 12-3½ | 4/4/25 | Indiana Tech April Open |
| 9 | Katherine MARTINEZ | SR | Southern Oregon | 14.94 | 3.69m | 12-1¼ | 4/5/25 | Linfield Jenn Boyman Memori |
| 10 | McKenna ROGERS | SO | Arizona Christian | 12.91 | 3.68m | 12-¾ | 4/5/25 | UNLV Rebel Elite |
| 11 | Mya ZOHNER | SO | Mount Marty (S.D.) | 10.84 | 3.66m | 12-0 | 4/5/25 | South Dakota Early Bird |
| 12 | Delaney TEACHNOR | FR | #15 Marian (Ind.) | 9.81 | 3.65m | 11-11¾ | 3/22/25 | Polar Bear Invitational (Indian |
| 12 | Viviana RODRIGUEZ | FR | Indiana Tech | 9.81 | 3.65m | 11-11¾ | 4/12/25 | Indiana Little State Invitationa |
| 12 | Emma JOHNSON | SR | Viterbo (Wis.) {2} | 9.81 | 3.65m | 11-11¾ | 4/5/25 | Mississippi River Rumble |
| 12 | Aaliyah RAMIREZ | JR | Friends (Kan.) | 9.81 | 3.65m | 11-11¾ | 4/5/25 | Friends Invitational |
| 16 | Kiriann JOHNSON | FR | #16 College of Idaho | 5.63 | 3.60m | 11-9¾ | 3/15/25 | Nighthawks Opener |
| 17 | Maddi REED | FR | Midway (Ky.) | 4.86 | 3.52m | 11-6½ | 4/5/25 | Centre Invitational |
| 18 | Paige CLAUSEN | FR | Mount Marty (S.D.) {2} | 4.33 | 3.51m | 11-6¼ | 4/5/25 | South Dakota Early Bird |
| 19 | Teagan RUPP | FR | #20 Indiana Wesleyan | 3.79 | 3.50m | 11-5¾ | 3/22/25 | Polar Bear Invitational (Indian |
| 19 | Grace SQUIRES | JR | Clarke (Iowa) | 3.79 | 3.50m | 11-5¾ | 4/5/25 | Mississippi River Rumble |
| 19 | Kennedy STANLEY | JR | #2 Doane (Neb.) {2} | 3.79 | 3.50m | 11-5¾ | 4/8/25 | Doane Invitational |
| 19 | Evelyn DOLCE | SO | Indiana Tech {2} | 3.79 | 3.50m | 11-5¾ | 4/4/25 | Indiana Tech April Open |
| 23 | Sydney PERKINS | SO | Southern Oregon {2} | 1.65 | 3.46m | 11-4¼ | 3/8/25 | Chico Wildcat Invitational |
| 24 | Shaily BAYNES | SR | Aquinas (Mich.) | 1.12 | 3.45m | 11-3¾ | 4/12/25 | Calvin Invite |
| 24 | Abby BEETS | SO | Evangel (Mo.) | 1.12 | 3.45m | 11-3¾ | 3/15/25 | Central Methodist Open |
| 24 | Brynn WANDLE | FR | Carroll (Mont.) | 1.12 | 3.45m | 11-3¾ | 4/5/25 | Fighting Saints Open |
| 27 | Cecily FAGER | SO | Cornerstone (Mich.) | 0.85 | 3.38m | 11-1 | 4/5/25 | GVSU Early Meet |
| 28 | Quinn BASSINGTHWAITE | JR | Jamestown (N.D.) | 0.80 | 3.36m | 11-¼ | 4/11/25 | NDSU Spring Classic |
| 29 | Kathrin ERTL | FR | Indiana Tech {3} | 0.75 | 3.35m | 10-11¾ | 4/4/25 | Indiana Tech April Open |
| 29 | Emily LUDWIG | SO | Viterbo (Wis.) {3} | 0.75 | 3.35m | 10-11¾ | 4/12/25 | UW Oshkosh Invitational |
| 29 | Hollyn RENFRO | FR | Indiana Tech {3} | 0.75 | 3.35m | 10-11¾ | 4/4/25 | Indiana Tech April Open |
| 29 | Grace CONWAY | SR | Bethel (Ind.) {2} | 0.75 | 3.35m | 10-11¾ | 4/4/25 | Indiana Tech April Open |
| 29 | Emma SCHIFFLI | FR | Huntington (Ind.) | 0.75 | 3.35m | 10-11¾ | 4/12/25 | Indiana Little State Invitationa |
| 34 | Lillee RICHARD | FR | #18 Concordia (Neb.) | 0.50 | 3.30m | 10-9¾ | 3/28/25 | Central Nebraska Challenge |
| 34 | Kayla SVOBODA | JR | #18 Concordia (Neb.) | 0.50 | 3.30m | 10-9¾ | 3/28/25 | Central Nebraska Challenge |
| 36 | Harlee GRANT | SO | #25 Eastern Oregon | 0.40 | 3.29m | 10-9½ | 3/15/25 | Nighthawks Opener |
| 37 | Lucia RUEPPELL | FR | #1 British Columbia {2} | 0.35 | 3.27m | 10-8¾ | 4/12/25 | |
| 38 | Maiya SPEER | FR | Northwestern (Iowa) | 0.30 | 3.21m | 10-6¼ | 4/5/25 | South Dakota Early Bird |
| 38 | Aleigh ZETTLE | FR | Northwestern (Iowa) | 0.30 | 3.21m | 10-6¼ | 4/5/25 | South Dakota Early Bird |
| 40 | Samantha KNAPP | SR | #2 Doane (Neb.) {3} | 0.25 | 3.20m | 10-6 | 4/11/25 | Doane-Nebraska Wesleyan |
| 40 | Emma GRANT | SR | Clarke (Iowa) {2} | 0.25 | 3.20m | 10-6 | 4/5/25 | Mississippi River Rumble |
| 40 | Taylynd STUHR | JR | #7 Dickinson State (N.D.) {2} | 0.25 | 3.20m | 10-6 | 3/27/25 | Yellowjackets Open |
| 40 | Taylor JOYCE | SO | #25 Eastern Oregon {2} | 0.25 | 3.20m | 10-6 | 4/12/25 | Northwest Nazarene Open |
| 40 | Ryleigh WARDEN | JR | St. Ambrose (Iowa) | 0.25 | 3.20m | 10-6 | 4/12/25 | Mustang Distance Carnival & |
| 40 | Izzy KECK | SO | Viterbo (Wis.) {4} | 0.25 | 3.20m | 10-6 | 4/5/25 | Mississippi River Rumble |
| 40 | Hannah CHRISTMAN | SO | Rocky Mountain (Mont) | 0.25 | 3.20m | 10-6 | 3/27/25 | Yellowjackets Open |
| 40 | Kate SURWILLO | JR | St. Ambrose (Iowa) | 0.25 | 3.20m | 10-6 | 4/12/25 | Mustang Distance Carnival & |
| 40 | Aubrey SELLERS | SO | #4 Southeastern (Fla.) | 0.25 | 3.20m | 10-6 | 4/11/25 | Keiser Twilight Invitational |
| 49 | Grace MITCHELL | SR | John Brown (Ark.) | 0.03 | 3.15m | 10-4 | 4/11/25 | Mule Relays |
| 50 | Faith VYN | FR | Aquinas (Mich.) {2} | 0.01 | 3.08m | 10-1¼ | 4/5/25 | GVSU Early Meet |



National TFRI Event Summary

Women's Long Jump — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) | Institution | Team Pts. | Scored Performance | | | Meet |
|-----|------------------------|-------------|------------------------------|-----------|--------------------|--------------|---------|----------------------------------|
| 1 | Myesha HALL | SR | Truett-McConnell (Ga.) | 36.44 | 6.30m | 20-8 (-0.1) | 4/5/25 | Joe Walker Invitational |
| 2 | Lawren TANNER | JR | Our Lady of the Lake (| 31.04 | 6.01mw | 19-8¾ (3.2) | 4/12/25 | Cactus Cup |
| 3 | Reanna GREEN | SR | #22 MidAmerica Nazarene | 28.80 | 5.99m | 19-8 (0.9) | 4/12/25 | Carl Kight Invitational |
| 4 | Jadyn VERMILLION | SR | Montana Tech | 26.45 | 5.96m | 19-6¾ (0.1) | 3/27/25 | Yellowjackets Open |
| 5 | Rosjai CURTIS | FR | Park (Mo.) | 23.86 | 5.90m | 19-4¼ (0.9) | 3/21/25 | Spire Distance Carnival & Tea |
| 6 | Tyeese SMITH | JR | #3 William Carey (Miss.) | 21.38 | 5.84m | 19-2 (0.8) | 3/15/25 | Jaguar Opener |
| 7 | Abia KANTE | SO | #5 Cumberlands (Ky.) | 19.30 | 5.83m | 19-1½ (0.4) | 3/29/25 | Central Methodist Invitational |
| 8 | Amealia SMITH | SR | Florida Memorial | 17.22 | 5.82mw | 19-1¼ (2.2) | 3/22/25 | Hurricane Invitational |
| 9 | Andreana GRAHAM | SR | Florida Memorial {2} | 15.06 | 5.80m | 19-½ (2.0) | 3/22/25 | Hurricane Invitational |
| 10 | Amelia CHA | SO | #1 British Columbia | 12.90 | 5.78m | 18-11¾ (1.3) | 3/29/25 | British Columbia Open |
| 11 | Erica XAYARATH | SR | Huntington (Ind.) | 10.75 | 5.76m | 18-10¾ (0.0) | 4/4/25 | Indiana Tech April Open |
| 12 | Alyssa MORLEY | FR | #4 Southeastern (Fla.) | 9.71 | 5.75mw | 18-10½ (2.3) | 4/12/25 | South Florida Invitational (out |
| 12 | Abby CLARK | SR | Montana Tech {2} | 9.71 | 5.75m | 18-10½ (0.0) | 4/10/25 | Providence Open |
| 14 | Kellesse HEARD | SO | College of Saint Mary (| 7.63 | 5.73m | 18-9¾ (0.0) | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 15 | Linnearia RICHARDS | JR | #19 Siena Heights (Mich.) | 6.59 | 5.72mw | 18-9¼ (2.3) | 4/5/25 | Golden Grizzly Invite |
| 16 | Jordyn WEEMS | SR | Ottawa (Kan.) | 5.55 | 5.71mw | 18-8¾ (3.8) | 4/12/25 | Wichita State K.T. Woodman I |
| 16 | Adrienne WASHINGTON | JR | #25 Eastern Oregon | 2.55 | D 5.71m | 18-8¾ (-0.9) | 4/4/25 | Whitworth Peace Meet |
| 16 | Diamond BOYD | | Park (Mo.) {2} | 5.55 | 5.71m | 18-8¾ (1.7) | 3/29/25 | Billiken Invitational |
| 19 | Fabiana MORALES | SO | #3 William Carey (Miss.) {2} | 3.97 | 5.69mw | 18-8 (2.8) | 3/15/25 | Jaguar Opener |
| 19 | Mya HINES | SO | #5 Cumberlands (Ky.) {2} | 2.47 | D 5.69m | 18-8 (0.0) | 4/5/25 | Electric City Invitational |
| 21 | Hailey PERRINE | JR | #24 Olivet Nazarene (Ill.) | 2.85 | 5.66m | 18-7 (0.0) | 4/5/25 | Chicagoland Outdoor Champi |
| 22 | Gabrielle ZEILENGA | SO | Bethel (Ind.) | 2.31 | 5.65m | 18-6½ (0.0) | 4/4/25 | Indiana Tech April Open |
| 22 | Jordyn CARDWELL | SR | Brescia (Ky.) | 2.31 | 5.65mw | 18-6½ (2.1) | 3/22/25 | Lee Invitational |
| 24 | Sydney ZYWINA | SR | Lewis-Clark State (Ida | 1.23 | 5.63m | 18-5¾ (1.8) | 4/4/25 | Whitworth Peace Meet |
| 25 | Mikaiya RODGERS | FR | College of Saint Mary {2} | 1.10 | 5.61mw | 18-5 (2.3) | 4/11/25 | Jim Duncan Invitational |
| 26 | Rylan RHODES | FR | Arizona Christian | 1.01 | 5.60m | 18-4½ (0.0) | 12/7/24 | Desert Spectacular |
| 27 | Faith BRENNAN | SO | #7 Dickinson State (N.D.) | 0.92 | 5.59m | 18-4¼ (0.1) | 3/27/25 | Yellowjackets Open |
| 28 | Kiki NYANOK | SO | #18 Concordia (Neb.) | 0.83 | 5.58m | 18-3¾ (0.0) | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 29 | Jah-Nisha CAMPBELL | SO | Ottawa (Kan.) {2} | 0.75 | 5.57m | 18-3¼ (0.4) | 3/22/25 | Spire Distance Carnival & Tea |
| 30 | Olivia YOUNG | FR | #22 MidAmerica Nazarene {2} | 0.70 | 5.56m | 18-3 (0.4) | 3/29/25 | Central Methodist Invitational |
| 30 | Delaney STRAUS | JR | Culver-Stockton (Mo.) | 0.70 | 5.56mw | 18-3 (3.3) | 4/5/25 | Cornell College Invitational |
| 32 | Charlize DAVIS | SO | Rocky Mountain (Mont | 0.60 | 5.55m | 18-2½ (1.6) | 3/22/25 | Battlin' Bears/Yellowjacket O |
| 33 | Kiana SIEFERT | JR | #17 Taylor (Ind.) | 0.55 | 5.54m | 18-2¼ (0.7) | 4/12/25 | Indiana Little State Invitationa |
| 34 | Annemarie KOERNER | SO | Clarke (Iowa) | 0.50 | 5.52m | 18-1½ (0.9) | 4/12/25 | Mustang Distance Carnival & |
| 35 | Alyssa BUDD | SO | Spring Arbor (Mich.) | 0.45 | 5.51m | 18-1 (0.0) | 4/12/25 | SAU Bill Bippes Cougar Classic |
| 36 | Samantha DEGRACE | FR | Tennessee Wesleyan | 0.40 | 5.47m | 17-11½ (0.8) | 4/5/25 | Emory Dooley Elite |
| 36 | Kerrishma WILLIAMS | JR | #3 William Carey (Miss.) {3} | 0.40 | 5.47mw | 17-11½ (3.6) | 3/15/25 | Jaguar Opener |
| 38 | Jessica GAKERI | SR | #11 Montreat (N.C.) | 0.30 | 5.46m | 17-11 (1.4) | 3/22/25 | Montreat College Open |
| 39 | Haley BELLAMY | JR | #13 Central Methodist (Mo. | 0.28 | 5.45m | 17-10¾ (0.0) | 3/29/25 | Central Methodist Invitational |
| 39 | Cyan KELSO-REYNOLDS | FR | Bushnell (Ore.) | 0.28 | 5.45m | 17-10¾ (0.0) | 4/12/25 | John Knight Twilight |
| 41 | Charlotte BOWMAN | SR | #16 College of Idaho | 0.23 | 5.44m | 17-10¼ (0.6) | 3/15/25 | Nighthawks Opener |
| 42 | Jordyn MINOR | SO | Loyola (La.) | 0.20 | 5.42m | 17-9½ (1.2) | 4/5/25 | Davenport-Milburn Pelican Re |
| 43 | Hannah JENSEN | FR | Baker (Kan.) | 0.18 | 5.41mw | 17-9 (3.2) | 3/23/25 | Jayhawk Spring Fling |
| 43 | Adrianna RODENCAL | JR | #18 Concordia (Neb.) {2} | 0.18 | 5.41m | 17-9 (0.0) | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 43 | Madison KITSON | FR | Brenau (Ga.) | 0.18 | 5.41m | 17-9 (-1.9) | 3/28/25 | Thrills In The Hills |
| 46 | Ta'Mya DAVIS | SO | #13 Central Methodist (M | 0.10 | 5.40m | 17-8¾ (0.1) | 3/29/25 | Central Methodist Invitational |
| 47 | Rosalyn ROGGASCH | JR | #2 Doane (Neb.) | 0.08 | 5.39m | 17-8¼ (0.0) | 4/11/25 | Doane-Nebraska Wesleyan |
| 47 | Hayley MILES | JR | #18 Concordia (Neb.) {3} | 0.08 | 5.39m | 17-8¼ (0.0) | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 49 | Mckenna DONOVAN | FR | Oregon Tech | 0.03 | 5.38m | 17-8 (1.7) | 4/5/25 | Linfield Jenn Boyman Memori |
| 49 | Grace CLEMENS | FR | Tennessee Wesleyan {2} | 0.03 | 5.38m | 17-8 (0.8) | 4/12/25 | Fast Break Athletics Invitation |
| 49 | Jordyn MILLER-KNUCKLES | SO | Saint Mary (Kan.) | 0.03 | 5.38m | 17-8 (0.2) | 3/28/25 | Emporia State Relays |



National TFRI Event Summary

Women's Triple Jump — 2025 Checkpoint #3, April 15

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | Scored Performance | | | Meet |
|-----|----------------------|----|---------------------------------|-----------|--------------------|--------------|---------|----------------------------------|
| 1 | Princess BROWNE | SR | #6 Madonna (Mich.) | 34.04 | 12.44mw | 40-9¾ (3.1) | 4/12/25 | South Florida Invitational (out) |
| 2 | Ahmia DORSEY | SR | Langston (Okla.) | 30.51 | 12.15mw | 39-10½ (3.7) | 4/12/25 | Jet Relays |
| 3 | Myesha HALL | SR | Truett-McConnell (Ga.) | 28.14 | 12.08m | 39-7¾ (0.0) | 3/27/25 | Thrills In The Hills |
| 4 | Jessica GAKERI | SR | #11 Montreat (N.C.) | 26.09 | 12.07m | 39-7¼ (0.4) | 3/21/25 | Montreat College Open |
| 5 | Fabiana MORALES | SO | #3 William Carey (Miss.) | 24.03 | 12.06m | 39-6¾ (1.0) | 3/22/25 | Alumni Bulldog Relays |
| 6 | Rosjai CURTIS | FR | Park (Mo.) | 21.77 | 12.01mw | 39-5 (3.7) | 4/12/25 | Wichita State K.T. Woodman I |
| 7 | Aba SAM | SO | Ottawa (Kan.) | 19.43 | 11.94m | 39-2¼ (1.1) | 4/11/25 | Wichita State K.T. Woodman I |
| 7 | Sydney ZYWINA | SR | Lewis-Clark State (Ida) | 19.43 | 11.94m | 39-2¼ (0.8) | 4/11/25 | Whitworth Jeffrahn Classic |
| 9 | Selena JOHNSON | JR | Warner (Fla.) | 15.33 | 11.91m | #Error | 4/12/25 | Pure Athletics Sprint Elite Mee |
| 10 | Mackenzie PRINGLE | SO | Columbia (S.C.) | 13.11 | 11.85mw | 38-10½ (3.2) | 3/20/25 | Alan Connie Shamrock Invitati |
| 11 | Josie GARRETT | JR | #2 Doane (Neb.) | 11.08 | 11.84m | 38-10¼ (-1.) | 4/8/25 | Doane Invitational |
| 12 | Faith BRENNAN | SO | #7 Dickinson State (N.D.) | 10.01 | 11.82m | 38-9½ (0.9) | 3/27/25 | Yellowjackets Open |
| 13 | Anya WALTON | SR | Friends (Kan.) | 8.99 | 11.81mw | 38-9 (3.4) | 4/5/25 | Friends Invitational |
| 14 | Ayla JANZEN | FR | Montana Tech | 7.97 | 11.80mw | 38-8¾ (3.2) | 4/10/25 | Providence Open |
| 15 | April PHILLIPS | SO | Evangel (Mo.) | 6.95 | 11.79m | 38-8¼ (-0.4) | 4/11/25 | Mule Relays |
| 16 | Alyssa MORLEY | FR | #4 Southeastern (Fla.) | 5.94 | 11.78m | #Error | 3/29/25 | SSU Tiger Orange and Blue Cl |
| 16 | Aneesa SHEPPARD | SO | Friends (Kan.) {2} | 5.94 | 11.78mw | 38-7¾ (3.4) | 3/21/25 | TCU Invitational |
| 18 | Zaniyah WILSON | JR | #3 William Carey (Miss.) {2} | 4.73 | 11.67mw | 38-3½ (2.1) | 3/15/25 | Jaguar Opener |
| 19 | Adysen MCCARTER | FR | #18 Concordia (Neb.) | 4.14 | 11.62m | 38-1½ (0.0) | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 20 | Olivia YOUNG | FR | #22 MidAmerica Nazarene | 3.44 | 11.51m | 37-9¼ (0.0) | 4/12/25 | Carl Kight Invitational |
| 21 | Shirmara ANDERSON | JR | #15 Marian (Ind.) | 2.93 | 11.50mw | 37-8¾ (2.4) | 4/5/25 | Joe Walker Invitational |
| 22 | Makayla BLANGO | SO | Columbia (S.C.) {2} | 2.26 | 11.41m | 37-5¼ (0.0) | 3/28/25 | Thrills In The Hills |
| 23 | Madison HELTEN | SO | Benedictine (Kan.) | 1.74 | 11.40mw | 37-5 (2.4) | 4/5/25 | Friends Invitational |
| 24 | Rosalyn ROGGASCH | JR | #2 Doane (Neb.) {2} | 1.21 | 11.38m | 37-4 (-0.5) | 4/11/25 | Doane-Nebraska Wesleyan |
| 25 | Myiah LOGUE | SR | Bethel (Kan.) | 1.14 | 11.37m | 37-3¾ (0.9) | 4/5/25 | Friends Invitational |
| 26 | Madison KITSON | FR | Brenau (Ga.) | 0.96 | 11.30m | 37-1 (0.0) | 3/22/25 | Emory Spring Break Classic |
| 27 | Josi NOBLE | JR | #18 Concordia (Neb.) {2} | 0.89 | 11.29m | 37-½ (0.0) | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 28 | Hayley LOEWEN | JR | #22 MidAmerica Nazarene {2} | 0.80 | 11.26m | 36-11½ (1.1) | 3/29/25 | Central Methodist Invitational |
| 29 | Yasmine RODGERS | SO | Keiser (Fla.) | 0.75 | 11.22m | 36-9¾ (0.0) | 3/28/25 | Thrills In The Hills |
| 29 | Kyla DAVIS | JR | #2 Doane (Neb.) {3} | 0.75 | 11.22m | 36-9¾ (0.7) | 4/8/25 | Doane Invitational |
| 31 | Meeyesha TUTT-MOOTOU | JR | Wiley (Texas) | 0.65 | 11.17mw | 36-7¾ (3.2) | 3/22/25 | Prairie View A&M Relays |
| 32 | Claireece CROSS | SO | #13 Central Methodist (Mo.) | 0.60 | 11.15m | 36-7 (0.2) | 4/11/25 | Mule Relays |
| 33 | A'Shanti SURREY | SR | Brewton-Parker (Ga.) | 0.55 | 11.12m | 36-5¾ (0.6) | 4/12/25 | Georgia Showdown |
| 33 | Delaney STRAUS | JR | Culver-Stockton (Mo.) | 0.55 | 11.12m | 36-5¾ (1.0) | 3/15/25 | Central Methodist Open |
| 35 | Erica XAYARATH | SR | Huntington (Ind.) | 0.45 | 11.11m | 36-5½ (0.0) | 4/4/25 | Indiana Tech April Open |
| 35 | Ta'Mya DAVIS | SO | #13 Central Methodist (Mo.) {2} | 0.45 | 11.11m | 36-5½ (0.9) | 3/15/25 | Central Methodist Open |
| 37 | Montgomery KECK | FR | Columbia (Mo.) | 0.35 | 11.09m | 36-4¾ (1.4) | 4/11/25 | Mule Relays |
| 38 | Makayla KEFFELER | SR | #20 Indiana Wesleyan | 0.30 | 11.02m | 36-2 (0.1) | 3/29/25 | Pacesetter Sports Invitational |
| 39 | Jakayla BROWN | FR | Voorhees (S.C.) | 0.28 | 10.96m | 35-11½ (-0.) | 4/5/25 | UWG Legends Invitational |
| 40 | Jaci WOODS | SO | #5 Cumberlands (Ky.) | 0.25 | 10.94m | 35-10¾ (1.9) | 4/12/25 | The Gordon Bocock Cumberla |
| 41 | Lauren DAVIS | JR | Evangel (Mo.) {2} | 0.23 | 10.91mw | 35-9½ (3.4) | 3/29/25 | SBU Bearcat Invitational |
| 41 | Kayli LINCOLN | SO | #8 The Master's (Calif.) | 0.23 | 10.91m | 35-9½ (0.3) | 2/8/25 | Westmont Sunshine Invitation |
| 43 | McGee TIA | SO | Brescia (Ky.) | 0.18 | 10.89m | 35-8¾ (-1.1) | 3/22/25 | Lee Invitational |
| 44 | Dasia GARLAND | SO | Campbellsville (Ky.) | 0.15 | 10.88m | 35-8½ (0.3) | 3/22/25 | Lee Invitational |
| 45 | Pearla TEKO-FOLLY | SO | Viterbo (Wis.) | 0.13 | 10.86mw | 35-7¾ (3.7) | 4/12/25 | UW Oshkosh Invitational |
| 45 | Brooklyn JOHNSON | JR | Mount Mercy (Iowa) | 0.13 | 10.86m | 35-7¾ (1.8) | 4/12/25 | Mustang Distance Carnival & |
| 47 | Allison ISAACSON | SO | College of Saint Mary (| 0.08 | 10.84m | 35-6¾ (0.0) | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 48 | Laiklyn STEPHENS | FR | Evangel (Mo.) {3} | 0.05 | 10.83m | 35-6½ (0.5) | 3/15/25 | Central Methodist Open |
| 48 | Shaloni WALKER | FR | #23 Dillard (La.) | 0.05 | 10.83m | 35-6½ (0.0) | 4/12/25 | HBCUAC Outdoor Champions |
| 48 | Lauryn MARTIN | FR | #21 Xavier (La.) | 0.05 | 10.83m | 35-6½ (-0.8) | 4/5/25 | Davenport-Milburn Pelican Re |



National TFRI Event Summary

Women's Shot Put — 2025 Checkpoint #3, April 15

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | | Scored Performance | | Meet | |
|-----|----------------------|----|-------------------------------|-----------|---|--------------------|--------|---------|---------------------------------|
| 1 | Sydney DUNCAN | SO | IU Kokomo (Ind.) | 38.99 | | 16.60m | 54-5½ | 3/30/25 | Yellow Jacket Collegiate Open |
| 2 | Abigail GERBER | SR | #18 Concordia (Neb.) | 31.18 | | 14.61m | 47-11¼ | 4/12/25 | Bronco Invitational |
| 3 | Kori NAGEL | SR | #7 Dickinson State (N.D.) | 28.66 | | 14.43m | 47-4¼ | 4/6/25 | Al Bortke Open |
| 4 | Lauren CIMA | FR | Providence (Mont.) | 25.81 | | 14.07mA | 46-2 | 4/10/25 | Providence Open |
| 5 | Alivia BAUCOM | JR | #2 Doane (Neb.) | 23.77 | | 14.05m | 46-1¼ | 4/11/25 | Doane-Nebraska Wesleyan |
| 6 | Ozofu MAGAJI | FR | #15 Marian (Ind.) | 21.65 | | 13.99m | 45-10¾ | 3/29/25 | Pacesetter Sports Invitational |
| 7 | Michelle DADSON | SR | #1 British Columbia | 19.33 | | 13.83m | 45-4½ | 3/29/25 | British Columbia Open |
| 8 | Abby MAGNUSON | SR | Dakota Wesleyan (S.D.) | 17.23 | | 13.78m | 45-2½ | 4/5/25 | South Dakota Early Bird |
| 9 | Victoria LOTZ | SR | #22 MidAmerica Nazarene | 3.01 | D | 13.67m | 44-10¼ | 3/22/25 | Spire Distance Carnival & Tea |
| 10 | Zoe VLK | SO | #12 Cumberland (Tenn.) | 12.89 | | 13.58m | 44-6¾ | 4/12/25 | Fast Break Athletics Invitation |
| 11 | Chloe GUNDERSON | SR | #7 Dickinson State (N.D.) {2} | 10.69 | | 13.39m | 43-11¼ | 3/27/25 | Yellowjackets Open |
| 11 | Taylor LAUMEYER | JR | #7 Dickinson State (N.D.) {2} | 10.69 | | 13.39m | 43-11¼ | 3/27/25 | Yellowjackets Open |
| 13 | Claire CASPERSEN | SR | College of Saint Mary (| 8.58 | | 13.28m | 43-7 | 3/28/25 | Central Nebraska Challenge |
| 14 | Merideth DEVRIES | SR | #20 Indiana Wesleyan | 7.53 | | 13.23m | 43-5 | 3/22/25 | Polar Bear Invitational (Indian |
| 15 | Madison HEUSINKVELT | FR | #2 Doane (Neb.) {2} | 6.52 | | 13.22m | 43-4½ | 4/8/25 | Doane Invitational |
| 16 | Kloey PICKENS | SR | Columbia Internation | 5.41 | | 13.12m | 43-½ | 4/4/25 | Tornado Classic |
| 17 | Bella MAXWELL | SO | Dakota State (S.D.) | 4.87 | | 13.08m | 42-11 | 4/12/25 | Minnesota State Open |
| 18 | Alecia PARKER | JR | Bethel (Ind.) | 4.35 | | 13.06m | 42-10¼ | 4/4/25 | Indiana Tech April Open |
| 19 | Harper BOCHE | FR | #18 Concordia (Neb.) {2} | 3.81 | | 13.02m | 42-8¾ | 4/12/25 | Bronco Invitational |
| 20 | Amanda GUSTAFSON | SO | #24 Olivet Nazarene (Ill.) | 3.25 | | 12.96m | 42-6¼ | 4/13/25 | Olivet Nazarene Tiger Open |
| 21 | Tatiana MARTINEZ | SR | Providence (Mont.) {2} | 2.65 | | 12.87mA | 42-2¾ | 4/10/25 | Providence Open |
| 22 | Kara ALEXANDER | FR | McPherson (Kan.) | 2.14 | | 12.86m | 42-2¼ | 4/12/25 | Wichita State K.T. Woodman I |
| 22 | Maggie HEESCH | JR | Midland (Neb.) | 2.14 | | 12.86m | 42-2¼ | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 24 | MarieAnge MOUSSIGNAC | JR | #4 Southeastern (Fla.) | 1.13 | | 12.85m | 42-2 | 4/5/25 | Embry-Riddle Running Eleme |
| 25 | Cara SHULTZ | SO | McPherson (Kan.) {2} | 1.05 | | 12.82m | 42-¾ | 3/29/25 | Oklahoma Baptist Invitational |
| 26 | Payton CAST | FR | #2 Doane (Neb.) {3} | 0.96 | | 12.78m | 41-11¼ | 4/11/25 | Doane-Nebraska Wesleyan |
| 26 | Mia GRAY | FR | Wayland Baptist (Texa | 0.96 | | 12.78mA | 41-11¼ | 4/3/25 | Masked Rider Outdoor Open |
| 28 | Kady VANDEMARK | JR | Graceland (Iowa) | 0.83 | | 12.75m | 41-10 | 4/11/25 | Mule Relays |
| 29 | Grace DEAN | FR | #2 Doane (Neb.) {4} | 0.75 | | 12.72m | 41-8¾ | 4/11/25 | Doane-Nebraska Wesleyan |
| 30 | Jamie SIEROCKI | JR | Saint Xavier (Ill.) | 0.70 | | 12.64m | 41-5¾ | 4/13/25 | Olivet Nazarene Tiger Open |
| 31 | Brenna HELD | JR | Jamestown (N.D.) | 0.65 | | 12.63m | 41-5¼ | 4/11/25 | NDSU Spring Classic |
| 32 | Darci DAWSON | SR | Columbia (S.C.) | 0.60 | | 12.62m | 41-5 | 3/22/25 | Alan Connie Shamrock Invitati |
| 33 | Emma TERRY | JR | #4 Southeastern (Fla.) {2} | 0.55 | | 12.60m | 41-4¼ | 3/8/25 | Eagle Invitational |
| 34 | Alician GARCIA | SR | #7 Dickinson State (N.D.) {4} | 0.50 | | 12.56m | 41-2½ | 3/27/25 | Yellowjackets Open |
| 35 | Kena LEONARD | FR | Ottawa (Kan.) | 0.45 | | 12.55m | 41-2¼ | 3/28/25 | Emporia State Relays |
| 36 | Brianna NEUMILLER | SO | St. Ambrose (Iowa) | 0.40 | | 12.52m | 41-1 | 4/12/25 | Mustang Distance Carnival & |
| 37 | Evie SCOLES | SR | John Brown (Ark.) | 0.35 | | 12.46m | 40-10½ | 3/29/25 | SBU Bearcat Invitational |
| 37 | Delaney BURGE | SO | #2 Doane (Neb.) {5} | 0.35 | | 12.46m | 40-10½ | 4/11/25 | Doane-Nebraska Wesleyan |
| 37 | Ava CONRAD | SR | Mount Mercy (Iowa) | 0.35 | | 12.46m | 40-10½ | 3/29/25 | Central Methodist Invitational |
| 40 | Reagan CHEATHAM | SO | #14 Lindsey Wilson (Ky.) | 0.25 | | 12.45m | 40-10¼ | 3/22/25 | Alan Connie Shamrock Invitati |
| 40 | Savianna JOSEPH | FR | #10 St. Thomas (Fla.) | 0.25 | | 12.45m | 40-10¼ | 3/8/25 | St. Thomas Under the Lights |
| 42 | Abigail MCBEAN | SO | Carroll (Mont.) | 0.20 | | 12.41mA | 40-8¾ | 4/5/25 | Fighting Saints Open |
| 42 | Shyanne MOSER | JR | Mount Vernon Nazare | 0.20 | | 12.41m | 40-8¾ | 3/30/25 | Denison Lid-Lifter |
| 44 | Fran TRAVIS | FR | Dordt (Iowa) | 0.15 | | 12.39m | 40-7¾ | 4/12/25 | Sioux City Relays |
| 45 | Oliviya THORNTON | JR | Dakota State (S.D.) {2} | 0.13 | | 12.38m | 40-7½ | 4/12/25 | Minnesota State Open |
| 46 | Lisa SCHOEN | FR | Tennessee Wesleyan | 0.10 | | 12.35m | 40-6¼ | 4/5/25 | Emory Dooley Elite |
| 47 | Katelyn MENDOZA | SO | #9 Life (Ga.) | 0.08 | | 12.31m | 40-4¾ | 3/22/25 | Emory Spring Break Classic |
| 47 | Candice JONES | SR | York (Neb.) | 0.08 | | 12.31m | 40-4¾ | 4/12/25 | Bronco Invitational |
| 49 | Natyli MYERS | SO | #2 Doane (Neb.) {6} | 0.03 | | 12.30m | 40-4¼ | 4/11/25 | Doane-Nebraska Wesleyan |
| 50 | Julia SCHARNELL | SO | Keiser (Fla.) | 0.01 | | 12.29m | 40-4 | 12/6/24 | Keiser University Winter Open |



National TFRI Event Summary

Women's Discus — 2025 Checkpoint #3, April 15

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | | Scored Performance | Meet |
|-----|---------------------|----|-------------------------------|-----------|---------|--------------------|--|
| 1 | Madison SUTTON | SR | #2 Doane (Neb.) | 34.57 | 50.39m | 165-4 | 3/28/25 Central Nebraska Challenge |
| 2 | Alivia BAUCOM | JR | #2 Doane (Neb.) {2} | 31.42 | 49.06m | 161-0 | 3/28/25 Central Nebraska Challenge |
| 3 | Kori NAGEL | SR | #7 Dickinson State (N.D.) | 28.39 | 47.87m | 157-1 | 4/6/25 Al Bortke Open |
| 4 | Makenna WALHOF | SO | Dordt (Iowa) | 26.22 | 47.67m | 156-5 | 4/5/25 South Dakota Early Bird |
| 5 | Sydney DUNCAN | SO | IU Kokomo (Ind.) | 23.86 | 47.19m | 154-10 | 4/5/25 GVSU Early Meet |
| 6 | Tatiana MARTINEZ | SR | Providence (Mont.) | 21.70 | 46.92m | 153-11 | 3/27/25 Yellowjackets Open |
| 7 | Taylor LAUMEYER | JR | #7 Dickinson State (N.D.) {2} | 19.61 | 46.76m | 153-5 | 3/27/25 Yellowjackets Open |
| 8 | Fran TRAVIS | FR | Dordt (Iowa) {2} | 17.49 | 46.56m | 152-9 | 4/12/25 Sioux City Relays |
| 9 | Victoria LOTZ | SR | #22 MidAmerica Nazarene | 15.26 | 46.17m | 151-6 | 3/30/25 Zach Kindler Wildcat Open |
| 10 | Grace DEAN | FR | #2 Doane (Neb.) {3} | 13.10 | 45.74m | 150-1 | 3/28/25 Central Nebraska Challenge |
| 11 | Chloe GUNDERSON | SR | #7 Dickinson State (N.D.) {3} | 11.04 | 45.52m | 149-4 | 4/6/25 Al Bortke Open |
| 12 | Merideth DEVRIES | SR | #20 Indiana Wesleyan | 10.00 | 45.41m | 149-0 | 3/29/25 Pacesetter Sports Invitational |
| 13 | Princess KARA | SR | #20 Indiana Wesleyan {2} | 8.86 | 44.94m | 147-5 | 4/12/25 Indiana Little State Invitationa |
| 14 | Charity JOHNSON | FR | #21 Xavier (La.) | 7.79 | 44.71m | 146-8 | 3/29/25 Southern Miss Invitational |
| 14 | Gabi BILBREY | SO | #15 Marian (Ind.) | 7.79 | 44.71m | 146-8 | 3/22/25 Polar Bear Invitational (Indian |
| 16 | Lauren CIMA | FR | Providence (Mont.) {2} | 5.77 | 44.64m | 146-6 | 3/27/25 Yellowjackets Open |
| 17 | Alyssa STRIEGEL | SR | Mount Mercy (Iowa) | 5.13 | 44.21m | 145-1 | 3/29/25 Central Methodist Invitational |
| 18 | Mary LORANG | FR | Benedictine (Kan.) | 4.62 | 44.16m | 144-11 | 4/11/25 Mule Relays |
| 19 | Ava CONRAD | SR | Mount Mercy (Iowa) {2} | 4.00 | 43.77m | 143-7 | 4/12/25 Mustang Distance Carnival & |
| 20 | Maelie HOPE | SO | Aquinas (Mich.) | 3.43 | 43.56m | 142-11 | 4/5/25 GVSU Early Meet |
| 21 | Brianna NEUMILLER | SO | St. Ambrose (Iowa) | 2.83 | 43.24m | 141-11 | 4/12/25 Mustang Distance Carnival & |
| 22 | Lanae CROWE | SR | Grace (Ind.) | 2.27 | 43.04m | 141-3 | 3/30/25 Yellow Jacket Collegiate Open |
| 23 | Rebecca EACKER | JR | #7 Dickinson State (N.D.) {4} | 1.66 | 42.68m | 140-1 | 4/11/25 NDSU Spring Classic |
| 24 | Claire MEACHAM | JR | Cornerstone (Mich.) | 1.13 | 42.58m | 139-9 | 4/5/25 GVSU Early Meet |
| 25 | Abby MAGNUSON | SR | Dakota Wesleyan (S.D.) | 1.00 | 42.33m | 138-11 | 4/12/25 Sioux City Relays |
| 26 | Carissa KOLLE | FR | #18 Concordia (Neb.) | 0.91 | 42.19m | 138-5 | 4/12/25 Bronco Invitational |
| 27 | Abigail GERBER | SR | #18 Concordia (Neb.) {2} | 0.85 | 42.12m | 138-2 | 4/5/25 Concordia (Neb.) Outdoor Invi |
| 28 | Delaney BURGE | SO | #2 Doane (Neb.) {4} | 0.80 | 42.07m | 138-0 | 3/28/25 Central Nebraska Challenge |
| 29 | Marta PIANTANIDA | FR | Baker (Kan.) | 0.75 | 42.02m | 137-11 | 3/30/25 Zach Kindler Wildcat Open |
| 30 | Bri NICHOLS | JR | #20 Indiana Wesleyan {3} | 0.70 | 42.01m | 137-10 | 4/12/25 Indiana Little State Invitationa |
| 31 | Harper BOCHE | FR | #18 Concordia (Neb.) {3} | 0.65 | 41.94m | 137-7 | 4/12/25 Bronco Invitational |
| 32 | Cara SHULTZ | SO | McPherson (Kan.) | 0.60 | 41.57m | 136-5 | 4/12/25 Wichita State K.T. Woodman I |
| 33 | Zoe VLK | SO | #12 Cumberland (Tenn.) | 0.55 | 41.56m | 136-4 | 4/5/25 Tennessee Invite |
| 34 | Star HERRON | SR | #16 College of Idaho | 0.50 | 41.40m | 135-10 | 4/12/25 Northwest Nazarene Open |
| 35 | Kali BROWN | JR | #13 Central Methodist (Mo. | 0.45 | 41.39m | 135-10 | 4/11/25 Mule Relays |
| 36 | Jade AZURE | SR | Valley City State (N.D.) | 0.40 | 41.09m | 134-10 | 3/22/25 Marauders Outdoor Opener |
| 37 | Sara DIEW | JR | Midland (Neb.) | 0.35 | 40.97m | 134-5 | 3/28/25 Central Nebraska Challenge |
| 38 | Avari BATT | JR | Providence (Mont.) {3} | 0.30 | 40.94mA | 134-4 | 4/10/25 Providence Open |
| 39 | Oliviyah THORNTON | JR | Dakota State (S.D.) | 0.28 | 40.82m | 133-11 | 4/12/25 Minnesota State Open |
| 40 | Grace KELLEY | JR | Mount Mercy (Iowa) {3} | 0.25 | 40.70m | 133-7 | 3/29/25 Central Methodist Invitational |
| 41 | Bailey HOFLAND | JR | #7 Dickinson State (N.D.) {5} | 0.23 | 40.63m | 133-4 | 4/6/25 Al Bortke Open |
| 42 | Hadleigh FILIPOVIVH | FR | #15 Marian (Ind.) {2} | 0.20 | 40.56m | 133-1 | 4/12/25 Indiana Little State Invitationa |
| 43 | Kaylie LOTSPEICH | SO | #2 Doane (Neb.) {5} | 0.18 | 40.35m | 132-5 | 4/11/25 Doane-Nebraska Wesleyan |
| 44 | Deneara MBOUG | JR | Indiana Tech | 0.15 | 40.19m | 131-10 | 4/4/25 Indiana Tech April Open |
| 45 | Audrey BAKER | FR | Ave Maria (Fla.) | 0.13 | 40.01m | 131-3 | 3/8/25 St. Thomas Under the Lights |
| 46 | Chloe GRUSING | SO | Kansas Wesleyan | 0.10 | 39.99m | 131-3 | 3/28/25 Emporia State Relays |
| 47 | Marquia WHITE | JR | Reinhardt (Ga.) | 0.08 | 39.94m | 131-1 | 4/5/25 Emory Dooley Elite |
| 48 | Ashley DIERKS | FR | #2 Doane (Neb.) {6} | 0.05 | 39.87m | 130-10 | 3/28/25 Central Nebraska Challenge |
| 49 | Amanda GUSTAFSON | SO | #24 Olivet Nazarene (Ill.) | 0.03 | 39.74m | 130-5 | 4/13/25 Olivet Nazarene Tiger Open |
| 50 | Kalli SUTTON | SO | #2 Doane (Neb.) {7} | 0.01 | 39.67m | 130-2 | 4/11/25 Doane-Nebraska Wesleyan |



National TFRI Event Summary

Women's Hammer — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | | | Meet |
|-----|-------------------------|----------------------------------|-----------|--------------------|--------|---------|----------------------------------|
| 1 | Victoria LOTZ | SR #22 MidAmerica Nazarene | 37.04 | 58.72m | 192-8 | 3/30/25 | Zach Kindler Wildcat Open |
| 2 | Bella HALL | JR #1 British Columbia | 31.43 | 54.72m | 179-7 | 3/29/25 | British Columbia Open |
| 3 | Star HERRON | SR #16 College of Idaho | 28.82 | 54.04m | 177-4 | 4/12/25 | Northwest Nazarene Open |
| 4 | Mackenzie LINNENBRINK | FR Columbia (Mo.) | 26.21 | 53.30m | 174-11 | 4/5/25 | Lincoln University Open |
| 5 | Michelle DADSON | SR #1 British Columbia {2} | 23.84 | 52.70m | 172-11 | 3/20/25 | PV/ALTIS Invite |
| 6 | Abi WOHLGEMUTH | SR #18 Concordia (Neb.) | 21.39 | 51.97m | 170-6 | 4/12/25 | Bronco Invitational |
| 7 | Madison SUTTON | SR #2 Doane (Neb.) | 19.25 | 51.75m | 169-10 | 3/28/25 | Central Nebraska Challenge |
| 8 | Abby GREEN | JR Friends (Kan.) | 17.09 | 51.49m | 168-11 | 4/5/25 | Friends Invitational |
| 9 | Kady VANDEMARK | JR Graceland (Iowa) | 15.01 | 51.35m | 168-6 | 4/11/25 | Mule Relays |
| 10 | Kori NAGEL | SR #7 Dickinson State (N.D.) | 2.91 D | 51.20m | 168-0 | 4/11/25 | NDSU Spring Classic |
| 11 | Lauren CURTIS | FR #1 British Columbia {3} | 10.86 | 51.12m | 167-9 | 4/12/25 | |
| 12 | Katelyn PUTZ | FR #1 British Columbia {4} | 9.78 | 50.99m | 167-4 | 3/22/25 | Willie Williams/Dave Murray Di |
| 13 | Oliviya THORNTON | JR Dakota State (S.D.) | 8.71 | 50.77m | 166-7 | 4/12/25 | Minnesota State Open |
| 14 | Bri NICHOLS | JR #20 Indiana Wesleyan | 7.70 | 50.73m | 166-5 | 3/22/25 | Polar Bear Invitational (Indian |
| 15 | Makenna WALHOF | SO Dordt (Iowa) | 6.67 | 50.65m | 166-2 | 3/28/25 | Wildcat Classic |
| 16 | Lauren CIMA | FR Providence (Mont.) | 2.64 D | 50.55mA | 165-10 | 4/10/25 | Providence Open |
| 17 | Mia KNIGGE | JR #2 Doane (Neb.) {2} | 4.99 | 50.07m | 164-3 | 4/11/25 | Doane-Nebraska Wesleyan |
| 18 | Abigail GERBER | SR #18 Concordia (Neb.) {2} | 4.43 | 49.87m | 163-8 | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 19 | Gabriella PEITZMEIER | SR Dakota State (S.D.) {2} | 3.91 | 49.81m | 163-5 | 3/28/25 | Wildcat Classic |
| 20 | Taylor LAUMEYER | JR #7 Dickinson State (N.D.) {2} | 2.36 D | 49.66m | 162-11 | 3/22/25 | Marauders Outdoor Opener |
| 21 | Alyssa HALL | SR Benedictine (Kan.) | 2.81 | 49.51m | 162-5 | 4/11/25 | Mule Relays |
| 22 | MarieAnge MOUSSIGNAC | JR #4 Southeastern (Fla.) | 2.21 | 49.17m | 161-4 | 4/5/25 | Embry-Riddle Running Eleme |
| 23 | Deneara MBOUG | JR Indiana Tech | 1.68 | 49.09m | 161-1 | 4/12/25 | Indiana Little State Invitationa |
| 24 | Claire MEACHAM | JR Cornerstone (Mich.) | 1.15 | 49.01m | 160-10 | 4/5/25 | GVSU Early Meet |
| 25 | Bella MAXWELL | SO Dakota State (S.D.) {3} | 1.08 | 48.92m | 160-6 | 4/12/25 | Minnesota State Open |
| 26 | Alician GARCIA | SR #7 Dickinson State (N.D.) {3} | 0.90 | 48.26m | 158-4 | 3/27/25 | Yellowjackets Open |
| 27 | Gabrielle TATA-RODRIGUE | SR Corban (Ore.) | 0.85 | 47.82m | 156-11 | 4/12/25 | John Knight Twilight |
| 28 | Maren HETTINGA | JR Dordt (Iowa) {2} | 0.80 | 47.73m | 156-7 | 3/28/25 | Wildcat Classic |
| 29 | Caley BLOSSER | SR #22 MidAmerica Nazarene {2} | 0.75 | 47.49m | 155-10 | 4/12/25 | Carl Kight Invitational |
| 30 | Doreshia MCALLISTER | SO Columbia (S.C.) | 0.70 | 47.36m | 155-5 | 4/5/25 | High Point VertKlasse Meeting |
| 31 | Maggie HEESCH | JR Midland (Neb.) | 0.65 | 47.33m | 155-4 | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 32 | Marissa HEINS | SO #18 Concordia (Neb.) {3} | 0.60 | 47.26m | 155-1 | 4/5/25 | Concordia (Neb.) Outdoor Invi |
| 33 | Keeley HUGHES | SR #15 Marian (Ind.) | 0.55 | 46.85m | 153-9 | 4/12/25 | Indiana Little State Invitationa |
| 34 | Naiyah LANDRUM | SR Park (Mo.) | 0.50 | 46.73m | 153-4 | 4/4/25 | Emporia State Midwest Classi |
| 35 | Savannah COBLENTZ | FR Oklahoma Panhandle | 0.45 | 46.64m | 153-0 | 4/12/25 | McMurry War Hawk Classic |
| 36 | Jaina BAILEY | JR Shawnee State (Ohio) | 0.40 | 46.42m | 152-4 | 4/12/25 | Fast Break Athletics Invitation |
| 37 | Marquia WHITE | JR Reinhardt (Ga.) | 0.35 | 46.41m | 152-3 | 4/5/25 | Emory Dooley Elite |
| 38 | Kali BROWN | JR #13 Central Methodist (Mo.) | 0.30 | 46.32m | 152-0 | 3/29/25 | Central Methodist Invitational |
| 39 | Reagan CHEATHAM | SO #14 Lindsey Wilson (Ky.) | 0.28 | 46.29m | 151-11 | 4/12/25 | The Gordon Bocock Cumberla |
| 40 | Donny SHARP | SR Culver-Stockton (Mo.) | 0.25 | 46.23m | 151-8 | 3/29/25 | Central Methodist Invitational |
| 41 | Tatiana MARTINEZ | SR Providence (Mont.) {2} | 0.23 | 46.21m | 151-7 | 3/27/25 | Yellowjackets Open |
| 42 | Jenna GLEASON | SR Dordt (Iowa) {3} | 0.20 | 45.98m | 150-10 | 3/28/25 | Wildcat Classic |
| 43 | Elizabeth ZAIGER | SR York (Neb.) | 0.18 | 45.74m | 150-1 | 4/12/25 | Bronco Invitational |
| 44 | Kaitlyn JOHNSON | SO Goshen (Ind.) | 0.15 | 45.71m | 150-0 | 3/22/25 | Polar Bear Invitational (Indian |
| 45 | LaTarsha MOORE | SR Indiana Tech {2} | 0.13 | 45.70m | 149-11 | 4/12/25 | Indiana Little State Invitationa |
| 45 | Nhaydia WATSON | JR #15 Marian (Ind.) {2} | 0.13 | 45.70m | 149-11 | 4/12/25 | Fast Break Athletics Invitation |
| 47 | Alyssa STRIEGEL | SR Mount Mercy (Iowa) | 0.08 | 45.65m | 149-9 | 4/12/25 | Mustang Distance Carnival & |
| 48 | Trinity GOTTLER | SO Midway (Ky.) | 0.05 | 45.61m | 149-8 | 4/11/25 | Asbury Invitational |
| 49 | Taylor DURFEY | JR #16 College of Idaho {2} | 0.03 | 45.54m | 149-5 | 4/12/25 | Northwest Nazarene Open |
| 50 | Ilyhia GREELY | SR Southern Oregon | 0.01 | 45.46m | 149-2 | 4/12/25 | John Knight Twilight |



National TFRI Event Summary

Women's Javelin — 2025 Checkpoint #3, April 15

| NPR | Athlete | | (Team Rank) Institution | Team Pts. | Scored Performance | | | Meet | |
|-----|---------------------|----|--------------------------------|-----------|--------------------|--------|---------|----------------------------------|--|
| 1 | Mary LORANG | FR | Benedictine (Kan.) | 34.28 | 45.07m | 147-11 | 3/30/25 | Zach Kindler Wildcat Open | |
| 2 | Mayce RUSSELL | FR | Kansas Wesleyan | 31.20 | 44.08m | 144-8 | 3/23/25 | Bethel (Kan.) College Open | |
| 3 | Maddy WOLF | FR | Kansas Wesleyan {2} | 29.16 | 44.04m | 144-6 | 4/12/25 | Wichita State K.T. Woodman I | |
| 4 | Kendra ODEGARD | SR | Valley City State (N.D.) | 25.90 | 42.57m | 139-8 | 4/11/25 | NDSU Spring Classic | |
| 5 | Sarah SNELL | SO | #1 British Columbia | 23.70 | 42.30m | 138-10 | 3/29/25 | British Columbia Open | |
| 6 | Shelbey KLEIN | JR | Providence (Mont.) | 21.60 | 42.17m | 138-4 | 3/22/25 | Battlin' Bears/Yellowjacket O | |
| 7 | Isabelle AALDERS | FR | #12 Cumberland (Tenn.) | 19.54 | 42.08m | 138-1 | 4/12/25 | Fast Break Athletics Invitation | |
| 8 | Haylee WHITCRAFT | FR | #24 Olivet Nazarene (Ill.) | 17.46 | 41.98m | 137-9 | 4/5/25 | Chicagoland Outdoor Champi | |
| 9 | Davanna COLLIE | JR | #10 St. Thomas (Fla.) | 15.25 | 41.70m | 136-10 | 3/22/25 | UCF Black and Gold Invite | |
| 10 | Jenna JORDAN | SR | Montana Tech | 13.17 | 41.59mA | 136-6 | 4/10/25 | Providence Open | |
| 11 | Emma LONGUEUAY | FR | Indiana Tech | 11.11 | 41.46m | 136-0 | 4/12/25 | Indiana Little State Invitationa | |
| 12 | Julie COFFEY | JR | Baker (Kan.) | 10.05 | 41.30m | 135-6 | 4/11/25 | Mule Relays | |
| 13 | Casey OLSON | SO | Dakota State (S.D.) | 8.93 | 40.99m | 134-6 | 4/12/25 | Minnesota State Open | |
| 14 | Hannah BOERSEMA | JR | Saint Francis (Ind.) | 7.87 | 40.84m | 134-0 | 3/21/25 | Blizzard Buster | |
| 15 | Trinity GOTTLER | SO | Midway (Ky.) | 6.72 | 40.46m | 132-9 | 3/29/25 | Landon Bond Invitational | |
| 16 | Havyn VANDENACRE | FR | Providence (Mont.) {2} | 5.67 | 40.34m | 132-4 | 3/15/25 | Battlin' Bears/Yellowjacket Ic | |
| 17 | Codi NAGLE | FR | #7 Dickinson State (N.D.) | 5.09 | 40.12m | 131-8 | 4/11/25 | NDSU Spring Classic | |
| 18 | Keelyn O'REILLY | SR | Corban (Ore.) | 4.48 | 39.83m | 130-8 | 3/20/25 | Corban-Willamette Dual | |
| 18 | Gretchen STOTTEMYRE | SR | #18 Concordia (Neb.) | 4.48 | 39.83m | 130-8 | 4/12/25 | Bronco Invitational | |
| 20 | Madison MACMILLAN | SR | #25 Eastern Oregon | 3.46 | 39.79m | 130-7 | 4/12/25 | Northwest Nazarene Open | |
| 21 | Joana VAKASOBUDURU | JR | #13 Central Methodist (Mo. | 2.89 | 39.61m | 130-0 | 3/29/25 | Central Methodist Invitational | |
| 22 | Rian BOUB | SR | Ottawa (Kan.) | 2.37 | 39.55m | 129-9 | 3/28/25 | Emporia State Relays | |
| 23 | Avery SPENCER | SR | #24 Olivet Nazarene (Ill.) {2} | 1.69 | 39.10m | 128-4 | 4/13/25 | Olivet Nazarene Tiger Open | |
| 24 | Isabelle MATTHEWS | JR | Clarke (Iowa) | 1.15 | 38.99m | 127-11 | 4/12/25 | Mustang Distance Carnival & | |
| 25 | Delaney BURGE | SO | #2 Doane (Neb.) | 1.06 | 38.88m | 127-7 | 4/11/25 | Doane-Nebraska Wesleyan | |
| 25 | Cambrie FISCHER | FR | Jamestown (N.D.) | 1.06 | 38.88m | 127-7 | 4/11/25 | NDSU Spring Classic | |
| 27 | Madalynn RHODES | SR | College of Saint Mary (| 0.90 | 38.74m | 127-1 | 4/11/25 | Jim Duncan Invitational | |
| 28 | Adrienne WASHINGTON | JR | #25 Eastern Oregon {2} | 0.80 | 38.21m | 125-5 | 4/4/25 | Whitworth Peace Meet | |
| 29 | Kalli SUTTON | SO | #2 Doane (Neb.) {2} | 0.75 | 38.20m | 125-4 | 4/11/25 | Doane-Nebraska Wesleyan | |
| 30 | Paige ERHARDT | SR | Jamestown (N.D.) {2} | 0.70 | 38.10m | 125-0 | 3/22/25 | Marauders Outdoor Opener | |
| 31 | Mattie POHL | SO | #2 Doane (Neb.) {3} | 0.65 | 37.89m | 124-4 | 4/8/25 | Doane Invitational | |
| 32 | Abigail CRUZ | JR | Reinhardt (Ga.) | 0.60 | 37.71m | 123-9 | 4/5/25 | Emory Dooley Elite | |
| 33 | Tyra OPPERMAN | SO | Montana Tech {2} | 0.55 | 37.55m | 123-3 | 3/29/25 | Al Manuel Invitational | |
| 34 | Katelyn CHRISTENSEN | JR | Carroll (Mont.) | 0.50 | 37.53mA | 123-2 | 4/5/25 | Fighting Saints Open | |
| 35 | Emma TERRY | JR | #4 Southeastern (Fla.) | 0.45 | 37.44m | 122-10 | 3/30/25 | SSU Tiger Orange and Blue Cl | |
| 36 | Carissa KOLLE | FR | #18 Concordia (Neb.) {2} | 0.40 | 37.25m | 122-3 | 4/12/25 | Bronco Invitational | |
| 37 | Emma LAWSON | SO | Missouri Baptist | 0.35 | 37.23m | 122-2 | 4/12/25 | Cougar Classic (SIUE) | |
| 38 | Lilly PETERS | FR | Briar Cliff (Iowa) | 0.30 | 37.20m | 122-1 | 4/12/25 | Sioux City Relays | |
| 39 | Allison THOMAS | SO | Evangel (Mo.) | 0.28 | 37.14m | 121-10 | 4/11/25 | Mule Relays | |
| 40 | Avery BRINCAT | SO | #4 Southeastern (Fla.) {2} | 0.25 | 37.11m | 121-9 | 4/11/25 | Keiser Twilight Invitational | |
| 41 | Liepa BAJARUNAS | JR | #1 British Columbia {2} | 0.23 | 37.06m | 121-7 | 4/12/25 | | |
| 42 | Gianna ANDERSON | SO | Lewis-Clark State (Ida | 0.20 | 37.05m | 121-7 | 4/11/25 | Whitworth Jeffrahn Classic | |
| 43 | MacKenzie LAYNG | FR | Providence (Mont.) {3} | 0.18 | 36.97mA | 121-4 | 4/10/25 | Providence Open | |
| 44 | Mary WHITESIDE | SO | Benedictine (Kan.) {2} | 0.15 | 36.96m | 121-3 | 4/11/25 | Mule Relays | |
| 45 | Mikayla GALE | SR | Bryan (Tenn.) | 0.13 | 36.85m | 120-11 | 4/12/25 | Fast Break Athletics Invitation | |
| 46 | Aunisty MCNEAL | FR | Kansas Wesleyan {3} | 0.10 | 36.74m | 120-7 | 3/23/25 | Bethel (Kan.) College Open | |
| 47 | Grace GODARD | SR | Benedictine (Kan.) {3} | 0.08 | 36.70m | 120-5 | 3/22/25 | Spire Distance Carnival & Tea | |
| 47 | Sammy CONLEY | SR | #25 Eastern Oregon {3} | 0.08 | 36.70m | 120-5 | 4/12/25 | Northwest Nazarene Open | |
| 49 | Lindsey STRUTZ | JR | Aquinas (Mich.) | 0.03 | 36.48m | 119-8 | 4/4/25 | Spartan Invitational | |
| 49 | Ryah DIGIACOMO | SO | Indiana Tech {2} | 0.03 | 36.48m | 119-8 | 3/30/25 | Yellow Jacket Collegiate Open | |



National TFRI Event Summary

Women's Heptathlon — 2025 Checkpoint #3, April 15

| NPR | Athlete | (Team Rank) Institution | Team Pts. | Scored Performance | Meet |
|-----|----------------------------|-------------------------------|-----------|--------------------|--|
| 1 | Adrienne WASHINGTON | JR #25 Eastern Oregon | 32.79 | 4,638 | 3/25/25 Boxer Combined Events |
| 2 | Haley BELLAMY | JR #13 Central Methodist (Mo. | 30.75 | 4,625 | 3/29/25 Central Methodist Invitational |
| 3 | Abi STEVENS | SR Southern Oregon | 28.72 | 4,617 | 3/25/25 Boxer Combined Events |
| 4 | Mya HINES | SO #5 Cumberlands (Ky.) | 26.67 | 4,605 | 4/5/25 Electric City Invitational |
| 5 | Kerrigan MYERS | SR Midland (Neb.) | 24.39 | 4,510 | 4/5/25 Friends Invitational |
| 6 | Delaney STRAUS | JR Culver-Stockton (Mo.) | 21.88 | 4,320 | 3/29/25 Central Methodist Invitational |
| 7 | Emma BARNES | JR #11 Montreat (N.C.) | 19.50 | 4,176 | 4/5/25 Electric City Invitational |
| 8 | Maria CONNEALY | SO Benedictine (Kan.) | 17.37 | 4,127 | 4/5/25 Friends Invitational |
| 9 | Mattie SHIRTS | SO #16 College of Idaho | 15.19 | 4,035 | 3/25/25 Boxer Combined Events |
| 10 | Sarah PIMBLETT | JR #1 British Columbia | 13.10 | 3,973 | 3/29/25 British Columbia Open |
| 11 | Charlize DAVIS | SO Rocky Mountain (Mont | 11.06 | 3,948c (3948A) | 4/5/25 Fighting Saints Open |
| 12 | Katelyn CHRISTENSEN | JR Carroll (Mont.) | 10.06 | 3,944c (3944A) | 4/5/25 Fighting Saints Open |
| 13 | Lucy CAREY | FR Hastings (Neb.) | 9.01 | 3,914 | 4/5/25 Friends Invitational |
| 14 | Erin PEASE | SO Union (Ky.) | 7.97 | 3,886 | 3/22/25 Margaret Simmons Invitationa |
| 15 | Morgan WOOD | JR Ozarks (Mo.) | 6.88 | 3,827 | 3/29/25 SBU Bearcat Invitational |
| 16 | Allison TEED | JR Spring Arbor (Mich.) | 5.86 | 3,808 | 3/22/25 Lee Invitational |
| 17 | Lisa SCHOEN | FR Tennessee Wesleyan | 5.16 | 3,678 | 3/22/25 Lee Invitational |
| 18 | Alessandra IONESCU-ZANETTI | SO #1 British Columbia {2} | 4.66 | 3,676 | 3/29/25 British Columbia Open |
| 19 | Lucy LOVELACE | JR Arizona Christian | 4.05 | 3,603 | 3/28/25 Mesa Multis |
| 20 | Jaci WOODS | SO #5 Cumberlands (Ky.) {2} | 3.53 | 3,590 | 4/5/25 Electric City Invitational |
| 21 | Grace COGGINS | FR #4 Southeastern (Fla.) | 2.96 | 3,536 | 4/5/25 Embry-Riddle Running Eleme |
| 22 | Isabelle RAASCH | JR Multnomah (Ore.) | 2.44 | 3,526 | 3/25/25 Boxer Combined Events |
| 23 | Ambar FULGENCIO | JR Graceland (Iowa) | 1.93 | 3,522 | 3/29/25 Central Methodist Invitational |
| 24 | Anna HUME | FR Carroll (Mont.) {2} | 1.05 | 3,260c (3260A) | 4/5/25 Fighting Saints Open |
| 25 | Amelia NYAMBUKA | SO Graceland (Iowa) {2} | 0.95 | 3,225 | 3/29/25 Central Methodist Invitational |
| 26 | Hannah NEWTON | SR Midland (Neb.) {2} | 0.90 | 3,178 | 4/5/25 Friends Invitational |
| 27 | Skylar MORRIS | FR Nelson (Texas) | 0.85 | 2,999 | 3/29/25 Oklahoma Baptist Invitational |
| 28 | Robyn PUENTE | FR Nelson (Texas) {2} | 0.80 | 2,960 | 3/29/25 Oklahoma Baptist Invitational |
| 29 | Jennaya COUCOULES | FR Brenau (Ga.) | 0.75 | 2,884 | 3/28/25 Thrills In The Hills |
| 30 | Audrey VENNESLAND | FR #1 British Columbia {3} | 0.70 | 2,796 | 3/29/25 British Columbia Open |
| 31 | Madi PERKINS | FR Oregon Tech | 0.65 | 2,614 | 3/25/25 Boxer Combined Events |
| 32 | Jazlyn GRAHAM | FR #4 Southeastern (Fla.) {2} | 0.60 | 2,589 | 4/5/25 Embry-Riddle Running Eleme |
| 33 | Terralyn BROCKINGTON | JR Webber International (| 0.55 | 2,564 | 4/5/25 Embry-Riddle Running Eleme |
| 34 | Dakota VOORTMAN | SR Tabor (Kan.) | 0.50 | 2,554 | 4/5/25 Friends Invitational |
| 35 | Abby ROWEDDER | JR #8 The Master's (Calif.) | 0.45 | 2,441 | 3/21/25 Klein/Nwaba Combined Event |
| 36 | Bethanee WIGGINS | SO Reinhardt (Ga.) | 0.40 | 2,314 | 3/28/25 Thrills In The Hills |
| 37 | Jessica BROWN | SO #4 Southeastern (Fla.) {3} | 0.35 | 2,284 | 4/5/25 Embry-Riddle Running Eleme |
| 38 | Kinlie JUDD | SO Culver-Stockton (Mo.) {2} | 0.30 | 2,214 | 3/29/25 Central Methodist Invitational |
| 39 | Maddie MORGAN | JR Evergreen State (Wash | 0.28 | 1,771 | 3/25/25 Boxer Combined Events |
| 40 | Jasmine CLOUSE | SO Union (Ky.) {2} | 0.25 | 1,680 | 3/22/25 Margaret Simmons Invitationa |
| 41 | Rachel TOURNAY | SR Bryan (Tenn.) | 0.23 | 1,141 | 3/22/25 Lee Invitational |