



USTFCCA NJCAA Division I Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #1, April 1



Atlantic

as of 4/1/2025 7:52:26 AM ET

Women's 100 Meters

1	18	Michaelyn FISHER	FR	#2 Richard Bland (V	11.94	(0.8)	3/29
2	42	Anijah JAMES	FR	#2 Richard Bland (V{2}	12.35	(0.8)	3/29
3	44	Deborah OYETUNDE	FR	#14 CCBC Essex (Md.	12.45	(0.7)	3/29
4	52	Brinel THOMAS	FR	#7 Monroe-New Ro	12.56	(0.0)	3/29
5	58	Jayla WERTS	SO	#2 Richard Bland (V{3}	12.66	(1.2)	3/21
6	60	Kiliyah TAYLOR	SO	#1 Marion Military I	12.67	(0.0)	3/28
7	62	Iyona DAVIS	SO	#4 Howard (Md.) CC	12.72	(0.2)	3/14
8	64	J'Miaya MUSE	FR	#2 Richard Bland (V{4}	12.79	(-1.9)	3/21
9	65	Jessica FRANKLIN	FR	#5 Hagerstown (Md	12.84	(-1.0)	3/21
9	65	Aniya CLERISIER	FR	#4 Howard (Md.) CC{2}	12.84	(1.1)	3/29

Women's 100 Meter Hurdles

1	12	Shyla COOPER	FR	#2 Richard Bland (V	15.04	(1.6)	3/29
2	13	Alisha JACKSON	FR	#12 Bryant & Stratto	15.10	(0.3)	3/29
3	32	Aniya SUKU	FR	#12 Bryant & Stratto{2}	16.82	(-0.7)	3/22
4	36	Ciara MAY	FR	#6 Cuyahoga (Ohio)	17.89	(-1.1)	3/29
5	42	Carrie MOORE	SO	#10 Carroll (Md.) CC	20.87	(1.6)	3/29

Women's 200 Meters

1	14	Kettia AMBROSE	SO	#7 Monroe-New Ro	24.62	(1.4)	3/29
2	35	Jayla WERTS	SO	#2 Richard Bland (V	25.37	(-0.1)	3/21
3	38	Iyona DAVIS	SO	#4 Howard (Md.) CC	25.46w	(3.1)	3/22
4	42	Keyonna MCGILL	SO	#6 Cuyahoga (Ohio)	25.74w	(2.2)	3/22
5	50	Jessica FRANKLIN	FR	#5 Hagerstown (Md	25.94w	(2.1)	3/29
6	52	J'Miaya MUSE	FR	#2 Richard Bland (V{2}	25.97	(-3.0)	3/21
7	54	Breshauna MILLER	FR	#2 Richard Bland (V{3}	26.02	(-2.0)	3/21
8	56	Kiliyah TAYLOR	SO	#1 Marion Military I	26.30	(0.8)	3/28
9	67	Deborah OYETUNDE	FR	#14 CCBC Essex (Md.	26.56	(-0.9)	3/29
10	69	Sirinity GLASPER	FR	#1 Marion Military I{2}	26.66	(1.2)	3/28

Women's 400 Meters

1	11	Kaliyah JONES	FR	#7 Monroe-New Ro	56.84		3/29
2	15	Kettia AMBROSE	SO	#7 Monroe-New Ro{2}	57.27		3/29
3	16	Jayla WERTS	SO	#2 Richard Bland (V	57.34		3/21
4	28	Keyonna MCGILL	SO	#6 Cuyahoga (Ohio)	59.43		3/22
5	30	Oksanna SMITH	FR	#8 Lake-Sumter Sta	59.67		3/28
6	45	Iyona DAVIS	SO	#4 Howard (Md.) CC	1:01.75		3/29
7	47	Olivia URBAN	FR	#3 Muskegon (Mich.	1:02.10		3/29
8	52	Jessica FRANKLIN	FR	#5 Hagerstown (Md	1:02.40		3/29
9	56	Brooke PRIBULICK	SO	#10 Carroll (Md.) CC	1:02.63		3/29
10	57	Shyla COOPER	FR	#2 Richard Bland (V{2}	1:02.78		3/21

Women's 400 Meter Hurdles

1	10	Oksanna SMITH	FR	#8 Lake-Sumter Sta	1:05.49		3/28
2	17	Aniya SUKU	FR	#12 Bryant & Stratto	1:09.36		3/29
3	18	Alisha JACKSON	FR	#12 Bryant & Stratto{2}	1:09.39		3/29
4	28	Shyla COOPER	FR	#2 Richard Bland (V	1:13.55		3/29
5	29	Ciara MAY	FR	#6 Cuyahoga (Ohio)	1:13.99		3/29
6	30	Erin SMITH	SO	#2 Richard Bland (V{2}	1:14.13		3/21

Women's 800 Meters

1	4	Attoya HARVEY	SO	#7 Monroe-New Ro	2:14.34		3/29
2	6	Daisy SPEET	FR	#9 Lansing (Mich.) C	2:16.97		3/22
3	9	Tanesia GARDINER	FR	#7 Monroe-New Ro{2}	2:18.42		3/29
4	10	Joy JEPLETING	FR	#7 Monroe-New Ro{3}	2:18.56		3/29
5	27	Sara BELGACEM	FR	#11 Vincennes (Ind.)	2:25.60		3/29
6	47	Sade LEE	FR	#8 Lake-Sumter Sta	2:31.26		3/8
7	61	Faith SWENOR	FR	#9 Lansing (Mich.) C{2}	2:37.88		3/22
8	85	Kristina VARADA	FR	#8 Lake-Sumter Sta{2}	2:45.99		3/8
9	87	Ja'llian PAIGE	SO	#15 Louisburg (N.C.)	2:46.49		3/29
10	89	Sipriana HILL	SO	#1 Marion Military I	2:47.44		3/28

Women's 1500 Meters

1	19	Daisy SPEET	FR	#9 Lansing (Mich.) C	4:52.40		3/22
2	32	Sara BELGACEM	FR	#11 Vincennes (Ind.)	4:55.42		3/29
3	38	Michaela GROSS	FR	#5 Hagerstown (Md	5:00.04		3/29
4	67	Lauren LEE	FR	#3 Muskegon (Mich.	5:20.59		3/29
5	70	Jasmyn SELF	SO	#11 Vincennes (Ind.) {2}	5:22.47		3/29
6	72	Ja'llian PAIGE	SO	#15 Louisburg (N.C.)	5:25.38		3/29
7	73	Kierra FLEGEL	SO	#3 Muskegon (Mich){2}	5:26.35		3/29
8	84	Hannah CUNNINGHAM	SO	#6 Cuyahoga (Ohio)	5:32.29		3/29
9	94	Sipriana HILL	SO	#1 Marion Military I	5:40.88		3/28
10	99	Kristina VARADA	FR	#8 Lake-Sumter Sta	5:45.90		3/8

Women's 5000 Meters

1	7	Michaela GROSS	FR	#5 Hagerstown (Md	18:20.97		3/21
2	14	Ava LAMILZA	SO	#13 Macomb (Mich.)	18:45.53		3/22
3	31	Emma DELL	FR	#13 Macomb (Mich.) {2}	19:56.29		3/22
4	36	Erin ROWAN	FR	#13 Macomb (Mich.) {3}	20:21.54		3/22
5	37	Naomi KIPKECH	FR	#3 Muskegon (Mich.	20:27.56		3/29
6	46	Adi FULLER	SO	#11 Vincennes (Ind.)	21:18.51		3/28
7	47	Alexis HALE	FR	#11 Vincennes (Ind.) {2}	21:20.19		3/28
8	52	Reagan RUEL	FR	#3 Muskegon (Mich){2}	21:57.69		3/29
9	60	Kelsey ETTEL	FR	#13 Macomb (Mich.) {4}	24:41.00		3/22
10	61	Lisaleen UNG	FR	#13 Macomb (Mich.) {5}	27:22.62		3/22

Women's 4x100 Relay

1	10	Sirinity Glasper, Kiliyah Taylor, Raeya Townsend, Shanaya Hinton	#1 Marion Military I	50.33		3/15
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Women's 4x400 Relay

1	8	J'Miaya Muse, Breshauna Miller, Michaelyn Fisher, Shyla Cooper	#2 Richard Bland (V	4:03.12		3/21
2	14	Olivia Urban, Natalie Erickson, Brianna Smith, Lauren Lee	#3 Muskegon (Mich.	4:19.37		3/29



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Women's High Jump

1	2	Aidan FAITH	SO	#5 Hagerstown (Md)	1.61m	5-3½	3/29
2	19	Steffanie MCGUFFEY	SO	#3 Muskegon (Mich)	1.46m	4-9½	3/29
3	21	Raeya TOWNSEND	FR	#1 Marion Military I	1.45m	4-9	3/28
4	27	Carrie MOORE	SO	#10 Carroll (Md.) CC	1.40m	4-7	3/29
4	27	Adaysha HOLLINESS	FR	#1 Marion Military I {2}	1.40m	4-7	3/28

Women's Pole Vault

1	14	Michaela CARNEY	SO	#5 Hagerstown (Md)	3.05m	10-0	3/21
2	16	Kat CROCHUNIS	FR	#10 Carroll (Md.) CC	2.95m	9-8	3/29
3	18	Leah SOWERS	FR	#8 Lake-Sumter Sta	2.56m	8-4¾	3/8

Women's Long Jump

1	5	Michaelyn FISHER	FR	#2 Richard Bland (V	5.56m	18-3 (0.0)	3/21
2	7	Alisha JACKSON	FR	#12 Bryant & Stratto	5.53m	18-1¾ (0.2)	3/29
3	12	Anijah JAMES	FR	#2 Richard Bland (V {2}	5.49m	18-¼ (0.4)	3/21
4	14	Jaden MILLER	FR	#8 Lake-Sumter Sta	5.43m	17-9¾ (1.1)	3/28
5	22	Shyla COOPER	FR	#2 Richard Bland (V {3}	5.26m	17-3¼ (0.0)	3/21
6	33	Sirinity GLASPER	FR	#1 Marion Military I	4.98m	16-4¼ (-0.5)	3/28
7	43	Shanaya HINTON	FR	#1 Marion Military I {2}	4.60m	15-1¼ (0.0)	3/28
8	47	Jada HATCHER	FR	#2 Richard Bland (V {4}	4.49m	14-8¾ (0.0)	3/21
9	54	Adaysha HOLLINESS	FR	#1 Marion Military I {3}	4.25m	13-11½ (0.0)	3/28
10	57	Carrie MOORE	SO	#10 Carroll (Md.) CC	4.04m	13-3¼ (1.2)	3/29

Women's Triple Jump

1	2	Shanaya HINTON	FR	#1 Marion Military I	11.94m	39-2¼ (-0.6)	3/28
2	11	Anijah JAMES	FR	#2 Richard Bland (V	11.04m	36-2¾ (-0.3)	3/21
3	19	Erin SMITH	SO	#2 Richard Bland (V {2}	10.33m	33-10¾ (0.0)	3/21

Women's Shot Put

1	27	Lynniya WHITAKER	SO	#4 Howard (Md.) CC	10.37m	34-¼	3/22
2	33	Cheyenne ELLIS	FR	#4 Howard (Md.) CC {2}	9.96m	32-8¼	3/29
3	37	Adaysha HOLLINESS	FR	#1 Marion Military I	9.62m	31-6¾	3/28
4	42	Lilleann SHACKLEFORD	FR	#6 Cuyahoga (Ohio)	9.45m	31-0	3/22
5	48	Shaelyn SCHWEM	FR	#9 Lansing (Mich.) C	9.26m	30-4¾	3/22
6	54	Tamia TAYLOR	FR	#11 Vincennes (Ind.)	8.71m	28-7	3/29
7	55	Temiloluwa AKINSANYA	SO	#4 Howard (Md.) CC {3}	8.68m	28-5¾	3/22
8	59	Kaitlyn QUEEN	FR	#5 Hagerstown (Md)	7.95m	26-1	3/29
9	61	Aiyana WILSON	SO	#16 Harcum (Pa.)	7.77m	25-6	3/23
10	63	Braylee MCKINNON	FR	#11 Vincennes (Ind.) {2}	7.52m	24-8¼	3/29

Women's Discus

1	13	Gaby REEVE	SO	#3 Muskegon (Mich)	37.46m	122-11	3/29
2	17	Raina MASSEY	SO	#1 Marion Military I	36.27m	119-0	3/15
3	31	Jada HOUGHTON	FR	#9 Lansing (Mich.) C	32.29m	105-11	3/22
4	36	Brooke PRIBULICK	SO	#10 Carroll (Md.) CC	30.65m	100-7	3/29
5	38	Brooke BERRY	SO	#3 Muskegon (Mich) {2}	30.32m	99-5¾	3/29
6	50	Cheyenne ELLIS	FR	#4 Howard (Md.) CC	26.77m	87-10	3/29
7	51	Temiloluwa AKINSANYA	SO	#4 Howard (Md.) CC {2}	26.55m	87-1¼	3/14
8	61	Kaitlyn QUEEN	FR	#5 Hagerstown (Md)	22.01m	72-2½	3/29
9	62	Kamryn STEFANOSKI	SO	#10 Carroll (Md.) CC {2}	20.36m	66-9¾	3/29
10	64	Kiya MATHIEU	FR	#6 Cuyahoga (Ohio)	15.54m	51-0	3/22

Women's Hammer

1	23	Raina MASSEY	SO	#1 Marion Military I	39.95m	131-1	3/28
2	37	Gaby REEVE	SO	#3 Muskegon (Mich)	34.71m	113-11	3/29
3	39	Temiloluwa AKINSANYA	SO	#4 Howard (Md.) CC	34.28m	112-6	3/22
4	42	Lynniya WHITAKER	SO	#4 Howard (Md.) CC {2}	33.14m	108-9	3/22
5	44	Cheyenne ELLIS	FR	#4 Howard (Md.) CC {3}	32.54m	106-9	3/29
6	51	Brooke BERRY	SO	#3 Muskegon (Mich) {2}	30.06m	98-7½	3/29
7	60	Lilleann SHACKLEFORD	FR	#6 Cuyahoga (Ohio)	26.20m	85-11½	3/22
8	63	Kaitlyn QUEEN	FR	#5 Hagerstown (Md)	19.96m	65-6	3/29
9	64	Kiya MATHIEU	FR	#6 Cuyahoga (Ohio) {2}	17.62m	57-9¾	3/22

Women's Javelin

1	26	Raina MASSEY	SO	#1 Marion Military I	25.46m	83-6½	3/28
2	27	Adaysha HOLLINESS	FR	#1 Marion Military I {2}	24.81m	81-4¾	3/28
3	35	Kaitlyn QUEEN	FR	#5 Hagerstown (Md)	18.16m	59-7	3/29
4	37	Kamryn STEFANOSKI	SO	#10 Carroll (Md.) CC	15.22m	49-11¼	3/29
5	38	Layna ATALLAH	SO	#9 Lansing (Mich.) C	13.56m	44-6	3/22



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as of 4/1/2025 7:52:26 AM ET

Women's 100 Meters

1	2	Adetutu ALADELOYE	SO	#9 Allen (Kan.) CC	11.49	(1.5)	3/28
2	4	Crystal CHAMBERS	SO	#2 Fort Scott (Kan.)	11.54	(1.5)	3/28
3	5	Royanah FARMER	SO	#1 Coffeyville (Kan.)	11.55w	(2.8)	3/29
4	7	Ranayla MOTEN	FR	#9 Allen (Kan.) CC {2}	11.61	(0.5)	3/28
5	9	Felicia AWUDI	FR	#10 Colby (Kan.) CC	11.68	(1.6)	3/22
6	13	Sidney HOLT	FR	#5 Hutchinson (Kan.)	11.78w	(2.5)	3/29
7	16	Linya GEDEON	SO	#1 Coffeyville (Kan.) {2}	11.93	(1.5)	3/29
8	18	Kennidra SPIGNER	FR	#7 Barton (Kan.) CC	11.94w	(2.5)	3/29
9	23	Takelia WILLIAMS	FR	#7 Barton (Kan.) CC {2}	11.99w	(2.5)	3/29
10	26	Tierra WILLIAMS	FR	#1 Coffeyville (Kan.) {3}	12.03w	(2.1)	3/23

Women's 100 Meter Hurdles

1	5	Linya GEDEON	SO	#1 Coffeyville (Kan.)	13.98w	(3.2)	3/29
2	9	DiaMonae THOMAS	SO	#8 Highland (Kan.)	14.64	(1.9)	3/29
3	11	Nanhi PANNU	FR	#3 Cloud County (Kan.)	15.01w	(4.0)	3/29
4	13	Damaria BELL	SO	#2 Fort Scott (Kan.)	15.10w	(2.2)	3/28
5	19	Ja'Kheria KELSER	FR	#1 Coffeyville (Kan.) {2}	15.47	(0.8)	3/13
6	22	Widlife VERMILUS	SO	#7 Barton (Kan.) CC	15.61w	(4.0)	3/29
7	24	Sierra BROOKS	FR	#5 Hutchinson (Kan.)	15.64w	(4.0)	3/29
8	28	Michelle LEWIS	FR	#17 Hesston (Kan.)	16.10w	(4.0)	3/29
9	37	Jazz DILWORTH	FR	#2 Fort Scott (Kan.) {2}	18.16w	(3.2)	3/28
10	38	Maeva CURE	SO	#3 Cloud County (Kan.) {2}	18.93w	(4.0)	3/29

Women's 200 Meters

1	2	Ranayla MOTEN	FR	#9 Allen (Kan.) CC	23.69w	(3.1)	3/28
2	4	Adetutu ALADELOYE	SO	#9 Allen (Kan.) CC {2}	23.77w	(3.1)	3/28
3	6	Mekhila SANDERS	FR	#6 Garden City (Kan.)	24.09w	(3.3)	3/22
4	7	Crystal CHAMBERS	SO	#2 Fort Scott (Kan.)	24.11	(1.8)	3/28
5	10	Royanah FARMER	SO	#1 Coffeyville (Kan.)	24.43	(0.5)	3/29
6	11	Kennidra SPIGNER	FR	#7 Barton (Kan.) CC	24.53w	(2.5)	3/29
7	12	Tierra WILLIAMS	FR	#1 Coffeyville (Kan.) {2}	24.54	(0.8)	3/29
8	13	Jayden PIPER	SO	#2 Fort Scott (Kan.) {2}	24.61w	(2.7)	3/20
9	16	Felicia AWUDI	FR	#10 Colby (Kan.) CC	24.65w	(3.2)	3/22
10	19	Kayveonna JACKSON	SO	#9 Allen (Kan.) CC {3}	24.78	(1.8)	3/28

Women's 400 Meters

1	1	Dayjonique CATO	SO	#2 Fort Scott (Kan.)	54.57		3/20
2	4	Tierra WILLIAMS	FR	#1 Coffeyville (Kan.)	55.43		3/29
3	5	Amalinaly PEMBERTON	SO	#1 Coffeyville (Kan.) {2}	55.67		3/29
4	7	Jayden PIPER	SO	#2 Fort Scott (Kan.) {2}	56.24		3/28
5	8	Emmanuella SQUIRE	SO	#2 Fort Scott (Kan.) {3}	56.25		3/20
6	9	Ivana ODONKOR	SO	#2 Fort Scott (Kan.) {4}	56.55		3/28
7	18	Kennedy MOSLEY	SO	#2 Fort Scott (Kan.) {5}	57.44		3/28
8	19	Mekhila SANDERS	FR	#6 Garden City (Kan.)	57.64		3/22
9	23	Dhakiya BLAKE	SO	#1 Coffeyville (Kan.) {3}	58.18		3/29
10	25	Vilorina TUILAWAKI	SO	#12 Neosho County (Kan.)	58.84		3/29

Women's 400 Meter Hurdles

1	6	Marcy MONELL	SO	#2 Fort Scott (Kan.)	1:04.65		3/20
2	11	Ja'Kheria KELSER	FR	#1 Coffeyville (Kan.)	1:05.72		3/23
3	13	Antonia MOUTRIE	FR	#6 Garden City (Kan.)	1:07.02		3/22
4	15	Jakouria JAMERSON	SO	#2 Fort Scott (Kan.) {2}	1:07.97		3/28
5	20	Damaria BELL	SO	#2 Fort Scott (Kan.) {3}	1:09.65		3/20
6	21	Berlynn BLACK	SO	#8 Highland (Kan.)	1:09.89		3/29
7	22	Juaneya SYKES	SO	#2 Fort Scott (Kan.) {4}	1:10.29		3/20
8	23	Jaelyn RUMBACK	SO	#3 Cloud County (Kan.)	1:10.51		3/29
9	26	Jayda GREEN	SO	#1 Coffeyville (Kan.) {2}	1:11.38		3/13
10	27	Rhea FLANDERS	FR	#12 Neosho County (Kan.)	1:12.80		3/22

Women's 800 Meters

1	2	Rosemary ARTHUR	SO	#10 Colby (Kan.) CC	2:13.17		3/29
2	30	Sarai CHAVEZ	SO	#13 Dodge City (Kan.)	2:26.97		3/29
3	32	Melania TURAGA	FR	#12 Neosho County (Kan.)	2:27.34		3/22
4	39	La Tanya JOHNSON	FR	#11 Butler (Kan.) CC	2:29.23		3/22
5	43	Alyana WALLACE	SO	#8 Highland (Kan.)	2:30.15		3/29
6	44	Vilorina TUILAWAKI	SO	#12 Neosho County (Kan.) {2}	2:31.00		3/22
7	53	Carolyn JEPKOSGEI	FR	#16 Fort Hays Tech N	2:33.34		3/28
8	60	Jakouria JAMERSON	SO	#2 Fort Scott (Kan.)	2:37.75		3/28
9	67	Darcy VINEYARD	FR	#14 UA Rich Mountai	2:40.48		3/8
10	81	Shahd ATWA	FR	#10 Colby (Kan.) CC {2}	2:43.76		3/22

Women's 1500 Meters

1	2	N Vanee ANCHIKI	SO	#3 Cloud County (Kan.)	4:31.17		3/29
2	12	Mercy ANGAAMCHAAB	SO	#3 Cloud County (Kan.) {2}	4:43.30		3/29
3	13	Rosemary ARTHUR	SO	#10 Colby (Kan.) CC	4:43.52		3/22
4	23	Amanda KOTAMBE	FR	#3 Cloud County (Kan.) {3}	4:52.88		3/29
5	24	Elizabeth HERNANDEZ	SO	#11 Butler (Kan.) CC	4:53.01		3/29
6	49	Reid HARVEY-MCKEAN	FR	#6 Garden City (Kan.)	5:08.16		3/22
7	52	Kayli MYERS	SO	#4 Cowley (Kan.)	5:10.30		3/29
8	53	Beverlyne KIPTARUS	SO	#6 Garden City (Kan.) {2}	5:10.65		3/22
9	57	Savannah FISCHER	SO	#4 Cowley (Kan.) {2}	5:14.23		3/29
10	58	Carolyn JEPKOSGEI	FR	#16 Fort Hays Tech N	5:15.13		3/28

Women's Steeplechase

1	8	Darcy VINEYARD	FR	#14 UA Rich Mountai	11:55.45		3/20
2	11	Reid HARVEY-MCKEAN	FR	#6 Garden City (Kan.)	12:35.65		3/29

Women's 5000 Meters

1	4	Elizabeth HERNANDEZ	SO	#11 Butler (Kan.) CC	17:54.68		3/29
2	15	Alison UNRUH	SO	#11 Butler (Kan.) CC {2}	18:53.08		3/29
3	27	Valyrie FREEMAN	SO	#11 Butler (Kan.) CC {3}	19:39.24		3/22
4	33	Meryeme MAI	FR	#6 Garden City (Kan.)	20:06.98		3/29
5	35	Alexa MARSHALL	FR	#11 Butler (Kan.) CC {4}	20:17.82		3/22
6	42	Beverlyne KIPTARUS	SO	#6 Garden City (Kan.) {2}	20:56.19		3/29
7	48	Ava WASHINGTON	SO	#13 Dodge City (Kan.)	21:28.09		3/29
8	49	Ivy WASHINGTON	SO	#13 Dodge City (Kan.) {2}	21:28.76		3/29
9	50	Daniela CERDA	FR	#13 Dodge City (Kan.) {3}	21:31.67		3/29
10	51	Sarai CHAVEZ	SO	#13 Dodge City (Kan.) {4}	21:38.23		3/29



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Women's 4x100 Relay

1	1	Kayveonna Jackson, Ranayla Moten, Ala' Jah Brooks, Adetutu Aladeloye	#9 Allen (Kan.) CC	45.26	3/28
2	2	Dhakiya Blake, Royanah Farmer, Tierra Williams, Linya Gedeon	#1 Coffeyville (Kan.)	45.42	3/29
3	6	Sierra Brooks, Taniyah Cox, Azariah Dawes, Sidney Holt	#5 Hutchinson (Kan.)	48.27	3/29
4	8	Paula del Pozo, Vilorina Tuilawaki, Rhea Flanders, Melania Turaga	#12 Neosho County (Kan.)	49.32	3/29

Women's 4x400 Relay

1	2	Jayden Piper, Emmanuella Squire, Dayjonique Cato, Ivana Odonkor	#2 Fort Scott (Kan.)	3:41.37	3/28
2	3	Tierra Williams, Dhakiya Blake, Ja'Kheria Kelser, Amalinally Pemberton	#1 Coffeyville (Kan.)	3:46.54	3/29
3	10	Carlie Carlgren, Jaelyn Rumback, Amanda Kotambe, Maimuna Jallow	#3 Cloud County (Kan.)	4:08.33	3/29
4	12	Vilorina Tuilawaki, Melania Turaga, Rhea Flanders, Amy Styles	#12 Neosho County (Kan.)	4:13.26	3/29

Women's High Jump

1	8	Chenessa DAVIS	SO	#3 Cloud County (Kan.)	1.55m	5-1	3/29
1	8	Cordaelia WILLIAMS	SO	#3 Cloud County (Kan.)	1.55m	5-1	3/29
3	14	Jazz DILWORTH	FR	#2 Fort Scott (Kan.)	1.52m	4-11¾	3/28
4	15	Alyana WALLACE	SO	#8 Highland (Kan.)	1.51m	4-11½	3/29
5	16	Berlynn BLACK	SO	#8 Highland (Kan.)	1.50m	4-11	3/22
6	19	Jakouria JAMERSON	SO	#2 Fort Scott (Kan.)	1.46m	4-9½	3/28
7	21	Makayla GAY	SO	#4 Cowley (Kan.)	1.45m	4-9	3/29
8	25	Sophia CALISTRO	FR	#13 Dodge City (Kan.)	1.42m	4-7¾	3/29
8	25	Camdyn CUNNINGHAM	FR	#13 Dodge City (Kan.)	1.42m	4-7¾	3/29
10	31	Meeca CASTILLO	FR	#6 Garden City (Kan.)	1.37m	4-6	3/29
10	31	Abby GILLEN	FR	#6 Garden City (Kan.)	1.37m	4-6	3/29

Women's Pole Vault

1	3	Dakota DAPPER	SO	#4 Cowley (Kan.)	3.56m	11-8	3/29
2	4	Kennedy KIZARR	SO	#4 Cowley (Kan.)	3.46m	11-4¾	3/29
3	6	Bradie MEDINA	SO	#3 Cloud County (Kan.)	3.36m	11-¼	3/29
4	8	Alycea MCCOY	FR	#5 Hutchinson (Kan.)	3.16m	10-4¼	3/29
4	8	Grace BENDER	FR	#5 Hutchinson (Kan.)	3.16m	10-4¼	3/29
6	15	Isabelle CULLENS	FR	#1 Coffeyville (Kan.)	3.01m	9-10½	3/29
7	17	Anna WASHBURN	FR	#1 Coffeyville (Kan.)	2.86m	9-4½	3/29

Women's Long Jump

1	3	Alexia LEWIS	SO	#8 Highland (Kan.)	5.63m	18-5¾ (0.3)	3/29
2	4	Aalyiah LINTON	SO	#2 Fort Scott (Kan.)	5.57m	18-3¼ (1.3)	3/20
3	6	Alexia WALKER	FR	#7 Barton (Kan.) CC	5.54mw	18-2¼ (3.1)	3/29
4	13	Nanhi PANNU	FR	#3 Cloud County (Kan.)	5.45mw	17-10¼ (2.7)	3/29
5	15	Nele GOESL	FR	#3 Cloud County (Kan.)	5.41mw	17-9 (2.6)	3/29
6	18	Yaya MORENO	SO	#5 Hutchinson (Kan.)	5.33mw	17-6 (2.6)	3/29
7	22	Vilorina TUILAWAKI	SO	#12 Neosho County (Kan.)	5.26m	17-3¼ (0.5)	3/13
8	24	Azariah DAWES	FR	#5 Hutchinson (Kan.)	5.22m	17-1½ (1.8)	3/29
9	30	Tahlia LIENERT	FR	#3 Cloud County (Kan.)	5.01mw	16-5¼ (2.4)	3/29
10	37	Isabelle CULLENS	FR	#1 Coffeyville (Kan.)	4.84m	15-10½ (-0.3)	3/23

Women's Triple Jump

1	4	Brooke HAWKINS	SO	#5 Hutchinson (Kan.)	11.68mw	38-4 (3.0)	3/29
2	7	Aalyiah LINTON	SO	#2 Fort Scott (Kan.)	11.39m	37-4½ (1.0)	3/28
3	12	Alycea MCCOY	FR	#5 Hutchinson (Kan.)	10.90mw	35-9¼ (3.6)	3/29
4	13	Isabelle CULLENS	FR	#1 Coffeyville (Kan.)	10.89m	35-8¾ (-1.3)	3/23
5	14	Braela SARGENT	SO	#2 Fort Scott (Kan.)	10.87mw	35-8 (3.2)	3/28
6	15	Yaya MORENO	SO	#5 Hutchinson (Kan.)	10.67mw	35-¼ (3.4)	3/29
7	16	Azariah DAWES	FR	#5 Hutchinson (Kan.)	10.66mw	34-11¾ (2.5)	3/29
8	17	Kiley SMICH	FR	#3 Cloud County (Kan.)	10.60mw	34-9½ (3.4)	3/29
9	18	Anna WASHBURN	FR	#1 Coffeyville (Kan.)	10.40mw	34-1½ (3.8)	3/29
10	24	Leah WRIGHT	FR	#9 Allen (Kan.) CC	1.30m	4-3¾ (0.0)	3/28

Women's Shot Put

1	4	Cierra GRAY	SO	#4 Cowley (Kan.)	13.87m	45-6¼	3/29
2	8	Deisheline MAYER SCOTT	FR	#5 Hutchinson (Kan.)	13.08m	42-11	3/29
3	10	Aiyanna GREEN	SO	#5 Hutchinson (Kan.)	12.27m	40-3¼	3/29
4	12	Alma CORDOVA	SO	#10 Colby (Kan.) CC	11.77m	38-7½	3/29
5	14	Alexis CLEMMONS	FR	#8 Highland (Kan.)	11.54m	37-10½	3/29
6	15	Amoni EVANS	FR	#4 Cowley (Kan.)	11.25m	36-11	3/29
7	18	Bree ROWE	SO	#4 Cowley (Kan.)	11.07m	36-4	3/29
8	22	Jessi MCDOWELL	FR	#4 Cowley (Kan.)	10.78m	35-4½	3/13
9	24	Vivica PAULHILL	FR	#15 Pratt (Kan.) CC	10.59m	34-9	3/22
10	25	Katie COOK	FR	#4 Cowley (Kan.)	10.47m	34-4¼	3/29

Women's Discus

1	1	Cedricka WILLIAMS	SO	#7 Barton (Kan.) CC	54.22m	177-11	3/29
2	3	Ivanilda SEMEDO	SO	#7 Barton (Kan.) CC	51.90m	170-4	3/29
3	5	Carla Kay BROWN	FR	#1 Coffeyville (Kan.)	44.68m	146-7	3/29
4	6	Zadie MACKEY	FR	#7 Barton (Kan.) CC	43.88m	144-0	3/29
5	8	Bree ROWE	SO	#4 Cowley (Kan.)	41.71m	136-10	3/29
6	10	Cierra GRAY	SO	#4 Cowley (Kan.)	38.54m	126-6	3/13
7	11	Margherita SALA	SO	#3 Cloud County (Kan.)	37.62m	123-5	3/29
8	12	Jessi MCDOWELL	FR	#4 Cowley (Kan.)	37.55m	123-3	3/13
9	14	McKayla KUPICKI	SO	#1 Coffeyville (Kan.)	37.29m	122-4	3/23
10	15	Shaniece POWELL	FR	#1 Coffeyville (Kan.)	36.50m	119-9	3/13



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WOMEN — 2025 Checkpoint #1, April 1



Central

as of 4/1/2025 7:52:27 AM ET

Women's Hammer

1	4	Mercedes GLOVER	JR	#4 Cowley (Kan.)	49.67m	163-0	3/29
2	5	Zadie MACKEY	FR	#7 Barton (Kan.) CC	48.96m	160-8	3/29
3	7	Ana MANOUSARIDIS	SO	#1 Coffeyville (Kan.)	47.12m	154-7	3/29
4	8	Margherita SALA	SO	#3 Cloud County (K)	45.72m	150-0	3/23
5	9	Deisheline MAYER SCOTT	FR	#5 Hutchinson (Kan)	43.73m	143-6	3/29
6	10	Brianna LEE	SO	#4 Cowley (Kan.) {2}	43.63m	143-2	3/13
7	11	Alma CORDOVA	SO	#10 Colby (Kan.) CC	43.36m	142-3	3/29
8	14	Cierra GRAY	SO	#4 Cowley (Kan.) {3}	42.78m	140-4	3/13
9	15	Mayce MCDONALD	SO	#4 Cowley (Kan.) {4}	41.95m	137-8	3/13
10	16	Tomi GALL	SO	#6 Garden City (Kar	41.86m	137-4	3/22

Women's Javelin

1	7	Vivica ADDISON	SO	#3 Cloud County (K)	37.88m	124-4	3/29
2	10	Mercedes GLOVER	JR	#4 Cowley (Kan.)	35.06m	115-1	3/29
3	18	Alicyn MCGINNIS	FR	#4 Cowley (Kan.) {2}	31.40m	103-0	3/29
4	19	Isabelle CULLENS	FR	#1 Coffeyville (Kan.)	30.98m	101-8	3/13
5	23	Carlie CARLGREN	FR	#3 Cloud County (K){2}	30.01m	98-5½	3/29
6	25	Destiny PONDS	FR	#11 Butler (Kan.) CC	27.30m	89-6¾	3/23
7	28	Emma HERRERA	FR	#15 Pratt (Kan.) CC	23.82m	78-1¾	3/20
8	29	Alexia WALKER	FR	#7 Barton (Kan.) CC	23.37m	76-8¼	3/29
9	30	Delal AKTAY	SO	#10 Colby (Kan.) CC	22.29m	73-1¾	3/22
10	32	Jazz DILWORTH	FR	#2 Fort Scott (Kan.)	21.46m	70-5	3/28

Women's Heptathlon

1	7	Jazz DILWORTH	FR	#2 Fort Scott (Kan.)	3,466	3/28
2	8	Jakouria JAMERSON	SO	#2 Fort Scott (Kan.) {2}	3,328	3/28
3	12	Leah WRIGHT	FR	#9 Allen (Kan.) CC	2,109	3/28



USTFCCA NJCAA Division I Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #1, April 1



Midwest

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Women's 100 Meters

1	9	Zariah GREAVES	SO	#1 Iowa Central CC	11.68w	(3.1)	3/28
2	15	Judith KOU MEDZINA	SO	#2 Iowa Western CC	11.92w	(2.2)	3/29
3	16	Zekira SNOW	SO	#3 Indian Hills (Iowa)	11.93	(1.5)	3/28
4	20	Serena GRACE	FR	#2 Iowa Western CC {2}	11.95	(1.6)	3/29
5	21	Kenyatta GRATE	SO	#3 Indian Hills (Iowa)	11.97	(0.5)	3/28
6	24	Destiny MITCHELL	SO	#3 Indian Hills (Iowa)	12.00	(0.5)	3/28
7	25	Caneilia HOPE	FR	#5 Hinds (Miss.) CC	12.02	(-0.4)	3/22
8	32	Ida SMITH	FR	#3 Indian Hills (Iowa)	12.13w	(3.1)	3/28
9	34	Nakirsten HUGHES	FR	#7 Meridian (Miss.)	12.14	(1.5)	3/22
10	35	Ritorion VIGNE	SO	#5 Hinds (Miss.) CC {2}	12.24	(-1.1)	3/22

Women's 100 Meter Hurdles

1	2	Dymonde NAVE	SO	#3 Indian Hills (Iowa)	13.76w	(2.6)	3/28
2	7	Tanique TAYLOR	SO	#2 Iowa Western CC	14.47w	(2.6)	3/29
3	17	Arriana JOHNSON	SO	#3 Indian Hills (Iowa)	15.25	(1.2)	3/28
4	21	Madison JACKSON	FR	#9 Coahoma (Miss.)	15.59	(0.4)	3/22
5	25	Ella HOMAWOO	FR	#1 Iowa Central CC	15.90w	(3.2)	3/28
6	26	Eden BROUWERS	FR	#1 Iowa Central CC {2}	16.00w	(4.0)	3/28
7	29	Bethany SLOVENSKY	FR	#4 State Fair (Mo.)	16.27w	(2.5)	3/29
8	34	TaMoria SHANNON	FR	#9 Coahoma (Miss.) {2}	17.65	(0.4)	3/22
9	35	Journey SANDER	FR	#4 State Fair (Mo.) {2}	17.83	(2.0)	3/29

Women's 200 Meters

1	8	Nyla BLACKMON	SO	#3 Indian Hills (Iowa)	24.22	(1.8)	3/28
2	17	Nyla NORMAN	SO	#3 Indian Hills (Iowa)	24.68	(1.8)	3/28
3	27	Judith KOU MEDZINA	SO	#2 Iowa Western CC	25.09	(0.0)	3/29
4	29	Laurie LOUIS	SO	#3 Indian Hills (Iowa)	25.16w	(3.9)	3/28
5	31	Ida SMITH	FR	#3 Indian Hills (Iowa)	25.26w	(3.4)	3/28
6	59	Katreeka MOTT-FRANKLIN	FR	#9 Coahoma (Miss.)	26.40	(0.0)	3/22
7	64	Tenisha HERBERT	SO	#6 North Iowa Area	26.54w	(2.8)	3/28
8	82	Layisha FREEMAN	FR	#4 State Fair (Mo.)	27.13w	(3.9)	3/22
9	86	Gift GONPUE	SO	#6 North Iowa Area {2}	27.25w	(2.7)	3/28
10	91	Williams STAHR	FR	#4 State Fair (Mo.) {2}	27.50w	(2.8)	3/22

Women's 400 Meters

1	2	Queen USUNOBUN	FR	#5 Hinds (Miss.) CC	54.67		3/22
2	3	Twyshanna HUIE	SO	#5 Hinds (Miss.) CC {2}	55.03		3/22
3	10	Nyla BLACKMON	SO	#3 Indian Hills (Iowa)	56.67		3/28
4	12	Laurie LOUIS	SO	#3 Indian Hills (Iowa)	56.89		3/28
5	14	Caydence BREWER	SO	#5 Hinds (Miss.) CC {3}	57.08		3/22
6	27	Cshanti PIERCE	SO	#7 Meridian (Miss.)	58.99		3/22
7	29	Jakhia MARTIN	FR	#7 Meridian (Miss.) {2}	59.59		3/22
8	33	Lania MCDONALD	FR	#5 Hinds (Miss.) CC {4}	1:00.08		3/22
9	36	Taitiana JONES	SO	#7 Meridian (Miss.) {3}	1:00.59		3/22
10	39	Amirah NOCK	FR	#7 Meridian (Miss.) {4}	1:00.99		3/22

Women's 400 Meter Hurdles

1	4	T'kyla BENNETT	SO	#5 Hinds (Miss.) CC	1:03.66		3/22
2	7	Dymonde NAVE	SO	#3 Indian Hills (Iowa)	1:04.72		3/28
3	8	Tanique TAYLOR	SO	#2 Iowa Western CC	1:04.92		3/29
4	9	Chadrak Belinda BULA BULA	FR	#1 Iowa Central CC	1:05.46		3/28
5	16	Arriana JOHNSON	SO	#3 Indian Hills (Iowa)	1:08.63		3/28
6	19	Melody KREMER	JR	#8 Hawkeye (Iowa)	1:09.62		3/28

Women's 800 Meters

1	22	Juliette GAVOIS	FR	#1 Iowa Central CC	2:23.13		3/28
2	25	Natalie BOGDANOVA KIRILOVA	SO	#1 Iowa Central CC {2}	2:24.62		3/28
3	40	Alivia EDENS	FR	#1 Iowa Central CC {3}	2:29.27		3/28
4	46	Natali ROTH	FR	#11 Heartland (Ill.) C	2:31.14		3/29
5	49	Shmyhia MORRIS	FR	#3 Indian Hills (Iowa)	2:32.34		3/28
6	62	Arianna PEDRIN	SO	#12 Southeastern (Iowa)	2:38.41		3/28
7	73	Ella HOMAWOO	FR	#1 Iowa Central CC {4}	2:41.80		3/28
8	78	Olivia SPURLING	FR	#6 North Iowa Area	2:43.39		3/28
9	91	Bridget CANTON	FR	#6 North Iowa Area {2}	2:49.19		3/28
10	92	Cheyenne EVANS	SO	#4 State Fair (Mo.)	2:49.24		3/29

Women's 1500 Meters

1	8	Nora BRADY	SO	#11 Heartland (Ill.) C	4:40.71		3/29
2	37	Abbigail (Abbi) HUTCHINSON	FR	#1 Iowa Central CC	4:59.22		3/21
3	39	Juliette GAVOIS	FR	#1 Iowa Central CC {2}	5:01.52		3/28
4	42	Tiffani KOONCE	FR	#3 Indian Hills (Iowa)	5:03.79		3/28
5	47	Natalie BOGDANOVA KIRILOVA	SO	#1 Iowa Central CC {3}	5:07.18		3/21
6	66	Alivia EDENS	FR	#1 Iowa Central CC {4}	5:20.03		3/28
7	74	Olivia SPURLING	FR	#6 North Iowa Area	5:27.68		3/28
8	76	Fanny DEN UYL	FR	#1 Iowa Central CC {5}	5:28.49		3/21
9	78	Mallori JONES	FR	#8 Hawkeye (Iowa)	5:29.11		3/28
10	82	Bridget CANTON	FR	#6 North Iowa Area {2}	5:29.87		3/28

Women's Steeplechase

1	2	Elizabeth EWUSIE	FR	#2 Iowa Western CC	10:50.88		3/28
2	13	Cloey USHER	SO	#6 North Iowa Area	14:29.38		3/28

Women's 5000 Meters

1	11	Abbigail (Abbi) HUTCHINSON	FR	#1 Iowa Central CC	18:33.38		3/28
2	23	Ayianna OLIVAS	SO	#2 Iowa Western CC	19:18.81		3/29



USTFCCA NJCAA Division I Outdoor Track & Field Regional TFRI Event Summary

WOMEN — 2025 Checkpoint #1, April 1



Midwest

as of 4/1/2025 7:52:27 AM ET

Women's 4x100 Relay

1	3	#Type!	#5 Hinds (Miss.) CC	45.82	3/22
2	5	Kenyatta Grate, Destiny Mitchell, Nyla Norman, Zekira Snow	#3 Indian Hills (Iowa)	46.06	3/28
3	9	Rylee Steffen, Alyssa Wondercheck, Halima Biggs, Tasha Williams	#8 Hawkeye (Iowa)	50.12	3/28
4	11	Nora Moreno, Jocelyn Nunez, Williams Stahrr, Layisha Freeman	#4 State Fair (Mo.)	51.18	3/29
5	12	Gift Gonpue, Tenisha Herbert, Suzanne Guedeyi, Taja Conley	#6 North Iowa Area	51.30	3/28
6	13	Madison Jackson, Katreeka Mott-Franklin, Faith Butler, TaMoria Shannon	#9 Coahoma (Miss.)	51.41	3/8

Women's 4x400 Relay

1	4	#Type!	#5 Hinds (Miss.) CC	3:49.35	3/22
2	6	Cshanti Pierce, Mykala Carter, Jakhia Martin, Amirah Nock	#7 Meridian (Miss.)	4:00.04	3/22

Women's High Jump

1	3	Qiana PIERCE	FR #5 Hinds (Miss.) CC	1.60m	5-3	3/22
2	8	Arriana JOHNSON	SO #3 Indian Hills (Iowa)	1.55m	5-1	3/28
2	8	Eden BROUWERS	FR #1 Iowa Central CC	1.55m	5-1	3/28
4	16	Tasha WILLIAMS	JR #8 Hawkeye (Iowa)	1.50m	4-11	3/28
5	18	Kira MESSERLY	FR #1 Iowa Central CC {2}	1.49m	4-10½	3/28
6	27	Journey SANDER	FR #4 State Fair (Mo.)	1.40m	4-7	3/22
7	31	Ella HOMAOWO	FR #1 Iowa Central CC {3}	1.37m	4-6	3/28

Women's Pole Vault

1	20	Abigail (Abbi) HUTCHINSON	FR #1 Iowa Central CC	2.45m	8-½	3/21
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Women's Long Jump

1	1	Sakina UMAR	SO #2 Iowa Western CC	5.99m	19-8 (0.6)	3/29
2	7	Jocelyn NUNEZ	FR #4 State Fair (Mo.)	5.53m	18-1¾ (1.5)	3/22
3	10	Layisha FREEMAN	FR #4 State Fair (Mo.) {2}	5.50m	18-½ (1.2)	3/15
4	25	Taeja BARTEE	FR #2 Iowa Western CC {2}	5.19mw	17-½ (2.1)	3/29
5	27	Bethany SLOVENSKY	FR #4 State Fair (Mo.) {3}	5.13m	16-10 (0.8)	3/15
6	29	Amirah NOCK	FR #7 Meridian (Miss.)	5.04m	16-6½ (0.0)	3/22
7	34	Ashanti PATTON	SO #7 Meridian (Miss.) {2}	4.91m	16-1½ (0.3)	3/22
8	35	Elfie SANOGO	FR #2 Iowa Western CC {3}	4.87m	15-11¾ (1.9)	3/21
9	38	Ella HOMAOWO	FR #1 Iowa Central CC	4.83mw	15-10¼ (2.9)	3/28
10	45	Eden BROUWERS	FR #1 Iowa Central CC {2}	4.52mw	14-10 (4.0)	3/28

Women's Triple Jump

1	1	Mercy HONESTY	SO #2 Iowa Western CC	13.35m	43-9¾ (0.5)	3/29
2	5	Ashanti PATTON	SO #7 Meridian (Miss.)	11.46m	37-7¼ (1.5)	3/22
3	8	Elfie SANOGO	FR #2 Iowa Western CC {2}	11.35m	37-3 (-1.9)	3/21
4	21	Journey SANDER	FR #4 State Fair (Mo.)	9.84m	32-3½ (0.2)	3/15
5	22	Brooklyn VOMACKA	FR #2 Iowa Western CC {3}	9.80m	32-2 (-1.6)	3/21

Women's Shot Put

1	3	Chin-Loy RAYMOND	SO #2 Iowa Western CC	14.18m	46-6¼	3/29
2	5	Unitee BROWN	FR #1 Iowa Central CC	13.41m	44-0	3/28
3	12	Lovely HIBBERT	FR #2 Iowa Western CC {2}	11.77m	38-7½	3/21
4	20	Zuriya ROBINSON	SO #1 Iowa Central CC {2}	11.01m	36-1½	3/28
5	25	Eden BROUWERS	FR #1 Iowa Central CC {3}	10.47m	34-4¼	3/28
6	28	Brandy JARMON	FR #2 Iowa Western CC {3}	10.36m	34-0	3/21
7	36	Ella HOMAOWO	FR #1 Iowa Central CC {4}	9.66m	31-8½	3/28
8	40	Kit BYARS	SO #6 North Iowa Area	9.57m	31-4¾	3/28
9	49	Kara-Jean STATON	FR #10 Southwestern (Ia)	9.16m	30-¾	3/28
10	58	Kira MESSERLY	FR #1 Iowa Central CC {5}	7.99m	26-2¾	3/28

Women's Discus

1	16	Chin-Loy RAYMOND	SO #2 Iowa Western CC	36.48m	119-8	3/29
2	18	Unitee BROWN	FR #1 Iowa Central CC	35.85m	117-8	3/21
3	25	Breanna SWABY	FR #8 Hawkeye (Iowa)	33.67m	110-6	3/28
4	28	Zuriya ROBINSON	SO #1 Iowa Central CC {2}	33.05m	108-5	3/28
5	32	Kit BYARS	SO #6 North Iowa Area	31.89m	104-8	3/28
6	33	Claire NICHOLS	SO #4 State Fair (Mo.)	31.52m	103-5	3/22
7	39	Kara-Jean STATON	FR #10 Southwestern (Ia)	29.98m	98-4½	3/21
8	49	Lovely HIBBERT	FR #2 Iowa Western CC {2}	26.98m	88-6¼	3/21
9	53	Abbi RICHTER	SO #10 Southwestern (Ia) {2}	26.44m	86-9	3/21
10	54	Isabella SABALA	FR #4 State Fair (Mo.) {2}	26.08m	85-6¾	3/29

Women's Hammer

1	12	Chin-Loy RAYMOND	SO #2 Iowa Western CC	43.29m	142-1	3/29
2	18	Zuriya ROBINSON	SO #1 Iowa Central CC	40.74m	133-8	3/21
3	21	Olivia COX	FR #13 Sauk Valley (Ill.)	40.13m	131-8	3/29
4	34	Kara-Jean STATON	FR #10 Southwestern (Ia)	35.83m	117-7	3/21
5	43	Claire NICHOLS	SO #4 State Fair (Mo.)	33.01m	108-4	3/15
6	45	Kit BYARS	SO #6 North Iowa Area	32.31m	106-0	3/28
7	47	Abbi RICHTER	SO #10 Southwestern (Ia) {2}	32.11m	105-4	3/21
8	48	Lovely HIBBERT	FR #2 Iowa Western CC {2}	31.92m	104-9	3/21
9	53	Breanna SWABY	FR #8 Hawkeye (Iowa)	28.71m	94-2½	3/28
10	57	Brandy JARMON	FR #2 Iowa Western CC {3}	27.89m	91-6	3/21

Women's Javelin

1	8	Eden BROUWERS	FR #1 Iowa Central CC	37.19m	122-0	3/28
2	12	Isabella SABALA	FR #4 State Fair (Mo.)	34.23m	112-4	3/29
3	16	Ella HOMAOWO	FR #1 Iowa Central CC {2}	32.21m	105-8	3/28
4	17	Bailey HASELHORST	SO #4 State Fair (Mo.) {2}	31.81m	104-5	3/22
5	20	Claire NICHOLS	SO #4 State Fair (Mo.) {3}	30.72m	100-10	3/15
6	24	Unitee BROWN	FR #1 Iowa Central CC {3}	28.17m	92-5¼	3/21
7	33	Kira MESSERLY	FR #1 Iowa Central CC {4}	19.34m	63-5½	3/28

Women's Heptathlon

1	4	Eden BROUWERS	FR #1 Iowa Central CC	4,098	3/28
2	5	Ella HOMAOWO	FR #1 Iowa Central CC {2}	3,960	3/28
3	10	Kira MESSERLY	FR #1 Iowa Central CC {3}	2,653	3/28



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West

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Women's 100 Meters

1	1	Kamaria KNIGHT	SO	#1 New Mexico JC	11.41	(1.6)	3/22
2	3	Ruth AGADAMA	SO	#5 South Plains (Te	11.51	(1.6)	3/22
3	6	Lovina EWUSI	SO	#7 Western Texas	11.60	(1.6)	3/22
4	8	Mickayla GARDENER	FR	#4 Central Arizona	11.66	(0.8)	3/22
5	11	Tuwana MCLEAN	FR	#1 New Mexico JC {2}	11.72	(1.6)	3/22
5	11	Nandy KIHUYU	SO	#1 New Mexico JC {2}	11.72	(1.0)	3/22
7	14	Charlize FRASER	FR	#7 Western Texas {2}	11.91	(1.6)	3/22
8	22	Maliah EDWARDS	SO	#1 New Mexico JC {4}	11.98w	(2.2)	3/29
9	26	Kyja WILLIS	FR	#7 Western Texas {3}	12.03	(1.0)	3/22
9	26	Sydney ROQUEBRUN	SO	#5 South Plains (Te{2}	12.03	(1.6)	3/22

Women's 100 Meter Hurdles

1	1	Brianna BOYCE	SO	#7 Western Texas	13.50w	(2.8)	3/22
2	3	Lovina EWUSI	SO	#7 Western Texas {2}	13.85	(1.8)	3/29
3	4	Maliah EDWARDS	SO	#1 New Mexico JC	13.96w	(2.8)	3/22
4	6	Rashema LINDO	FR	#5 South Plains (Te	14.44	(1.8)	3/22
5	8	Kaelyn GIARRUSSO	SO	#9 Glendale (Ariz.) C	14.62	(0.3)	3/29
6	10	Oluwatumininu SANYAOLU	FR	#5 South Plains (Te{2}	14.79	(0.6)	3/29
7	15	Dedra WOOD	FR	#11 Bismarck State (15.12	(1.9)	3/22
8	16	Hannah DROEG	FR	#2 Pima (Ariz.) CC	15.17	(-1.1)	3/28
9	18	Sara JACOBSON	SR	#3 Mesa (Ariz.) CC	15.44	(-1.1)	3/28
10	20	Layla KONSKI	FR	#2 Pima (Ariz.) CC {2}	15.57	(-1.1)	3/28

Women's 200 Meters

1	1	Charlize FRASER	FR	#7 Western Texas	23.66w	(2.5)	3/22
2	3	Mickayla GARDENER	FR	#4 Central Arizona	23.76	(0.2)	3/22
3	4	Oluwatumininu SANYAOLU	FR	#5 South Plains (Te	23.77w	(3.3)	3/22
4	9	Amari PRATT	SO	#1 New Mexico JC	24.37w	(3.1)	3/22
5	14	Kyja WILLIS	FR	#7 Western Texas {2}	24.62w	(4.0)	3/22
6	18	Sofia CARDOZO	JR	#6 Paradise Valley (24.75	(-0.6)	3/29
7	22	Sydney ROQUEBRUN	SO	#5 South Plains (Te{2}	24.94w	(3.2)	3/22
8	26	Nalicia GLEN	FR	#1 New Mexico JC {2}	25.07w	(2.8)	3/22
9	33	J'layah SPELLMAN COLLINS	SO	#2 Pima (Ariz.) CC	25.33	(0.8)	3/22
10	37	Charity RAYFORD	FR	#12 Ranger (Texas)	25.41	(1.8)	3/22

Women's 400 Meters

1	6	Shagay SHEPPY	FR	#7 Western Texas	56.12		3/22
2	13	Tuwana MCLEAN	FR	#1 New Mexico JC	56.91		3/29
3	17	Grace KOMBETTO	SO	#4 Central Arizona	57.38		3/29
4	20	Nour RAHOU	FR	#5 South Plains (Te	57.84		3/22
5	21	J'layah SPELLMAN COLLINS	SO	#2 Pima (Ariz.) CC	57.91		3/22
6	22	Mickayla GARDENER	FR	#4 Central Arizona {2}	58.00		3/29
7	24	Amiyanee HARRIS	SO	#4 Central Arizona {3}	58.22		3/29
8	34	Chloe CANNON	FR	#6 Paradise Valley (1:00.29		3/20
9	41	Aaliyah PERKINS	FR	#9 Glendale (Ariz.) C	1:01.39		3/29
10	42	Carissa HINTON	FR	#2 Pima (Ariz.) CC {2}	1:01.42		3/22

Women's 400 Meter Hurdles

1	1	Lovina EWUSI	SO	#7 Western Texas	59.86		3/22
2	2	Nour RAHOU	FR	#5 South Plains (Te	1:01.65		3/29
3	3	Brianna BOYCE	SO	#7 Western Texas {2}	1:03.14		3/29
4	5	Ysanne PEART	SO	#1 New Mexico JC	1:04.10		3/29
5	12	Tyra CHRISTEAN.	FR	#2 Pima (Ariz.) CC	1:05.77		3/29
6	13	Hannah DROEG	FR	#2 Pima (Ariz.) CC {2}	1:07.02		3/22
7	24	Dedra WOOD	FR	#11 Bismarck State (1:10.83		3/28
8	25	Aliya SCHOCK	SO	#11 Bismarck State ({2}	1:10.85		3/28
9	31	Milan KAUR	FR	#18 Phoenix (Ariz.)	1:19.39		3/29
10	32	Tyler WASHINGTON	SO	#2 Pima (Ariz.) CC {3}	1:21.33		3/29

Women's 800 Meters

1	1	Lindsey LOPES	FR	#8 Salt Lake (Utah)	2:13.07		3/22
2	3	Emily SILVA	SO	#1 New Mexico JC	2:13.58		3/29
3	5	Avery JENSEN	SO	#8 Salt Lake (Utah) {2}	2:15.12c	(2:15.80A)	3/28
4	7	Tyfané MARTINS	SO	#1 New Mexico JC {2}	2:17.58		3/29
5	8	Francesca ALVARADO	SO	#1 New Mexico JC {3}	2:18.32		3/29
6	11	Elayna LOVERIDGE	SO	#8 Salt Lake (Utah) {3}	2:20.08c	(2:20.79A)	3/28
7	12	Daphne KAUSZ	SO	#1 New Mexico JC {4}	2:20.29		3/29
8	13	Glorie KABUIN	SO	#17 North Central Te	2:20.35		3/29
9	14	Kinley JACKSON	FR	#3 Mesa (Ariz.) CC	2:20.45		3/29
9	14	Carmella BALDWIN	SO	#3 Mesa (Ariz.) CC	2:20.45		3/29

Women's 1500 Meters

1	1	Millicent WAFULA	FR	#10 Odessa (Texas)	4:23.63		3/29
2	3	Kaydeen JOHNSON	FR	#10 Odessa (Texas) {2}	4:31.96		3/29
3	4	Elayna LOVERIDGE	SO	#8 Salt Lake (Utah)	4:37.84		3/22
4	5	Salma SADDOUNG	FR	#10 Odessa (Texas) {3}	4:38.58		3/22
5	6	Angelina LIONE	FR	#8 Salt Lake (Utah) {2}	4:38.63c	(5:07.10A)	3/28
6	7	Elizabeth ILANDA	FR	#10 Odessa (Texas) {4}	4:40.51		3/22
7	9	Angela Denisse SALADO FERNANDEZ	SO	#8 Salt Lake (Utah) {3}	4:40.92c	(5:09.63A)	3/28
8	10	Francesca ALVARADO	SO	#1 New Mexico JC	4:42.48		3/29
9	11	Naomi SOTELO	SO	#8 Salt Lake (Utah) {4}	4:43.02c	(5:11.93A)	3/28
10	14	Keira DAMRON	SO	#6 Paradise Valley (4:46.46		3/29

Women's Steeplechase

1	1	Salma SADDOUNG	FR	#10 Odessa (Texas)	10:32.38		3/29
2	3	Barbara NEIVA	SO	#15 Trinidad State (C	10:58.69c	(11:14.71A)	3/29
3	4	Melanie ANDERSON	FR	#8 Salt Lake (Utah)	11:21.97		3/22
4	5	Carmella BALDWIN	SO	#3 Mesa (Ariz.) CC	11:34.70		3/20
5	6	Tabetha HENRIE	FR	#8 Salt Lake (Utah) {2}	11:47.82c	(12:04.21A)	3/28
6	7	Katie REAVELEY	FR	#8 Salt Lake (Utah) {3}	11:51.66c	(12:08.14A)	3/28
7	9	Marjie RICHARDS	FR	#8 Salt Lake (Utah) {4}	11:57.27c	(12:13.88A)	3/28
8	10	Kinley JACKSON	FR	#3 Mesa (Ariz.) CC {2}	12:24.83		3/20
9	12	Lucy MELZER	FR	#3 Mesa (Ariz.) CC {3}	13:01.12		3/20



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West

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Women's 5000 Meters

1	1	Elizabeth ILANDA	FR	#10 Odessa (Texas)	16:27.59	3/29
2	2	Keira DAMRON	SO	#6 Paradise Valley (17:39.14	3/22
3	3	Maddie PEARSON	FR	#8 Salt Lake (Utah)	17:51.85c(18:18.58A)	3/28
4	5	Laynee HOLLECH	FR	#6 Paradise Valley ({2}	17:56.74	3/22
5	6	Carmella BALDWIN	SO	#3 Mesa (Ariz.) CC	18:00.45	3/29
6	8	Olivia COULSTON	SO	#6 Paradise Valley ({3}	18:23.07	3/22
7	9	Stellah LAGAT	FR	#12 Ranger (Texas)	18:29.63	3/22
8	10	Grace WAITE	FR	#8 Salt Lake (Utah) {2}	18:30.54c(18:58.23A)	3/28
9	12	Victaline MUTAI		#12 Ranger (Texas) {2}	18:34.90	3/15
10	13	Lisel NDLOVU	FR	#1 New Mexico JC	18:35.24	3/29

Women's 10,000 Meters

1	1	Ines MRABET	FR	#1 New Mexico JC	36:31.05	3/29
2	2	Reshila CURLEY	FR	#4 Central Arizona	45:48.21	3/29

Women's 4x100 Relay

1	4	Amari Pratt, Nandy Kihuyu, Maliah Edwards, Kamaria Knight	#1 New Mexico JC	45.88	3/22
2	7	Layla Konski, Hannah Droeg, Maylee Thompson, J'layah Spellman Collins	#2 Pima (Ariz.) CC	48.79	3/22

Women's 4x400 Relay

1	1	Shagay Sheppy, Lovina Ewusi, Brieanna Boyce, Charlize Fraser	#7 Western Texas	3:41.27	3/29
2	5	Tuwana McLean, Kamaria Knight, Jody Ann Mitchell, Nandy Kihuyu	#1 New Mexico JC	3:51.41	3/29
3	7	Layla Konski, Hannah Droeg, Tyra Christean, J'LAYah Spellman Collin	#2 Pima (Ariz.) CC	4:00.58	3/22
4	9	Avery Jensen, Lindsey Lopes, Tara Bouck, Katie Reaveley	#8 Salt Lake (Utah)	4:07.01c (4:06.57A)	3/28
5	11	Brittany Danas, Alaila Jones, Bryanna Danas, Iyana Wilhite	#14 Jacksonville (Te:	4:12.77	3/15
6	13	Kate Dare, Kendra Guest, Katie Munoz, Carmella Baldwin	#3 Mesa (Ariz.) CC	4:14.94	3/29
7	15	Tania Miles, Alfrenique Knowles, Andrea Teruel, Emma Garcia	#12 Ranger (Texas)	4:26.31	3/15

Women's 4x800 Relay

1	1	Emilly Silva, Jody Ann Mitchell, Tyfane Martins, Amal Kachouri	#1 New Mexico JC	8:50.12	3/29
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Women's High Jump

1	1	Tiana PETROVA	FR	#1 New Mexico JC	1.68m	5-6	3/29
2	4	April NECAISE	SO	#2 Pima (Ariz.) CC	1.59m	5-2½	3/22
2	4	Isabel GREEN	SO	#2 Pima (Ariz.) CC	1.59m	5-2½	3/22
4	6	Kaelyn GIARRUSSO	SO	#9 Glendale (Ariz.) (1.58m	5-2¼	3/29
5	7	Sara JACOBSON	SR	#3 Mesa (Ariz.) CC	1.57m	5-1¾	3/28
6	12	Vinae BUFORD-STILLMAN	FR	#4 Central Arizona	1.53m	5-¼	3/29
6	12	Tyler WASHINGTON	SO	#2 Pima (Ariz.) CC {3}	1.53m	5-¼	3/29
8	21	Hannah DROEG	FR	#2 Pima (Ariz.) CC {4}	1.45m	4-9	3/28
8	21	A'Kevia WEAVER	FR	#14 Jacksonville (Te:	1.45m	4-9	3/15
10	30	Maylee THOMPSON	SO	#2 Pima (Ariz.) CC {5}	1.39m	4-6¾	3/28

Women's Pole Vault

1	1	Olga LAPUZOVA	FR	#5 South Plains (Te:	3.65m	11-11¾	3/22
2	2	Madisyn WILLIAMS	FR	#3 Mesa (Ariz.) CC	3.61m	11-10	3/20
3	4	Morgan PEPE	SO	#2 Pima (Ariz.) CC	3.46m	11-4¼	3/22
4	7	Giuliana SCHIESARO	SO	#5 South Plains (Te:{2}	3.35m	10-11¾	2/7
5	8	Mikaila BARAN	FR	#6 Paradise Valley (3.16m	10-4¼	3/20
5	8	Lauren ALLARD	SO	#9 Glendale (Ariz.) (3.16m	10-4¼	3/22
5	8	Mackenzie ANDERSON	FR	#6 Paradise Valley (3.16m	10-4¼	3/20
5	8	Anna BROWN	FR	#3 Mesa (Ariz.) CC {2}	3.16m	10-4¼	3/20
9	18	Brakelle MCBRIDE	FR	#6 Paradise Valley {3}	2.56m	8-4¾	3/29

Women's Long Jump

1	2	Juwonna WHITEHORNE	FR	#5 South Plains (Te:	5.64m	18-6 (1.3)	3/22
2	9	Maylee THOMPSON	SO	#2 Pima (Ariz.) CC	5.52m	18-1½ (0.1)	3/22
3	10	Kavel RITCHIE	SO	#1 New Mexico JC	5.50m	18-½ (-0.5)	3/29
4	16	Sara JACOBSON	SR	#3 Mesa (Ariz.) CC	5.37m	17-7½ (0.0)	3/28
5	17	Aliyah GIDHARRY	SO	#4 Central Arizona	5.35m	17-6¾ (0.0)	3/22
6	19	Erin MABRY	FR	#3 Mesa (Ariz.) CC {2}	5.30m	17-4¾ (0.0)	3/29
7	20	Layla KONSKI	FR	#2 Pima (Ariz.) CC {2}	5.29m	17-4¼ (0.5)	3/22
7	20	Makayla WHITFIELD	FR	#11 Bismarck State (5.29m	17-4¼ (1.0)	3/22
9	26	Aaliyah PERKINS	FR	#9 Glendale (Ariz.) (5.16m	16-11¼ (0.0)	3/29
10	28	Sophia RODRIQUEZ	FR	#1 New Mexico JC {2}	5.10m	16-8¾ (1.9)	3/29

Women's Triple Jump

1	3	Sophia RODRIQUEZ	FR	#1 New Mexico JC	11.86m	38-11 (1.1)	3/29
2	6	Kavel RITCHIE	SO	#1 New Mexico JC {2}	11.41m	37-5¼ (1.1)	3/29
3	9	Layla KONSKI	FR	#2 Pima (Ariz.) CC	11.16m	36-7½ (1.3)	3/22
4	10	Oyindamola ADETUTU	SO	#9 Glendale (Ariz.) (11.09m	36-4¾ (1.1)	3/22
5	20	April NECAISE	SO	#2 Pima (Ariz.) CC {2}	9.90m	32-5¼ (0.1)	3/22
6	23	Shelly NEWTON	FR	#9 Glendale (Ariz.) (8.74m	28-8¼ (0.0)	3/29



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West

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Women's Shot Put

1	1	Esteisy SALAS	SO	#1	New Mexico JC	15.85m	52-0	3/29
2	2	Rejoice AGBEWODIE	SO	#4	Central Arizona	15.14m	49-8¼	3/29
3	6	Kahllah BAILEY	FR	#5	South Plains (Te:)	13.37m	43-10½	2/7
4	7	Suerena ALEXANDER	FR	#5	South Plains (Te:)	13.24m	43-5¼	2/7
5	9	Athilia PRYCE	FR	#1	New Mexico JC	{2} 12.90m	42-4	3/22
6	11	Jamelia NICHOLAS	SO	#4	Central Arizona	{2} 11.94m	39-2¼	3/29
7	16	Shyla-Mae CONSTABLE	FR	#4	Central Arizona	{3} 11.21m	36-9½	3/29
8	17	Sara JACOBSON	SR	#3	Mesa (Ariz.) CC	11.12m	36-5¾	3/28
9	19	Nichole ROBERTS	FR	#13	Dawson (Mont.)	11.06m	36-3½	3/22
10	21	Morgan MOSLEY	FR	#2	Pima (Ariz.) CC	10.81m	35-5¾	3/29

Women's Discus

1	2	Rejoice AGBEWODIE	SO	#4	Central Arizona	51.94m	170-5	3/29
2	4	Athilia PRYCE	FR	#1	New Mexico JC	44.95m	147-6	3/22
3	7	Jamelia NICHOLAS	SO	#4	Central Arizona	{2} 42.17m	138-4	3/29
4	9	Seioriana GLASS	SO	#3	Mesa (Ariz.) CC	40.26m	132-1	3/20
5	20	Tiffany NUNEZ	FR	#3	Mesa (Ariz.) CC	{2} 35.20m	115-6	3/20
6	22	Vanessa ESPARZA	SO	#1	New Mexico JC	{2} 34.83m	114-3	3/22
7	26	Joslyn EBY	FR	#16	Southeast (Neb.)	33.62m	110-4	3/28
8	27	Brinley LENSCH	FR	#6	Paradise Valley (33.11m	108-8	3/29
9	30	Kahllah BAILEY	FR	#5	South Plains (Te:)	32.40m	106-4	3/22
10	37	Dakota MUNDEN	FR	#15	Trinidad State (C	30.35m	99-7	3/29

Women's Hammer

1	1	Tania DA SILVA	SO	#1	New Mexico JC	60.62m	198-11	3/29
2	2	Rejoice AGBEWODIE	SO	#4	Central Arizona	53.30m	174-11	3/29
3	3	Shyla-Mae CONSTABLE	FR	#4	Central Arizona	{2} 52.10m	170-11	3/22
4	6	Seioriana GLASS	SO	#3	Mesa (Ariz.) CC	48.11m	157-10	3/22
5	13	Athilia PRYCE	FR	#1	New Mexico JC	{2} 42.98m	141-0	3/29
6	24	Tiffany NUNEZ	FR	#3	Mesa (Ariz.) CC	{2} 39.61m	130-0	3/20
7	26	Morgan MOSLEY	FR	#2	Pima (Ariz.) CC	39.53m	129-8	3/29
8	33	Carmen SPEAR	FR	#6	Paradise Valley (35.85m	117-8	3/20
9	36	Jamelia NICHOLAS	SO	#4	Central Arizona	{3} 35.28m	115-9	3/29
10	38	Vanessa ESPARZA	SO	#1	New Mexico JC	{3} 34.39m	112-10	3/22

Women's Javelin

1	1	Rejoice AGBEWODIE	SO	#4	Central Arizona	48.13m	157-11	3/22
2	2	Bruna VIEIRA DE JESUS	SO	#1	New Mexico JC	47.37m	155-5	3/22
3	3	Jaeleigha ABALOS	FR	#6	Paradise Valley (43.84m	143-10	3/22
4	4	Sara JACOBSON	SR	#3	Mesa (Ariz.) CC	43.20m	141-9	3/28
5	5	Brynn FULLER	FR	#11	Bismarck State (42.01m	137-10	3/28
6	6	Suerena ALEXANDER	FR	#5	South Plains (Te:)	41.93m	137-7	3/29
7	9	April NECAISE	SO	#2	Pima (Ariz.) CC	35.29m	115-10	3/29
8	11	Maylee THOMPSON	SO	#2	Pima (Ariz.) CC	{2} 34.85m	114-4	3/28
9	13	Chloe HANCOCK	FR	#6	Paradise Valley ({2} 33.20m	108-11	3/28
10	14	Hannah DROEG	FR	#2	Pima (Ariz.) CC	{3} 32.96m	108-2	3/22

Women's Heptathlon

1	1	Sara JACOBSON	SR	#3	Mesa (Ariz.) CC	4,997	3/28
2	2	Hannah DROEG	FR	#2	Pima (Ariz.) CC	4,258	3/28
3	3	Maylee THOMPSON	SO	#2	Pima (Ariz.) CC	{2} 4,230	3/28
4	6	Layla KONSKI	FR	#2	Pima (Ariz.) CC	{3} 3,729	3/28
5	9	Chloe HANCOCK	FR	#6	Paradise Valley (3,271	3/28
6	11	Natalia BRZEZNIAK	JR	#3	Mesa (Ariz.) CC	{2} 2,375	3/28