



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

WOMEN — 2025 Checkpoint #3, April 15



Atlantic

as of 4/15/2025 8:29:43 AM ET

Women's 100 Meters

1	30	Aniya SUKU	FR	#12 Bryant & Stratto	11.93	(1.1)	4/5
2	33	Michaelyn FISHER	FR	#1 Richard Bland (V	11.94	(0.8)	3/29
3	41	Kimberly BAKER	SO	#4 Essex County (N.	12.01	(1.3)	3/29
4	55	Brinel THOMAS	FR	#2 Monroe-New Ro	12.34	(0.1)	4/12
5	58	Anijah JAMES	FR	#1 Richard Bland (V{2}	12.35	(0.8)	3/29
6	61	Ashia MARTIN	SO	#4 Essex County (N.{2}	12.42	(1.0)	4/12
7	64	Keyonna MCGILL	SO	#10 Cuyahoga (Ohio)	12.44	(0.2)	4/13
8	65	Deborah OYETUNDE	FR	#16 CCBC Essex (Md.	12.45	(0.7)	3/29
9	68	Jessica FRANKLIN	FR	#7 Hagerstown (Md	12.48	(1.0)	4/12
10	71	Shermalee FREEMAN	FR	#4 Essex County (N.{3}	12.50w	(2.3)	3/29

Women's 100 Meter Hurdles

1	11	Kadina DEEBLE	FR	#4 Essex County (N.	14.45w	(2.5)	3/29
2	18	Ma-Avian WILLIAMS	SO	#4 Essex County (N.{2}	14.69	(1.2)	4/5
3	21	Alisha JACKSON	FR	#12 Bryant & Stratto	14.98w	(3.5)	4/5
4	22	Shyla COOPER	FR	#1 Richard Bland (V	15.04	(1.6)	3/29
5	23	Jada HATCHER	FR	#1 Richard Bland (V{2}	15.05	(1.6)	4/5
6	33	Zoe ALLEN	FR	#3 Vincennes (Ind.)	15.61	(-0.2)	4/12
7	48	Aniya SUKU	FR	#12 Bryant & Stratto{2}	16.82	(-0.7)	3/22
8	52	Ciara MAY	FR	#10 Cuyahoga (Ohio)	17.74	(-1.3)	4/13
9	60	Carrie MOORE	SO	#13 Carroll (Md.) CC	20.87	(1.6)	3/29

Women's 200 Meters

1	30	Aniya SUKU	FR	#12 Bryant & Stratto	24.57	(1.0)	4/5
2	32	Kettia AMBROSE	SO	#2 Monroe-New Ro	24.62	(1.4)	3/29
3	45	Michaelyn FISHER	FR	#1 Richard Bland (V	25.05	(0.5)	4/5
4	54	Brinel THOMAS	FR	#2 Monroe-New Ro{2}	25.27	(0.2)	4/12
5	55	Keyonna MCGILL	SO	#10 Cuyahoga (Ohio)	25.31	(1.7)	4/13
6	58	Jayla WERTS	SO	#1 Richard Bland (V{2}	25.37	(-0.1)	3/21
7	62	Kimberly BAKER	SO	#4 Essex County (N.	25.45w	(2.2)	3/29
8	64	Ilyona DAVIS	SO	#9 Howard (Md.) CC	25.46w	(3.1)	3/22
9	66	Anijah JAMES	FR	#1 Richard Bland (V{3}	25.66	(-0.7)	4/5
10	69	J'Miaya MUSE	FR	#1 Richard Bland (V{4}	25.72	(0.5)	4/5

Women's 400 Meters

1	10	Kettia AMBROSE	SO	#2 Monroe-New Ro	55.09		4/4
2	16	Kaliyah JONES	FR	#2 Monroe-New Ro{2}	55.78		4/4
3	31	Jayla WERTS	SO	#1 Richard Bland (V	57.34		3/21
4	41	Keyonna MCGILL	SO	#10 Cuyahoga (Ohio)	58.91		4/13
5	48	Breshauna MILLER	FR	#1 Richard Bland (V{2}	59.59		4/5
6	50	Oksanna SMITH	FR	#11 Lake-Sumter Sta	59.67		3/28
7	51	Aaliyah MORGAN	FR	#4 Essex County (N.	59.88		3/29
8	58	Shermalee FREEMAN	FR	#4 Essex County (N.{2}	1:00.45		3/29
9	60	Serena DOUGLAS	SO	#4 Essex County (N.{3}	1:00.67		3/29
10	71	Ilyona DAVIS	SO	#9 Howard (Md.) CC	1:01.75		3/29

Women's 400 Meter Hurdles

1	9	Oksanna SMITH	FR	#11 Lake-Sumter Sta	1:04.43		4/5
2	16	Paula ORUSEDE	SO	#4 Essex County (N.	1:05.51		4/5
3	20	Shyla COOPER	FR	#1 Richard Bland (V	1:07.10		4/5
4	25	Zoe ALLEN	FR	#3 Vincennes (Ind.)	1:09.18		4/12
5	26	Aniya SUKU	FR	#12 Bryant & Stratto	1:09.36		3/29
6	27	Alisha JACKSON	FR	#12 Bryant & Stratto{2}	1:09.39		3/29
7	36	Erin SMITH	SO	#1 Richard Bland (V{2}	1:11.72		4/5
8	38	Ciara MAY	FR	#10 Cuyahoga (Ohio)	1:13.48		4/5

Women's 800 Meters

1	12	Attoya HARVEY	SO	#2 Monroe-New Ro	2:14.34		3/29
2	13	Daisy SPEET	FR	#8 Lansing (Mich.) C	2:14.52		4/4
3	19	Tanesia GARDINER	FR	#2 Monroe-New Ro{2}	2:18.42		3/29
4	20	Joy JEPLETING	FR	#2 Monroe-New Ro{3}	2:18.56		3/29
5	23	Serena DOUGLAS	SO	#4 Essex County (N.	2:19.23		4/5
6	37	Sara BELGACEM	FR	#3 Vincennes (Ind.)	2:21.71		4/12
7	81	Sade LEE	FR	#11 Lake-Sumter Sta	2:31.26		3/8
8	83	Faith SWENOR	FR	#8 Lansing (Mich.) {2}	2:31.91		4/12
9	96	Lauren LEE	FR	#6 Muskegon (Mich.	2:34.62		4/5
10		Kierra FLEGEL	SO	#6 Muskegon (Mich){2}	2:37.55		4/5

Women's 1500 Meters

1	17	Daisy SPEET	FR	#8 Lansing (Mich.) C	4:46.28		4/12
2	19	Attoya HARVEY	SO	#2 Monroe-New Ro	4:47.15		4/12
3	43	Sara BELGACEM	FR	#3 Vincennes (Ind.)	4:55.42		3/29
4	53	Michaela GROSS	FR	#7 Hagerstown (Md	5:00.04		3/29
5	63	Serena DOUGLAS	SO	#4 Essex County (N.	5:02.88		3/29
6	86	Tanesia GARDINER	FR	#2 Monroe-New Ro{2}	5:12.13		4/4
7		Lauren LEE	FR	#6 Muskegon (Mich.	5:20.59		3/29
8		Jasmyn SELF	SO	#3 Vincennes (Ind.) {2}	5:22.47		3/29
9		Alexis HALE	FR	#3 Vincennes (Ind.) {3}	5:22.70		4/12
10		Naomi KIPKECH	FR	#6 Muskegon (Mich){2}	5:24.16		4/5

Women's Steeplechase

1	26	Adi FULLER	SO	#3 Vincennes (Ind.)	12:39.07		4/12
2	31	Tanesia GARDINER	FR	#2 Monroe-New Ro	13:45.87		4/12
3	33	Arial CRAWFORD	SO	#7 Hagerstown (Md	17:20.75		4/12

Women's 5000 Meters

1	20	Michaela GROSS	FR	#7 Hagerstown (Md	18:20.97		3/21
2	26	Ava LAMILZA	SO	#14 Macomb (Mich.)	18:27.25		4/5
3	45	Emma DELL	FR	#14 Macomb (Mich.) {2}	19:20.79		4/5
4	55	Erin ROWAN	FR	#14 Macomb (Mich.) {3}	19:57.53		4/5
5	64	Naomi KIPKECH	FR	#6 Muskegon (Mich.	20:27.56		3/29
6	78	Adi FULLER	SO	#3 Vincennes (Ind.)	21:18.51		3/28
7	79	Alexis HALE	FR	#3 Vincennes (Ind.) {2}	21:20.19		3/28
8	89	Reagan RUEL	FR	#6 Muskegon (Mich){2}	21:57.69		3/29
9	96	Kelsey ETTTEL	FR	#14 Macomb (Mich.) {4}	23:05.52		4/5
10	97	Allie BLACK	FR	#3 Vincennes (Ind.) {3}	23:14.67		4/12

Women's 10,000 Meters

1	20	Michaela GROSS	FR	#7 Hagerstown (Md	44:01.84		4/12
2	22	Hannah CUNNINGHAM	SO	#10 Cuyahoga (Ohio)	46:09.81		4/13



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Women's 4x100 Relay

1	12	J'Miaya Muse, Michaelyn Fisher, Anijah James, Shyla Cooper	#1 Richard Bland (V	47.62	4/5
2	15	Ma-Avian Williams, Ashia Martin, Kadina Deeble, Kimberly Baker	#4 Essex County (N.	48.67	4/5
3	19	Sirinity Glasper, Kiliyah Taylor, Raeya Townsend, Shanaya Hinton	#5 Marion Military I	50.33	3/15

Women's 4x400 Relay

1	7	Kaliyah Jones, Attoya Harvey, Tanesia Gardiner, Kettia Ambrose	#2 Monroe-New Ro	3:48.46	4/12
2	9	Serena Douglas, Kimberly Baker, Paula Orusede, Aaliyah Morgan	#4 Essex County (N.	3:57.71	4/5
3	11	J'Miaya Muse, Breshauna Miller, Michaelyn Fisher, Shyla Cooper	#1 Richard Bland (V	4:03.12	3/21
4	20	Olivia Urban, Natalie Erickson, Brianna Smith, Lauren Lee	#6 Muskegon (Mich.	4:19.37	3/29
5	22	Sara Belgacem, Adi Fuller, Alexis Hale, Zoe Allen	#3 Vincennes (Ind.)	4:31.58	4/12
6	23	Daisy Speet, Jady Yonchewski, kristina Wilde, Faith Swenor	#8 Lansing (Mich.) C	4:31.68	4/12

Women's 4x800 Relay

1	2	Adi Fuller, Sara Belgacem, Jasmyn Self, Alexis Hale	#3 Vincennes (Ind.)	10:03.68	4/12
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Women's High Jump

1	2	Aidan FAITH	SO	#7 Hagerstown (Md	1.66m	5-5¼	4/4
2	26	Steffanie MCGUFFEY	SO	#6 Muskegon (Mich.	1.46m	4-9½	3/29
3	28	Raeya TOWNSEND	FR	#5 Marion Military I	1.45m	4-9	3/28
3	28	Carrie MOORE	SO	#13 Carroll (Md.) CC	1.45m	4-9	4/4
5	38	Adaysha HOLLINESS	FR	#5 Marion Military I{2}	1.40m	4-7	3/28

Women's Pole Vault

1	1	Sophia DO AMARAL SALVI	SO	#3 Vincennes (Ind.)	3.85m	12-7½	4/12
2	16	Michaela CARNEY	SO	#7 Hagerstown (Md	3.05m	10-0	3/21
2	16	Kat CROCHUNIS	FR	#13 Carroll (Md.) CC	3.05m	10-0	4/4
4	20	Leah SOWERS	FR	#11 Lake-Sumter Sta	2.56m	8-4¾	3/8

Women's Long Jump

1	13	Michaelyn FISHER	FR	#1 Richard Bland (V	5.56m	18-3 (0.0)	3/21
2	15	Brinel THOMAS	FR	#2 Monroe-New Ro	5.53m	18-1¾ (0.2)	4/12
2	15	Jaden MILLER	FR	#11 Lake-Sumter Sta	5.53m	18-1¾ (0.5)	4/5
2	15	Alisha JACKSON	FR	#12 Bryant & Stratto	5.53m	18-1¾ (0.2)	3/29
5	20	Anijah JAMES	FR	#1 Richard Bland (V{2}	5.49m	18-¼ (0.4)	3/21
6	34	Shyla COOPER	FR	#1 Richard Bland (V{3}	5.26m	17-3¾ (0.0)	3/21
7	39	Shanaya HINTON	FR	#5 Marion Military I	5.20m	17-¾ (1.8)	4/5
8	50	Sirinity GLASPER	FR	#5 Marion Military I{2}	4.98m	16-4¼ (-0.5)	3/28
9	67	Jada HATCHER	FR	#1 Richard Bland (V{4}	4.49m	14-8¾ (0.0)	3/21
10	70	Ga'naysia WHITE	FR	#15 Marian Ancilla (I	4.46m	14-7¾ (1.8)	4/12

Women's Triple Jump

1	6	Shanaya HINTON	FR	#5 Marion Military I	11.94m	39-2¼ (-0.6)	3/28
2	7	Alisha JACKSON	FR	#12 Bryant & Stratto	11.88m	38-11¾ (-1.	4/5
3	9	Ciarra MOORE	SO	#1 Richard Bland (V	11.77m	38-7½ (1.2)	4/5
4	19	Anijah JAMES	FR	#1 Richard Bland (V{2}	11.04m	36-2¾ (-0.3)	3/21
5	26	Erin SMITH	SO	#1 Richard Bland (V{3}	10.56m	34-7¾ (0.3)	4/5

Women's Shot Put

1	33	Lynniya WHITAKER	SO	#9 Howard (Md.) CC	10.37m	34-¼	3/22
2	35	Cheyenne ELLIS	FR	#9 Howard (Md.) CC{2}	10.25m	33-7½	4/12
3	36	Jada HOUGHTON	FR	#8 Lansing (Mich.) C	10.21m	33-6	4/12
4	41	Shaelyn SCHWEM	FR	#8 Lansing (Mich.) C{2}	9.90m	32-5¾	4/5
5	46	Adaysha HOLLINESS	FR	#5 Marion Military I	9.62m	31-6¾	3/28
6	53	Lilleann SHACKLEFORD	FR	#10 Cuyahoga (Ohio)	9.45m	31-0	3/22
7	64	Temiloluwa AKINSANYA	SO	#9 Howard (Md.) CC{3}	8.85m	29-½	4/12
8	65	Tamia TAYLOR	FR	#3 Vincennes (Ind.)	8.71m	28-7	3/29
9	68	Kaitlyn QUEEN	FR	#7 Hagerstown (Md	8.34m	27-4½	4/12
10	69	Sontee CHINA	FR	#17 USC Sumter	8.09m	26-6½	3/29

Women's Discus

1	15	Gaby REEVE	SO	#6 Muskegon (Mich.	37.64m	123-6	4/5
2	21	Raina MASSEY	SO	#5 Marion Military I	36.27m	119-0	3/15
3	35	Jada HOUGHTON	FR	#8 Lansing (Mich.) C	32.29m	105-11	3/22
4	39	Brooke BERRY	SO	#6 Muskegon (Mich){2}	31.18m	102-4	4/5
5	42	Brooke PRIBULICK	SO	#13 Carroll (Md.) CC	30.65m	100-7	3/29
6	49	Berkley OBERHAUS	FR	#8 Lansing (Mich.) C{2}	29.50m	96-9½	4/5
7	51	Temiloluwa AKINSANYA	SO	#9 Howard (Md.) CC	28.14m	92-4	4/12
8	52	Daisy SPEET	FR	#8 Lansing (Mich.) C{3}	28.13m	92-3½	4/12
9	58	Cheyenne ELLIS	FR	#9 Howard (Md.) CC{2}	26.77m	87-10	3/29
10	66	Kaitlyn QUEEN	FR	#7 Hagerstown (Md	25.11m	82-4¾	4/12



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Women's Hammer

1	17	Raina MASSEY	SO	#5 Marion Military I	42.13m	138-3	4/5
2	33	Gaby REEVE	SO	#6 Muskegon (Mich.	37.46m	122-11	4/5
3	44	Temiloluwa AKINSANYA	SO	#9 Howard (Md.) CC	34.28m	112-6	3/22
4	46	Lynniya WHITAKER	SO	#9 Howard (Md.) CC{2}	33.14m	108-9	3/22
5	48	Cheyenne ELLIS	FR	#9 Howard (Md.) CC{3}	32.54m	106-9	3/29
6	50	Lilleann SHACKLEFORD	FR	#10 Cuyahoga (Ohio)	31.99m	105-0	4/13
7	54	Brooke BERRY	SO	#6 Muskegon (Mich.)	30.06m	98-7½	3/29
8	62	Tamia TAYLOR	FR	#3 Vincennes (Ind.)	27.28m	89-6	4/12
9	65	Kaitlyn QUEEN	FR	#7 Hagerstown (Md	25.85m	84-9¾	4/4
10	69	Kiya MATHIEU	FR	#10 Cuyahoga (Ohio){2}	17.62m	57-9¾	3/22

Women's Javelin

1	32	Raina MASSEY	SO	#5 Marion Military I	25.46m	83-6½	3/28
2	34	Adaysha HOLLINESS	FR	#5 Marion Military I{2}	24.81m	81-4¾	3/28
3	36	Sarah TEPP	SO	#15 Marian Ancilla (I	23.58m	77-4½	4/12
4	42	Cheyenne ELLIS	FR	#9 Howard (Md.) CC	19.65m	64-5¾	4/12
5	43	Kamryn STEFANOSKI	SO	#13 Carroll (Md.) CC	19.58m	64-3	4/12
6	46	Kaitlyn QUEEN	FR	#7 Hagerstown (Md	18.16m	59-7	3/29
7	48	Temiloluwa AKINSANYA	SO	#9 Howard (Md.) CC{2}	15.36m	50-4¾	4/12
8	49	Layna ATALLAH	SO	#8 Lansing (Mich.) C	13.56m	44-6	3/22
9	50	Michaela CARNEY	SO	#7 Hagerstown (Md){2}	11.41m	37-5¼	4/12



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Central

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Women's 100 Meters

1	1	Maimuna JALLOW	FR	#1	Cloud County (K	11.30	(2.0)	4/12
2	3	Anita AFRIFA	SO	#8	Colby (Kan.) CC	11.36	(1.1)	4/12
3	6	Adetutu ALADELOYE	SO	#9	Allen (Kan.) CC	11.49	(1.5)	3/28
4	8	Ranayla MOTEN	FR	#9	Allen (Kan.) CC {2}	11.53w	(2.4)	4/12
5	9	Crystal CHAMBERS	SO	#4	Fort Scott (Kan.)	11.54	(1.5)	3/28
6	10	Royanah FARMER	SO	#3	Coffeyville (Kan.	11.55w	(2.8)	3/29
7	16	Felicia AWUDI	FR	#8	Colby (Kan.) CC {2}	11.68	(1.6)	3/22
8	20	Kayveonna JACKSON	SO	#9	Allen (Kan.) CC {3}	11.74	(1.9)	4/12
9	22	Linya GEDEON	SO	#3	Coffeyville (Kan.) {2}	11.76	(-0.6)	4/10
10	23	Sidney HOLT	FR	#6	Hutchinson (Kan	11.78w	(2.5)	3/29

Women's 100 Meter Hurdles

1	7	Linya GEDEON	SO	#3	Coffeyville (Kan.	13.98w	(3.2)	3/29
2	9	Ty'yanah ADAMS	FR	#2	Barton (Kan.) CC	14.33	(0.5)	4/12
3	10	Nanhi PANNU	FR	#1	Cloud County (K	14.41w	(3.2)	4/12
4	12	Chenessa DAVIS	SO	#1	Cloud County (K {2}	14.47	(-0.9)	4/5
5	15	Olivia LEATHERMAN	FR	#11	Dodge City (Kan.	14.59w	(3.2)	4/12
6	17	DiaMonae THOMAS	SO	#12	Highland (Kan.)	14.64	(1.9)	3/29
7	24	Damaria BELL	SO	#4	Fort Scott (Kan.)	15.10w	(2.2)	3/28
8	29	Michelle LEWIS	FR	#18	Hesston (Kan.)	15.46w	(2.5)	4/12
9	30	Ja'Kheria KELSER	FR	#3	Coffeyville (Kan.) {2}	15.47	(0.8)	3/13
10	33	Widlife VERMILUS	SO	#2	Barton (Kan.) CC {2}	15.61w	(4.0)	3/29

Women's 200 Meters

1	1	Anita AFRIFA	SO	#8	Colby (Kan.) CC	22.95	(1.9)	4/12
2	3	Kayda AUSTIN	FR	#2	Barton (Kan.) CC	23.43	(-0.3)	4/12
3	5	Ranayla MOTEN	FR	#9	Allen (Kan.) CC	23.69w	(3.1)	3/28
4	6	Royanah FARMER	SO	#3	Coffeyville (Kan.	23.70	(0.0)	4/10
5	7	Rafiatu NUHU	SO	#1	Cloud County (K	23.72w	(2.5)	4/12
6	9	Adetutu ALADELOYE	SO	#9	Allen (Kan.) CC {2}	23.77w	(3.1)	3/28
7	13	Linya GEDEON	SO	#3	Coffeyville (Kan.) {2}	24.05	(0.0)	4/10
8	14	Mekhila SANDERS	FR	#7	Garden City (Kar	24.07c	(24.00A) (1.	4/3
9	16	Crystal CHAMBERS	SO	#4	Fort Scott (Kan.)	24.11	(1.8)	3/28
10	17	Tierra WILLIAMS	FR	#3	Coffeyville (Kan.) {3}	24.16	(0.0)	4/10

Women's 400 Meters

1	1	Keliza SMITH	SO	#2	Barton (Kan.) CC	52.91		4/12
2	2	Rafiatu NUHU	SO	#1	Cloud County (K	53.02		4/12
3	5	Dayjonique CATO	SO	#4	Fort Scott (Kan.)	54.57		3/20
4	7	Ranayla MOTEN	FR	#9	Allen (Kan.) CC	54.86		4/5
5	12	Nontokozo NCUBE	SO	#1	Cloud County (K {2}	55.19		4/12
6	13	Tierra WILLIAMS	FR	#3	Coffeyville (Kan.	55.22		4/10
7	14	Dhakiya BLAKE	SO	#3	Coffeyville (Kan.) {2}	55.31		4/10
8	15	Amalinaly PEMBERTON	SO	#3	Coffeyville (Kan.) {3}	55.67		3/29
9	18	Narissa MCPHERSON	FR	#2	Barton (Kan.) CC {2}	56.11		4/12
10	22	Jayden PIPER	SO	#4	Fort Scott (Kan.) {2}	56.24		3/28

Women's 400 Meter Hurdles

1	7	Nanhi PANNU	FR	#1	Cloud County (K	1:03.34		4/5
2	8	Kialia CLAIBORNE	SO	#2	Barton (Kan.) CC	1:04.13		4/12
3	10	Marcy MONELL	SO	#4	Fort Scott (Kan.)	1:04.65		3/20
4	15	Antonia MOUTRIE	FR	#7	Garden City (Kar	1:05.34		4/12
5	17	Ja'Kheria KELSER	FR	#3	Coffeyville (Kan.	1:05.72		3/23
6	23	Jakouria JAMERSON	SO	#4	Fort Scott (Kan.) {2}	1:07.97		3/28
7	28	Damaria BELL	SO	#4	Fort Scott (Kan.) {3}	1:09.65		3/20
8	29	Rhea FLANDERS	FR	#13	Neosho County (1:09.81		4/12
9	30	Berlynn BLACK	SO	#12	Highland (Kan.)	1:09.89		3/29
10	31	Juaneya SYKES	SO	#4	Fort Scott (Kan.) {4}	1:10.29		3/20

Women's 800 Meters

1	4	Shone WALTERS	SO	#2	Barton (Kan.) CC	2:09.94		4/12
2	5	Nontokozo NCUBE	SO	#1	Cloud County (K	2:09.98		4/5
3	6	N Vanee ANCHIKE	SO	#1	Cloud County (K {2}	2:10.44		4/5
4	8	Rosemary ARTHUR	SO	#8	Colby (Kan.) CC	2:11.75		4/12
5	9	Mercy ANGAAMCHAAB	SO	#1	Cloud County (K {3}	2:11.85		4/5
6	15	Amanda KOTAMBE	FR	#1	Cloud County (K {4}	2:16.14		4/5
7	29	Melania TURAGA	FR	#13	Neosho County (2:20.52		4/12
8	30	Amalinaly PEMBERTON	SO	#3	Coffeyville (Kan.	2:20.57		4/10
9	35	Meryeme MAI	FR	#7	Garden City (Kar	2:21.53c	(2:21.94A)	4/3
10	39	Sharon STRYDOM	SO	#14	UA Rich Mountai	2:21.96		4/12

Women's 1500 Meters

1	2	N Vanee ANCHIKE	SO	#1	Cloud County (K	4:30.90		4/12
2	4	Mercy ANGAAMCHAAB	SO	#1	Cloud County (K {2}	4:37.48		4/12
3	15	Rosemary ARTHUR	SO	#8	Colby (Kan.) CC	4:43.52		3/22
4	32	Abigail GRANTHAM	SO	#6	Hutchinson (Kan	4:52.82		4/12
5	33	Amanda KOTAMBE	FR	#1	Cloud County (K {3}	4:52.88		3/29
6	36	Elizabeth HERNANDEZ	SO	#10	Butler (Kan.) CC	4:53.01		3/29
7	58	Laura AVILA	SO	#6	Hutchinson (Kan {2}	5:01.75		4/12
8	59	Beverlyne KIPTARUS	SO	#7	Garden City (Kar	5:02.20c	(5:05.86A)	4/3
9	60	Cindy SOTO	FR	#17	NorthWest Arkar	5:02.35		3/29
10	69	Ava WASHINGTON	SO	#11	Dodge City (Kan.	5:05.21		4/12

Women's Steeplechase

1	12	Reid HARVEY-MCKEAN	FR	#7	Garden City (Kar	11:37.37		4/12
2	13	Darcy VINEYARD	FR	#14	UA Rich Mountai	11:37.90		4/12
3	22	Amanda KOTAMBE	FR	#1	Cloud County (K	12:20.64		4/12
4	24	Alexa MARSHALL	FR	#10	Butler (Kan.) CC	12:32.36		4/12
5	25	Valyrie FREEMAN	SO	#10	Butler (Kan.) CC {2}	12:34.76		4/12



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Women's 5000 Meters

1	9	Jordyn PICOLET	SO	#6 Hutchinson (Kan	17:43.99	4/12
2	13	Elizabeth HERNANDEZ	SO	#10 Butler (Kan.) CC	17:54.68	3/29
3	32	Kayli MYERS	SO	#5 Cowley (Kan.)	18:37.01	4/12
4	37	Alison UNRUH	SO	#10 Butler (Kan.) CC {2}	18:53.08	3/29
5	49	Valyrie FREEMAN	SO	#10 Butler (Kan.) CC {3}	19:39.24	3/22
6	58	Celestine KIBORUS	FR	#16 Fort Hays Tech N	20:03.16	4/4
7	60	Meryeme MAI	FR	#7 Garden City (Kar	20:06.98	3/29
8	62	Alexa MARSHALL	FR	#10 Butler (Kan.) CC {4}	20:17.82	3/22
9	63	Teressa MARTINEZ	SO	#11 Dodge City (Kan.	20:20.11	4/4
10	70	Beverlyne KIPTARUS	SO	#7 Garden City (Kar{2}	20:56.19	3/29

Women's 10,000 Meters

1	7	Elizabeth HERNANDEZ	SO	#10 Butler (Kan.) CC	37:20.97	4/12
2	9	Meryeme MAI	FR	#7 Garden City (Kar	37:42.14	4/12
3	13	Ivy WASHINGTON	SO	#11 Dodge City (Kan.	39:33.68	4/12
4	14	Alison UNRUH	SO	#10 Butler (Kan.) CC {2}	39:54.79	4/12
5	17	Ava WASHINGTON	SO	#11 Dodge City (Kan.{2}	41:30.32	4/4

Women's 4x100 Relay

1	1	Keliza Smith, Kayda Austin, Kennidra Spigner, Takelia Williams	#2 Barton (Kan.) CC	44.70	4/12
2	2	Kayveonna Jackson, Ranayla Moten, Ala' Jah Brooks, Adetutu Aladeloye	#9 Allen (Kan.) CC	45.26	3/28
3	3	Dhakiya Blake, Royanah Farmer, Tierra Williams, Linya Gedeon	#3 Coffeyville (Kan.	45.42	3/29
4	8	DiaMonae Thomas, Shanteria Washington, Alexia Lewis, J'Na Demming	#12 Highland (Kan.) (46.66	4/5
5	10	Rayanna Johnson, Andrea Shaw, Jayden Piper, Crystal Chambers	#4 Fort Scott (Kan.)	47.24	4/12
6	14	Sierra Brooks, Tanyiah Cox, Azariah Dawes, Sidney Holt	#6 Hutchinson (Kan	48.27	3/29
7	17	Paula del Pozo, Vilorina Tuilawaki, Rhea Flanders, Melania Turaga	#13 Neosho County (49.32	3/29
8	21	Mekhila Sanders, Antonicia Moultrie, Jaylene Hernandez, Priscilla Wemba	#7 Garden City (Kar	51.05	4/12

Women's 4x400 Relay

1	3	Jayden Piper, Emmanuella Squire, Dayjonique Cato, Ivana Odonkor	#4 Fort Scott (Kan.)	3:41.37	3/28
2	4	Shone Walters, Keliza Smith, Narissa McPherson, Natasha Fox	#2 Barton (Kan.) CC	3:41.44	4/12
3	6	Tierra Williams, Dhakiya Blake, Ja'Kheria Kelser, Amalinaly Pemberton	#3 Coffeyville (Kan.	3:46.54	3/29
4	13	Carlie Carlgren, Jaelyn Rumback, Amanda Kotambe, Maimuna Jallow	#1 Cloud County (K	4:08.33	3/29
5	14	Mekhila Sanders, Meryeme Mai, Priscilla Wemba, Antonicia Moultrie	#7 Garden City (Kar	4:12.21c (4:11.77A)	4/3
6	16	Vilorina Tuilawaki, Melania Turaga, Rhea Flanders, Amy Styles	#13 Neosho County (4:13.26	3/29
7	17	Caylee May, Bianca Gleim, Sarai Chavez, Olivia Leatherman	#11 Dodge City (Kan.	4:14.74	4/12

Women's High Jump

1	12	Cordaelia WILLIAMS	SO	#1 Cloud County (K	1.55m	5-1	3/29
1	12	Chenessa DAVIS	SO	#1 Cloud County (K	1.55m	5-1	3/29
3	17	Jazz DILWORTH	FR	#4 Fort Scott (Kan.)	1.52m	4-11¾	3/28
4	20	Alyana WALLACE	SO	#12 Highland (Kan.) (1.51m	4-11½	3/29
5	21	Berlynn BLACK	SO	#12 Highland (Kan.) {2}	1.50m	4-11	3/22
6	26	Jakouria JAMERSON	SO	#4 Fort Scott (Kan.) {2}	1.46m	4-9½	3/28
7	28	Makayla GAY	SO	#5 Cowley (Kan.)	1.45m	4-9	3/29
8	34	Sophia CALISTRO	FR	#11 Dodge City (Kan.	1.42m	4-7¾	3/29
8	34	Camdyn CUNNINGHAM	FR	#11 Dodge City (Kan.	1.42m	4-7¾	3/29
10	36	Leah WRIGHT	FR	#9 Allen (Kan.) CC	1.41m	4-7½	4/5

Women's Pole Vault

1	2	Dakota DAPPER	SO	#5 Cowley (Kan.)	3.65m	11-11¾	4/5
2	5	Kennedy KIZARR	SO	#5 Cowley (Kan.) {2}	3.54m	11-7¾	4/12
3	7	Bradie MEDINA	SO	#1 Cloud County (K	3.44m	11-3½	4/12
4	8	Elizabeth BROZEK	FR	#5 Cowley (Kan.) {3}	3.35m	10-11¾	4/5
5	10	Alycea MCCOY	FR	#6 Hutchinson (Kan	3.16m	10-4¼	3/29
5	10	Grace BENDER	FR	#6 Hutchinson (Kan	3.16m	10-4¼	3/29
7	18	Isabelle CULLENS	FR	#3 Coffeyville (Kan.	3.01m	9-10½	3/29
8	19	Anna WASHBURN	FR	#3 Coffeyville (Kan.{2}	2.86m	9-4½	3/29



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Women's Long Jump

1	4	Celine RIDDLE	FR	#2 Barton (Kan.) CC	5.84m	19-2 (-2.4)	4/12
2	7	Alexia LEWIS	SO	#12 Highland (Kan.) CC	5.63m	18-5¾ (0.3)	3/29
3	9	Aalyiah LINTON	SO	#4 Fort Scott (Kan.)	5.57m	18-3¾ (1.3)	3/20
4	14	Alexia WALKER	FR	#2 Barton (Kan.) CC{2}	5.54mw	18-2¼ (3.1)	3/29
5	21	Kymia BRIDGETT	FR	#2 Barton (Kan.) CC{3}	5.48m	17-11¾ (1.7)	4/4
6	23	Nanhi PANNU	FR	#1 Cloud County (Kan.)	5.45mw	17-10¾ (2.7)	3/29
7	24	Chloe PERRYMAN	SO	#2 Barton (Kan.) CC{4}	5.42mw	17-9½ (2.7)	4/12
8	25	Nele GOESL	FR	#1 Cloud County (Kan.){2}	5.41mw	17-9 (2.6)	3/29
9	28	Yaya MORENO	SO	#6 Hutchinson (Kan.)	5.33mw	17-6 (2.6)	3/29
10	34	Vilorina TUILAWAKI	SO	#13 Neosho County (Kan.)	5.26m	17-3¾ (0.5)	3/13

Women's Triple Jump

1	2	Celine RIDDLE	FR	#2 Barton (Kan.) CC	12.15m	39-10½ (1.1)	4/12
2	10	Kymia BRIDGETT	FR	#2 Barton (Kan.) CC{2}	11.68m	38-4 (0.2)	4/12
2	10	Brooke HAWKINS	SO	#6 Hutchinson (Kan.)	11.68mw	38-4 (3.0)	3/29
4	13	Aalyiah LINTON	SO	#4 Fort Scott (Kan.)	11.39m	37-4½ (1.0)	3/28
5	15	Isabelle CULLENS	FR	#3 Coffeyville (Kan.)	11.23m	36-10¼ (1.7)	4/10
6	20	Nele GOESL	FR	#1 Cloud County (Kan.)	10.98m	36-¼ (-0.1)	4/5
7	21	Alycea MCCOY	FR	#6 Hutchinson (Kan.){2}	10.90mw	35-9¼ (3.6)	3/29
8	22	Braela SARGENT	SO	#4 Fort Scott (Kan.){2}	10.87mw	35-8 (3.2)	3/28
9	23	Yaya MORENO	SO	#6 Hutchinson (Kan.){3}	10.76m	35-3¾ (1.5)	4/12
10	24	Azariah DAWES	FR	#6 Hutchinson (Kan.){4}	10.66mw	34-11¾ (2.5)	3/29

Women's Shot Put

1	5	Cierra GRAY	SO	#5 Cowley (Kan.)	13.87m	45-6¼	3/29
2	10	Deisheline MAYER SCOTT	FR	#6 Hutchinson (Kan.)	13.08m	42-11	3/29
3	13	Aiyanna GREEN	SO	#6 Hutchinson (Kan.){2}	12.27m	40-3¾	3/29
4	16	Alma CORDOVA	SO	#8 Colby (Kan.) CC	11.87m	38-11½	4/12
5	19	Amoni EVANS	FR	#5 Cowley (Kan.) {2}	11.61m	38-1¼	4/5
6	21	Alexis CLEMMONS	FR	#12 Highland (Kan.) CC	11.54m	37-10½	3/29
7	22	Bree ROWE	SO	#5 Cowley (Kan.) {3}	11.41m	37-5¼	4/5
8	28	Jessi MCDOWELL	FR	#5 Cowley (Kan.) {4}	10.78m	35-4½	3/13
9	29	Shaniece POWELL	FR	#3 Coffeyville (Kan.)	10.76m	35-3¾	4/10
10	30	Vivica PAULHILL	FR	#15 Pratt (Kan.) CC	10.59m	34-9	3/22

Women's Discus

1	1	Cedricka WILLIAMS	SO	#2 Barton (Kan.) CC	54.22m	177-11	3/29
2	3	Ivanilda SEMEDO	SO	#2 Barton (Kan.) CC{2}	51.90m	170-4	3/29
3	5	Zadie MACKEY	FR	#2 Barton (Kan.) CC{3}	45.29m	148-7	4/4
4	7	Carla Kay BROWN	FR	#3 Coffeyville (Kan.)	45.00m	147-8	4/10
5	9	Bree ROWE	SO	#5 Cowley (Kan.)	41.71m	136-10	3/29
6	14	Cierra GRAY	SO	#5 Cowley (Kan.) {2}	38.54m	126-6	3/13
7	16	Margherita SALA	SO	#1 Cloud County (Kan.)	37.62m	123-5	3/29
8	17	Jessi MCDOWELL	FR	#5 Cowley (Kan.) {3}	37.55m	123-3	3/13
9	18	McKayla KUPLIICKI	SO	#3 Coffeyville (Kan.){2}	37.29m	122-4	3/23
10	19	Shaniece POWELL	FR	#3 Coffeyville (Kan.){3}	36.50m	119-9	3/13

Women's Hammer

1	4	Mercedes GLOVER	JR	#5 Cowley (Kan.)	49.67m	163-0	3/29
2	5	Ana MANOUSARIDIS	SO	#3 Coffeyville (Kan.)	49.20m	161-5	4/10
3	6	Zadie MACKEY	FR	#2 Barton (Kan.) CC	48.96m	160-8	3/29
4	9	Margherita SALA	SO	#1 Cloud County (Kan.)	45.72m	150-0	3/23
5	12	Deisheline MAYER SCOTT	FR	#6 Hutchinson (Kan.)	43.73m	143-6	3/29
6	13	Brianna LEE	SO	#5 Cowley (Kan.) {2}	43.63m	143-2	3/13
7	14	Alma CORDOVA	SO	#8 Colby (Kan.) CC	43.36m	142-3	3/29
8	16	Cierra GRAY	SO	#5 Cowley (Kan.) {3}	42.78m	140-4	3/13
9	18	Mayce MCDONALD	SO	#5 Cowley (Kan.) {4}	41.95m	137-8	3/13
10	19	Tomi GALL	SO	#7 Garden City (Kan.)	41.86m	137-4	3/22

Women's Javelin

1	8	Vivica ADDISON	SO	#1 Cloud County (Kan.)	37.96m	124-7	4/12
2	14	Mercedes GLOVER	JR	#5 Cowley (Kan.)	35.06m	115-1	3/29
3	21	Alicyn MCGINNIS	FR	#5 Cowley (Kan.) {2}	31.40m	103-0	3/29
4	23	Isabelle CULLENS	FR	#3 Coffeyville (Kan.)	30.98m	101-8	3/13
5	27	Carlie CARLGREN	FR	#1 Cloud County (Kan.){2}	30.01m	98-5½	3/29
6	30	Destiny PONDS	FR	#10 Butler (Kan.) CC	28.06m	92-¾	4/5
7	35	Emma HERRERA	FR	#15 Pratt (Kan.) CC	23.82m	78-1¾	3/20
8	37	Alexia WALKER	FR	#2 Barton (Kan.) CC	23.37m	76-8¼	3/29
9	38	Delal AKTAY	SO	#8 Colby (Kan.) CC	22.29m	73-1¾	3/22
10	41	Jazz DILWORTH	FR	#4 Fort Scott (Kan.)	21.46m	70-5	3/28

Women's Heptathlon

1	9	Isabelle CULLENS	FR	#3 Coffeyville (Kan.)	3,552		4/5
2	10	Jazz DILWORTH	FR	#4 Fort Scott (Kan.)	3,466		3/28
3	11	Jakouria JAMERSON	SO	#4 Fort Scott (Kan.){2}	3,328		3/28
4	15	Leah WRIGHT	FR	#9 Allen (Kan.) CC	2,109		3/28



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Women's 100 Meters

1	5	Trinity MONTGOMERY	SO	#3 Hinds (Miss.) CC	11.46w	(3.0)	4/5
2	11	Caneilia HOPE	FR	#3 Hinds (Miss.) CC {2}	11.59	(0.9)	4/11
3	13	Ida SMITH	FR	#4 Indian Hills (low:	11.63w	(2.8)	4/12
3	13	Serena GRACE	FR	#1 Iowa Western CC	11.63	(2.0)	4/12
5	16	Zariah GREAVES	SO	#2 Iowa Central CC	11.68w	(3.1)	3/28
6	28	Judith KOUMEDZINA	SO	#1 Iowa Western CC {2}	11.92w	(2.2)	3/29
7	30	Destiny MITCHELL	SO	#4 Indian Hills (low:{2}	11.93	(1.9)	4/12
7	30	Zekira SNOW	SO	#4 Indian Hills (low:{2}	11.93	(1.5)	3/28
9	33	Ritorion VIGNE	SO	#3 Hinds (Miss.) CC {3}	11.94w	(2.4)	4/5
9	33	Nakirsten HUGHES	FR	#6 Meridian (Miss.)	11.94w	(3.7)	4/5

Women's 100 Meter Hurdles

1	3	Dymonde NAVE	SO	#4 Indian Hills (low:	13.76w	(2.6)	3/28
2	5	Seanna GAYE-LESLIE	FR	#3 Hinds (Miss.) CC	13.88	(1.3)	4/11
3	12	Tanique TAYLOR	SO	#1 Iowa Western CC	14.47w	(2.6)	3/29
4	14	Lenasia DRUMMOND	SO	#3 Hinds (Miss.) CC {2}	14.48	(1.3)	4/11
5	27	Arriana JOHNSON	SO	#4 Indian Hills (low:{2}	15.25	(1.2)	3/28
6	32	Madison JACKSON	FR	#11 Coahoma (Miss.)	15.59	(0.4)	3/22
7	39	Taja CONLEY	SO	#8 North Iowa Area	15.76w	(2.1)	4/11
8	40	Ella HOMAWOO	FR	#2 Iowa Central CC	15.90w	(3.2)	3/28
9	41	Eden BROUWERS	FR	#2 Iowa Central CC {2}	16.00w	(4.0)	3/28
10	44	Addison (Addi) HINDT	FR	#2 Iowa Central CC {3}	16.19w	(2.9)	4/5

Women's 200 Meters

1	2	La'Nica LOCKER	SO	#3 Hinds (Miss.) CC	23.26	(1.8)	4/11
2	11	Serena GRACE	FR	#1 Iowa Western CC	23.87	(2.0)	4/12
3	15	Nyla BLACKMON	SO	#4 Indian Hills (low:	24.10w	(3.1)	4/12
4	19	Ida SMITH	FR	#4 Indian Hills (low:{2}	24.24w	(3.6)	4/12
5	26	Nyla NORMAN	SO	#4 Indian Hills (low:{3}	24.42w	(3.6)	4/12
6	29	Judith KOUMEDZINA	SO	#1 Iowa Western CC {2}	24.52	(2.0)	4/12
7	48	Laurie LOUIS	SO	#4 Indian Hills (low:{4}	25.16w	(3.9)	3/28
8	60	Ritorion VIGNE	SO	#3 Hinds (Miss.) CC {2}	25.41	(1.2)	4/11
9	62	Nakirsten HUGHES	FR	#6 Meridian (Miss.)	25.45	(1.2)	4/5
10	90	Jade ARRINGTON	FR	#15 Bryant & Stratto	26.24	(1.8)	4/5

Women's 400 Meters

1	3	Queen USUNOBUN	FR	#3 Hinds (Miss.) CC	53.82		4/5
2	8	La'Nica LOCKER	SO	#3 Hinds (Miss.) CC {2}	55.03		4/5
2	8	Twyshanna HUIE	SO	#3 Hinds (Miss.) CC {2}	55.03		3/22
4	19	Laurie LOUIS	SO	#4 Indian Hills (low:	56.12		4/12
5	21	Caydence BREWER	SO	#3 Hinds (Miss.) CC {4}	56.17		4/5
6	28	Nyla BLACKMON	SO	#4 Indian Hills (low:{2}	56.67		3/28
7	35	Alexa ZANDERS	FR	#4 Indian Hills (low:{3}	57.86		4/12
8	39	Jakhia MARTIN	FR	#6 Meridian (Miss.)	58.76		4/12
9	42	Cshanti PIERCE	SO	#6 Meridian (Miss.) {2}	58.98		4/5
10	45	Chadrak Belinda BULA BULA	FR	#2 Iowa Central CC	59.32		4/11

Women's 400 Meter Hurdles

1	3	T'kyla BENNETT	SO	#3 Hinds (Miss.) CC	1:01.21		4/5
2	4	Twyshanna HUIE	SO	#3 Hinds (Miss.) CC {2}	1:01.87		4/5
3	11	Dymonde NAVE	SO	#4 Indian Hills (low:	1:04.72		3/28
4	12	Tanique TAYLOR	SO	#1 Iowa Western CC	1:04.92		3/29
5	13	Chadrak Belinda BULA BULA	FR	#2 Iowa Central CC	1:04.94		4/5
6	19	Taja CONLEY	SO	#8 North Iowa Area	1:06.83		4/11
7	22	Melody KREMER	JR	#7 Hawkeye (Iowa)	1:07.96		4/5
8	24	Arriana JOHNSON	SO	#4 Indian Hills (low:{2}	1:08.02		4/12
9	39	Madison JACKSON	FR	#11 Coahoma (Miss.)	1:14.34		4/11

Women's 800 Meters

1	31	Juliette GAVOIS	FR	#2 Iowa Central CC	2:20.67		4/12
2	47	Alivia EDENS	FR	#2 Iowa Central CC {2}	2:23.83		4/5
3	49	Natalie BOGDANOVA KIRILOVA	SO	#2 Iowa Central CC {3}	2:24.62		3/28
4	54	Mallori JONES	FR	#7 Hawkeye (Iowa)	2:26.15		4/12
5	65	Mechak Linda BULA BULA	FR	#2 Iowa Central CC {4}	2:28.90		4/5
6	76	Natali ROTH	FR	#13 Heartland (Ill.) C	2:31.14		3/29
7	78	Shmyhia MORRIS	FR	#4 Indian Hills (low:	2:31.19		4/12
8	79	Fanny DEN UYL	FR	#2 Iowa Central CC {5}	2:31.21		4/12
9	80	Arianna BLEVINS	FR	#9 Crowder (Mo.)	2:31.23		4/11
10	86	De'Asia COOK	FR	#6 Meridian (Miss.)	2:32.37		4/5

Women's 1500 Meters

1	9	Nora BRADY	SO	#13 Heartland (Ill.) C	4:40.71		3/29
2	16	Abbigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	4:43.85		4/11
3	42	Videlda JEBET	FR	#9 Crowder (Mo.)	4:55.23		4/5
4	44	Juliette GAVOIS	FR	#2 Iowa Central CC {2}	4:55.93		4/12
5	54	Alivia EDENS	FR	#2 Iowa Central CC {3}	5:01.05		4/12
6	55	Natalie BOGDANOVA KIRILOVA	SO	#2 Iowa Central CC {4}	5:01.32		4/11
7	64	Tiffani KOONCE	FR	#4 Indian Hills (low:	5:03.79		3/28
8	71	Mercy KIBUIGUT	FR	#9 Crowder (Mo.) {2}	5:06.05		4/5
9	72	Imane JOURJI	FR	#2 Iowa Central CC {5}	5:07.22		4/12
10		Lexi BOHMS	SO	#10 Sauk Valley (Ill.)	5:22.70		4/13

Women's Steeplechase

1	2	Elizabeth EWUSIE	FR	#1 Iowa Western CC	10:50.88		3/28
2	6	Abbigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	11:23.52		4/5
3	14	Videlda JEBET	FR	#9 Crowder (Mo.)	11:39.08		4/11
4	29	Olivia SPURLING	FR	#8 North Iowa Area	13:06.79		4/11
5	30	Jasmine HAYES	FR	#9 Crowder (Mo.) {2}	13:21.39		4/11
6	32	Cloey USHER	SO	#8 North Iowa Area {2}	14:29.38		3/28



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Women's 5000 Meters

1	3	Nhamoinesu MABVUKA	FR	#6 Meridian (Miss.)	16:39.17	4/12
2	4	Nora BRADY	SO	#13 Heartland (Ill.) C	17:13.37	4/12
3	8	Wijdane INZALINE	FR	#1 Iowa Western CC	17:43.16	4/5
4	17	Faith JEPTOO	SO	#9 Crowder (Mo.)	18:16.10	4/5
5	24	Mercy KIBUIGUT	FR	#9 Crowder (Mo.) {2}	18:25.22	4/11
6	30	Abigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	18:33.38	3/28
7	44	Ayianna OLIVAS	SO	#1 Iowa Western CC{2}	19:18.81	3/29
8	57	Paetyn WIEGAND	FR	#12 Southeastern (Ic	20:02.33	4/12
9	66	Chloe FERNEAU	FR	#12 Southeastern (Ic{2}	20:41.42	4/5
10	69	Rylee OLSEN	FR	#12 Southeastern (Ic{3}	20:55.74	4/12

Women's 10,000 Meters

1	15	Ayianna OLIVAS	SO	#1 Iowa Western CC	40:15.61	4/12
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Women's 4x100 Relay

1	4	#Type!	#3 Hinds (Miss.) CC	45.82	3/22
2	7	Kenyatta Grate, Destiny Mitchell, Nyla Norman, Zekira Snow	#4 Indian Hills (Iowa)	46.06	3/28
3	9	Judith Koumedzina, Serena Grace, Taeja Barte, Tanique Taylor	#1 Iowa Western CC	46.87	4/12
4	13	Nakirsten Hughes, Jakhia Martin, Mykala Carter, Yasmyne McCann	#6 Meridian (Miss.)	47.88	4/12
5	18	Rylee Steffen, Alyssa Wondercheck, Halima Biggs, Tasha Williams	#7 Hawkeye (Iowa)	50.12	3/28
6	20	Madison Jackson, Katreeka Mott-Franklin, Faith Butler, TaMoria Shannon	#11 Coahoma (Miss.)	51.04	4/3
7	22	Nora Moreno, Jocelyn Nunez, Williams Stahr, Layisha Freeman	#5 State Fair (Mo.)	51.18	3/29
8	23	Gift Gonpue, Tenisha Herbert, Suzanne Guedeyi, Taja Conley	#8 North Iowa Area	51.30	3/28

Women's 4x400 Relay

1	5	Twyshanna Huie, Caydence Brewer, T'kyla Bennett, Queen Usunobun	#3 Hinds (Miss.) CC	3:41.98	4/11
2	8	Cshanti Pierce, Taitiana Jones, Jakhia Martin, Mykala Carter	#6 Meridian (Miss.)	3:57.45	4/12
3	24	#Type!	#12 Southeastern (Ic	5:15.08	4/5

Women's 4x800 Relay

1	3	Katie Jarrett, Audrey Fletcher, Jasmine Hayes, Arianna Blevins	#9 Crowder (Mo.)	10:54.49	4/5
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Women's High Jump

1	6	Qiana PIERCE	FR	#3 Hinds (Miss.) CC	1.60m	5-3	3/22
2	11	Rasheda SAMUELS	FR	#1 Iowa Western CC	1.56m	5-1 1/4	4/5
3	12	Arriana JOHNSON	SO	#4 Indian Hills (Iowa)	1.55m	5-1	3/28
3	12	Eden BROUWERS	FR	#2 Iowa Central CC	1.55m	5-1	3/28
5	21	Tasha WILLIAMS	JR	#7 Hawkeye (Iowa)	1.50m	4-11	3/28
5	21	Kira MESSERLY	FR	#2 Iowa Central CC {2}	1.50m	4-11	4/12
5	21	Shacora JURDEN	FR	#11 Coahoma (Miss.)	1.50m	4-11	4/3
8	28	Halima BIGGS	FR	#7 Hawkeye (Iowa) {2}	1.45m	4-9	4/12
9	33	Jillian HULSING	SO	#10 Sauk Valley (Ill.)	1.43m	4-8 1/4	4/5
10	38	Journey SANDER	FR	#5 State Fair (Mo.)	1.40m	4-7	3/22

Women's Pole Vault

1	22	Abigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	2.45m	8-1/2	3/21
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Women's Long Jump

1	1	Sakina UMAR	SO	#1 Iowa Western CC	5.99m	19-8 (0.6)	3/29
1	1	Maeva GOUNE TIBBOLO	FR	#2 Iowa Central CC	5.99m	19-8 (0.5)	4/11
3	15	Jocelyn NUNEZ	FR	#5 State Fair (Mo.)	5.53m	18-1 3/4 (1.5)	3/22
4	19	Layisha FREEMAN	FR	#5 State Fair (Mo.) {2}	5.50m	18-1/2 (1.2)	3/15
5	30	Dymonde NAVE	SO	#4 Indian Hills (Iowa)	5.32m	17-5 1/2 (1.8)	4/12
6	36	Amirah NOCK	FR	#6 Meridian (Miss.)	5.22m	17-1 1/2 (1.2)	4/5
7	40	Taeja BARTEE	FR	#1 Iowa Western CC{2}	5.19mw	17-1/2 (2.1)	3/29
8	41	Gift GONPUE	SO	#8 North Iowa Area	5.16mw	16-11 1/4 (2.5)	4/5
9	43	Bethany SLOVENSKY	FR	#5 State Fair (Mo.) {3}	5.13m	16-10 (0.8)	3/15
10	44	Sophia EDWIN	FR	#5 State Fair (Mo.) {4}	5.12m	16-9 3/4 (1.2)	4/11

Women's Triple Jump

1	1	Mercy HONESTY	SO	#1 Iowa Western CC	13.35m	43-9 3/4 (0.5)	3/27
2	5	Shacora JURDEN	FR	#11 Coahoma (Miss.)	11.95m		4/3
3	12	Ashanti PATTON	SO	#6 Meridian (Miss.)	11.46m	37-7 1/4 (1.5)	3/22
4	14	Elfie SANOGO	FR	#1 Iowa Western CC{2}	11.35m	37-3 (-1.9)	3/21
5	29	Brooklyn VOMACKA	FR	#1 Iowa Western CC{3}	10.18m	33-4 3/4 (0.0)	4/5
6	30	Bethany SLOVENSKY	FR	#5 State Fair (Mo.)	9.94m	32-7 1/2 (0.7)	4/11
7	32	Journey SANDER	FR	#5 State Fair (Mo.) {2}	9.88m	32-5 (-0.5)	4/11
8	33	Maggie ROWZE	FR	#10 Sauk Valley (Ill.)	9.38mw	30-9 3/4 (3.8)	4/5

Women's Shot Put

1	3	Sarai SIMPSON	SO	#1 Iowa Western CC	14.73m	48-4	4/5
2	4	Chin-Loy RAYMOND	SO	#1 Iowa Western CC{2}	14.51m	47-7 1/4	4/12
3	6	Unitee BROWN	FR	#2 Iowa Central CC	13.41m	44-0	3/28
4	12	Monifa EDWARDS	FR	#1 Iowa Western CC{3}	12.68m	41-7 1/4	4/12
5	14	Olivia COX	FR	#10 Sauk Valley (Ill.)	12.25m	40-2 1/4	4/13
6	17	Lovely HIBBERT	FR	#1 Iowa Western CC{4}	11.77m	38-7 1/2	3/21
7	18	Kailan MCEWEN	FR	#7 Hawkeye (Iowa)	11.70m	38-4 3/4	4/12
8	23	Zuriya ROBINSON	SO	#2 Iowa Central CC {2}	11.37m	37-3 3/4	4/5
9	31	Eden BROUWERS	FR	#2 Iowa Central CC {3}	10.47m	34-4 1/4	3/28
10	34	Brandy JARMON	FR	#1 Iowa Western CC{5}	10.36m	34-0	3/21



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Midwest

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Women's Discus

1	10	Monifa EDWARDS	FR	#1	Iowa Western CC	41.44m	136-0	4/12
2	11	Lovely HIBBERT	FR	#1	Iowa Western CC {2}	40.47m	132-10	4/5
3	13	Olivia COX	FR	#10	Sauk Valley (Ill.)	38.89m	127-7	4/13
4	20	Chin-Loy RAYMOND	SO	#1	Iowa Western CC {3}	36.48m	119-8	3/29
5	22	Unitee BROWN	FR	#2	Iowa Central CC	35.85m	117-8	3/21
6	28	Breanna SWABY	FR	#7	Hawkeye (Iowa)	34.79m	114-2	4/12
7	29	Zuriya ROBINSON	SO	#2	Iowa Central CC {2}	34.67m	113-9	4/12
8	36	Kit BYARS	SO	#8	North Iowa Area	31.89m	104-8	3/28
9	37	Sarai SIMPSON	SO	#1	Iowa Western CC {4}	31.55m	103-6	4/5
10	38	Claire NICHOLS	SO	#5	State Fair (Mo.)	31.52m	103-5	3/22

Women's Hammer

1	15	Chin-Loy RAYMOND	SO	#1	Iowa Western CC	43.29m	142-1	3/29
2	21	Zuriya ROBINSON	SO	#2	Iowa Central CC	41.43m	135-11	4/12
3	22	Cynthia ALBERT	FR	#4	Indian Hills (Iowa)	41.42m	135-11	4/5
4	25	Olivia COX	FR	#10	Sauk Valley (Ill.)	40.25m	132-1	4/13
5	37	Kara-Jean STATON	FR	#14	Southwestern (Ia)	35.83m	117-7	3/21
6	41	Abbi RICHTER	SO	#14	Southwestern (Ia) {2}	34.84m	114-4	4/12
7	42	Kit BYARS	SO	#8	North Iowa Area	34.46m	113-1	4/11
8	47	Claire NICHOLS	SO	#5	State Fair (Mo.)	33.01m	108-4	3/15
9	51	Lovely HIBBERT	FR	#1	Iowa Western CC {2}	31.92m	104-9	3/21
10	55	Breanna SWABY	FR	#7	Hawkeye (Iowa)	29.63m	97-2½	4/5

Women's Javelin

1	10	Eden BROUWERS	FR	#2	Iowa Central CC	37.19m	122-0	3/28
2	11	Bailey HASELHORST	SO	#5	State Fair (Mo.)	36.02m	118-2	4/11
3	12	Unitee BROWN	FR	#2	Iowa Central CC {2}	36.01m	118-2	4/12
4	16	Isabella SABALA	FR	#5	State Fair (Mo.) {2}	34.23m	112-4	3/29
5	20	Ella HOMAWOO	FR	#2	Iowa Central CC {3}	32.21m	105-8	3/28
6	24	Claire NICHOLS	SO	#5	State Fair (Mo.) {3}	30.72m	100-10	3/15
7	28	Kailan MCEWEN	FR	#7	Hawkeye (Iowa)	29.83m	97-10½	4/12
8	29	Bella DETORRICE-WYNNE	SO	#10	Sauk Valley (Ill.)	29.04m	95-3½	4/5
9	33	Jillian HULSING	SO	#10	Sauk Valley (Ill.) {2}	25.25m	82-10¼	4/5
10	44	Kira MESSERLY	FR	#2	Iowa Central CC {4}	19.34m	63-5½	3/28

Women's Heptathlon

1	5	Eden BROUWERS	FR	#2	Iowa Central CC	4,098	3/28
2	7	Ella HOMAWOO	FR	#2	Iowa Central CC {2}	3,960	3/28
3	13	Kira MESSERLY	FR	#2	Iowa Central CC {3}	2,653	3/28



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West

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Women's 100 Meters

1	2	Ruth AGADAMA	SO	#2 South Plains (Te: 11.35	(1.1)	4/12
2	4	Kamaria KNIGHT	SO	#1 New Mexico JC	11.41	(1.6) 3/22
3	7	Mickayla GARDENER	FR	#5 Central Arizona	11.51	(1.5) 4/5
4	12	Lovina EWUSI	SO	#7 Western Texas	11.60	(1.6) 3/22
5	13	Amari PRATT	SO	#1 New Mexico JC {2}	11.63	(1.9) 4/12
6	18	Tuwana MCLEAN	FR	#1 New Mexico JC {3}	11.72	(1.6) 3/22
6	18	Nandy KIHUYU	SO	#1 New Mexico JC {3}	11.72	(1.0) 3/22
8	21	Charlize FRASER	FR	#7 Western Texas {2}	11.75w	(2.9) 4/12
9	24	Kyja WILLIS	FR	#7 Western Texas {3}	11.81w	(2.9) 4/12
10	26	Nalicia GLEN	FR	#1 New Mexico JC {5}	11.85w	(2.5) 4/12

Women's 100 Meter Hurdles

1	1	Brianna BOYCE	SO	#7 Western Texas	13.50w	(2.8) 3/22
2	2	Maliah EDWARDS	SO	#1 New Mexico JC	13.74	(1.3) 4/12
3	4	Lovina EWUSI	SO	#7 Western Texas {2}	13.85	(1.8) 3/29
4	6	Rashema LINDO	FR	#2 South Plains (Te: 13.94cw	(13.90A) (2.	4/3
5	8	Oluwatumininu SANYAOLU	FR	#2 South Plains (Te: {2}	14.27	(1.8) 4/12
6	16	Kaelyn GIARRUSSO	SO	#10 Glendale (Ariz.) (14.62	(0.3) 3/29
7	19	Dedra WOOD	FR	#11 Bismarck State (14.85	(1.2) 4/6
8	20	Juwonna WHITEHORNE	FR	#2 South Plains (Te: {3}	14.90cw	(14.86A) (2. 4/3
9	25	Abril OKON	SO	#2 South Plains (Te: {4}	15.14w	(2.1) 4/12
10	26	Hannah DROEG	FR	#3 Pima (Ariz.) CC	15.17	(-1.1) 3/28

Women's 200 Meters

1	4	Charlize FRASER	FR	#7 Western Texas	23.66w	(2.5) 3/22
2	8	Mickayla GARDENER	FR	#5 Central Arizona	23.76	(0.2) 3/22
3	9	Oluwatumininu SANYAOLU	FR	#2 South Plains (Te: 23.77w	(3.3)	3/22
4	12	Kamaria KNIGHT	SO	#1 New Mexico JC	23.97c	(23.90A) (-3. 4/3
5	20	Lovina EWUSI	SO	#7 Western Texas {2}	24.26c	(24.19A) (-3. 4/3
6	25	Amari PRATT	SO	#1 New Mexico JC {2}	24.37w	(3.1) 3/22
7	28	Brianna BOYCE	SO	#7 Western Texas {3}	24.46c	(24.39A) (-3. 4/3
8	32	Kyja WILLIS	FR	#7 Western Texas {4}	24.62w	(4.0) 3/22
8	32	Maliah EDWARDS	SO	#1 New Mexico JC {3}	24.62	(1.3) 4/12
10	37	Sofia CARDOZO	JR	#9 Paradise Valley (24.75	(-0.6) 3/29

Women's 400 Meters

1	4	Lovina EWUSI	SO	#7 Western Texas	54.05	4/12
2	6	Nandy KIHUYU	SO	#1 New Mexico JC	54.75	4/12
3	11	Charlize FRASER	FR	#7 Western Texas {2}	55.13c	(55.02A) 4/3
4	17	Jody ANN MITCHELL	SO	#1 New Mexico JC {2}	55.99	4/12
5	19	Shagay SHEPPY	FR	#7 Western Texas {3}	56.12	3/22
6	27	Mickayla GARDENER	FR	#5 Central Arizona	56.57	4/12
7	30	Tuwana MCLEAN	FR	#1 New Mexico JC {3}	56.78	4/12
8	32	Grace KOMBETTO	SO	#5 Central Arizona {2}	57.38	3/29
9	34	Nour RAHOU	FR	#2 South Plains (Te: 57.77		4/12
10	36	J'layah SPELLMAN COLLINS	SO	#3 Pima (Ariz.) CC	57.91	3/22

Women's 400 Meter Hurdles

1	1	Lovina EWUSI	SO	#7 Western Texas	59.86	3/22
2	2	Nour RAHOU	FR	#2 South Plains (Te: 1:01.14c	(1:01.03A)	4/3
3	5	Ysanne PEART	SO	#1 New Mexico JC	1:02.96	4/12
4	6	Brianna BOYCE	SO	#7 Western Texas {2}	1:03.14	3/29
5	13	Tyra CHRISTEAN.	FR	#3 Pima (Ariz.) CC	1:04.94	4/5
6	18	Hannah DROEG	FR	#3 Pima (Ariz.) CC {2}	1:06.06	4/5
7	21	Aliya SCHOCK	SO	#11 Bismarck State (1:07.50	4/6
8	34	Dedra WOOD	FR	#11 Bismarck State ({2}	1:10.83	3/28
9	37	Kate DARE	FR	#4 Mesa (Ariz.) CC	1:12.80	4/12
10	40	Milan KAUR	FR	#18 Phoenix (Ariz.)	1:18.01	4/12

Women's 800 Meters

1	1	Amal KACHOURI	FR	#1 New Mexico JC	2:07.84c	(2:08.21A) 4/3
2	2	Jody ANN MITCHELL	SO	#1 New Mexico JC {2}	2:08.22c	(2:08.60A) 4/3
3	3	Millicent WAFULA	FR	#8 Odessa (Texas)	2:09.53c	(2:09.91A) 4/3
4	7	Emily SILVA	SO	#1 New Mexico JC {3}	2:10.69c	(2:11.08A) 4/3
5	10	Lindsey LOPES	FR	#6 Salt Lake (Utah)	2:13.07	3/22
6	11	Kaydeen JOHNSON	FR	#8 Odessa (Texas) {2}	2:14.13c	(2:14.53A) 4/3
7	14	Avery JENSEN	SO	#6 Salt Lake (Utah) {2}	2:15.12c	(2:15.80A) 3/28
8	16	Tyfané MARTINS	SO	#1 New Mexico JC {4}	2:17.58	3/29
9	17	Daphne KAUSZ	SO	#1 New Mexico JC {5}	2:18.15	4/12
10	18	Francesca ALVARADO	SO	#1 New Mexico JC {6}	2:18.32	3/29

Women's 1500 Meters

1	1	Millicent WAFULA	FR	#8 Odessa (Texas)	4:23.63	3/29
2	3	Kaydeen JOHNSON	FR	#8 Odessa (Texas) {2}	4:31.96	3/29
3	5	Elayna LOVERIDGE	SO	#6 Salt Lake (Utah)	4:37.84	3/22
4	6	Salma SADDOUNG	FR	#8 Odessa (Texas) {3}	4:38.58	3/22
5	7	Angelina LIONE	FR	#6 Salt Lake (Utah) {2}	4:38.63c	(5:07.10A) 3/28
6	8	Elizabeth ILANDA	FR	#8 Odessa (Texas) {4}	4:40.51	3/22
7	10	Angela Denisse SALADO FERNANDEZ	SO	#6 Salt Lake (Utah) {3}	4:40.92c	(5:09.63A) 3/28
8	11	Francesca ALVARADO	SO	#1 New Mexico JC	4:42.48	3/29
9	12	Victaline MUTAI	FR	#12 Ranger (Texas)	4:42.69c	(4:46.11A) 4/3
10	13	Naomi SOTELO	SO	#6 Salt Lake (Utah) {4}	4:43.02c	(5:11.93A) 3/28

Women's Steeplechase

1	1	Salma SADDOUNG	FR	#8 Odessa (Texas)	10:32.38	3/29
2	3	Barbara NEIVA	SO	#14 Trinidad State (C	10:58.69c	(11:14.71A) 3/29
3	4	Melanie ANDERSON	FR	#6 Salt Lake (Utah)	11:06.23	4/5
4	5	Carmella BALDWIN	SO	#4 Mesa (Ariz.) CC	11:12.16	4/5
5	7	Francesca ALVARADO	SO	#1 New Mexico JC	11:25.35c	(11:34.00A) 4/3
6	8	Marjie RICHARDS	FR	#6 Salt Lake (Utah) {2}	11:26.40	4/5
7	9	Alison GUAMAN TISALEMA	FR	#2 South Plains (Te: 11:31.35		4/12
8	10	Rozlyn CAZIER	SO	#13 Southern Idaho	11:31.99	4/5
9	11	Tabetha HENRIE	FR	#6 Salt Lake (Utah) {3}	11:35.20	4/5
10	15	Aubrie BARZEE	FR	#13 Southern Idaho {2}	11:42.69c	(11:59.27A) 4/11



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West

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Women's 5000 Meters

1	1	Elizabeth ILANDA	FR	#8 Odessa (Texas)	16:27.59	3/29
2	2	Millicent WAFULA	FR	#8 Odessa (Texas) {2}	16:27.64	4/12
3	5	Salma SADDOUNG	FR	#8 Odessa (Texas) {3}	17:27.02	4/12
4	6	Keira DAMRON	SO	#9 Paradise Valley (17:39.14	3/22
5	7	Ines MRABET	FR	#1 New Mexico JC	17:41.57c (17:56.19A)	4/3
6	10	Lilian MATEO	SO	#8 Odessa (Texas) {4}	17:47.21	4/12
7	11	Victaline MUTAI	FR	#12 Ranger (Texas)	17:48.61c (18:03.34A)	4/3
8	12	Maddie PEARSON	FR	#6 Salt Lake (Utah)	17:51.85c (18:18.58A)	3/28
9	14	Laynee HOLLECH	FR	#9 Paradise Valley {2}	17:56.74	3/22
10	15	Carmella BALDWIN	SO	#4 Mesa (Ariz.) CC	18:00.45	3/29

Women's 10,000 Meters

1	1	Elizabeth ILANDA	FR	#8 Odessa (Texas)	35:32.01	4/12
2	2	Angela Denisse SALADO FERNANDEZ	SO	#6 Salt Lake (Utah)	35:35.80	4/5
3	3	Angelina LIONE	FR	#6 Salt Lake (Utah) {2}	36:08.76	4/5
4	4	Ines MRABET	FR	#1 New Mexico JC	36:31.05	3/29
5	5	Lindsie FAUSETT	SO	#6 Salt Lake (Utah) {3}	37:06.50	4/5
6	6	Karen KIRATU	SO	#17 Southeast (Neb.)	37:19.89	4/12
7	8	Alix CRAWFORD	FR	#6 Salt Lake (Utah) {4}	37:31.84	4/5
8	10	Joelle WHITWORTH	SO	#6 Salt Lake (Utah) {5}	38:11.99	4/5
9	11	Sierra SUMMERS	FR	#15 Dawson (Mont.)	39:08.92	4/6
10	12	America RODRIGUEZ	FR	#6 Salt Lake (Utah) {6}	39:24.14	4/5

Women's 4x100 Relay

1	5	Amari Pratt, Nandy Kihuyu, Maliah Edwards, Kamaria Knight	#1 New Mexico JC	45.88	3/22
2	6	Kyja Willis, Lovina Ewusi, Brianna Boyce, Charlize Fraser	#7 Western Texas	45.96	4/12
3	11	Charity Rayford, Chasity Rayford, Ki'Sha Tyner, Tania Miles	#12 Ranger (Texas)	47.45	4/12
4	16	Layla Konski, Hannah Droeg, Maylee Thompson, J'layah Spellman Collins	#3 Pima (Ariz.) CC	48.79	3/22
5	24	Petra Onwumere, Oyindamola Adetutu, Shelly Newton, Lauren Allard	#10 Glendale (Ariz.) C	52.48	4/12

Women's 4x400 Relay

1	1	Tuwana McLean, Ysanne Peart, Amari Pratt, Nandy Kihuyu	#1 New Mexico JC	3:39.92	4/12
2	2	Shagay Sheppy, Lovina Ewusi, Brianna Boyce, Charlize Fraser	#7 Western Texas	3:41.27	3/29
3	10	Layla Konski, Hannah Droeg, Tyra Christean, J'Layah Spellman Collin	#3 Pima (Ariz.) CC	4:00.58	3/22
4	12	Avery Jensen, Lindsey Lopes, Tara Bouck, Katie Reaveley	#6 Salt Lake (Utah)	4:07.01c (4:06.57A)	3/28
5	15	Brittany Danas, Alaila Jones, Bryanna Danas, Iyiana Wilhite	#16 Jacksonville (Te	4:12.77	3/15
6	18	Kate Dare, Kendra Guest, Katie Munoz, Carmella Baldwin	#4 Mesa (Ariz.) CC	4:14.94	3/29
7	19	Lailah Campbell, Kaelyn Giarrusso, Aaliyah Perkins, Nicole Novara	#10 Glendale (Ariz.) C	4:18.11	4/12
8	21	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	3	Abril OKON	SO	#2 South Plains (Te	1.62m	5-3¾	4/12
2	3	Kaelyn GIARRUSSO	SO	#10 Glendale (Ariz.) C	1.62m	5-3¾	4/12
2	3	Isabel GREEN	SO	#3 Pima (Ariz.) CC	1.62m	5-3¾	4/5
5	7	April NECAISE	SO	#3 Pima (Ariz.) CC {2}	1.59m	5-2½	3/22
6	8	Sara JACOBSON	SR	#4 Mesa (Ariz.) CC	1.57m	5-1¾	3/28
6	8	Tyler WASHINGTON	SO	#3 Pima (Ariz.) CC {3}	1.57m	5-1¾	4/12
6	8	Janiya ROSS	SO	#3 Pima (Ariz.) CC {3}	1.57m	5-1¾	4/12
9	16	Vinae BUFORD-STILLMAN	FR	#5 Central Arizona	1.53m	5-¼	3/29
10	17	Aliyah GIDHARRY	SO	#5 Central Arizona {2}	1.52m	4-11¾	4/12
10	17	Natalia BRZEZNIAK	JR	#4 Mesa (Ariz.) CC {2}	1.52m	4-11¾	4/12



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

WOMEN — 2025 Checkpoint #3, April 15



West

as of 4/15/2025 8:29:44 AM ET

Women's Pole Vault

1	2	Olga LAPUZOVA	FR	#2	South Plains (Te: 3.65m	11-11¾	3/22
2	4	Madisyn WILLIAMS	FR	#4	Mesa (Ariz.) CC 3.61m	11-10	3/20
3	6	Morgan PEPE	SO	#3	Pima (Ariz.) CC 3.50m	11-5¾	4/5
4	8	Giuliana SCHIESARO	SO	#2	South Plains (Te:{2} 3.35mA	10-11¾	2/7
5	10	Lauren ALLARD	SO	#10	Glendale (Ariz.) (3.16m	10-4¾	3/22
5	10	Anna BROWN	FR	#4	Mesa (Ariz.) CC {2} 3.16m	10-4¾	3/20
5	10	Mackenzie ANDERSON	FR	#9	Paradise Valley (3.16m	10-4¾	3/20
5	10	Mikaila BARAN	FR	#9	Paradise Valley (3.16m	10-4¾	3/20
9	20	Brakelle MCBRIDE	FR	#9	Paradise Valley ({3} 2.56m	8-4¾	3/29

Women's Long Jump

1	3	Kavel RITCHIE	SO	#1	New Mexico JC	5.98m	19-7½ (1.4)	4/10
2	5	Sydney ROQUEBRUN	SO	#2	South Plains (Te:	5.81m	19-¾ (0.9)	4/3
3	6	Juwonna WHITEHORNE	FR	#2	South Plains (Te:{2}	5.64m	18-6 (1.3)	3/22
4	8	Maylee THOMPSON	SO	#3	Pima (Ariz.) CC	5.60m	18-4½ (2.0)	4/5
5	9	Sofia RODRIQUEZ	FR	#1	New Mexico JC {2}	5.57m	18-¾ (0.9)	4/3
5	9	Ruth AGADAMA	SO	#2	South Plains (Te:{3}	5.57m	18-¾ (0.2)	4/3
5	9	Makayla WHITFIELD	FR	#11	Bismarck State (5.57m	18-¾ (0.7)	4/6
8	22	Janita ANTIPINA	FR	#1	New Mexico JC {3}	5.46m	17-11 (0.8)	4/12
9	26	Sara JACOBSON	SR	#4	Mesa (Ariz.) CC	5.37m	17-7½ (0.0)	3/28
10	27	Aliyah GIDHARRY	SO	#5	Central Arizona	5.35m	17-6¾ (0.0)	3/22

Women's Triple Jump

1	3	Sofia RODRIQUEZ	FR	#1	New Mexico JC	12.07m	39-7¼ (2.0)	4/12
2	4	Janita ANTIPINA	FR	#1	New Mexico JC {2}	12.02m	39-5¼ (1.1)	4/10
3	8	Kavel RITCHIE	SO	#1	New Mexico JC {3}	11.79m	38-8¼ (1.1)	4/12
4	15	Alexia ANDERSON	SO	#11	Bismarck State (11.23mw	36-10¼ (3.6)	4/11
5	17	Layla KONSKI	FR	#3	Pima (Ariz.) CC	11.16m	36-7½ (1.3)	3/22
6	18	Oyindamola ADETUTU	SO	#10	Glendale (Ariz.) (11.09m	36-4¾ (1.1)	3/22
7	31	April NECAISE	SO	#3	Pima (Ariz.) CC {2}	9.90m	32-5¾ (0.1)	3/22
8	34	Shelly NEWTON	FR	#10	Glendale (Ariz.) ({2}	8.74m	28-8¼ (0.0)	3/29

Women's Shot Put

1	1	Esteisy SALAS	SO	#1	New Mexico JC	15.85m	52-0	3/29
2	2	Rejoice AGBEWODIE	SO	#5	Central Arizona	15.14m	49-8¼	3/29
3	7	Kahllah BAILEY	FR	#2	South Plains (Te:	13.37m	43-10½	2/7
4	8	Yosiris CORDOBA	SO	#1	New Mexico JC {2}	13.27m	43-6½	4/12
5	9	Suerena ALEXANDER	FR	#2	South Plains (Te:2}	13.24m	43-5¼	2/7
6	11	Athilia PRYCE	FR	#1	New Mexico JC {3}	12.90m	42-4	3/22
7	15	Jamelia NICHOLAS	SO	#5	Central Arizona {2}	11.94m	39-2¼	3/29
8	20	Sara JACOBSON	SR	#4	Mesa (Ariz.) CC	11.60m	38-¾	4/12
9	24	Shyla-Mae CONSTABLE	FR	#5	Central Arizona {3}	11.21m	36-9½	3/29
10	25	Nichole ROBERTS	FR	#15	Dawson (Mont.)	11.06m	36-3½	3/22

Women's Discus

1	2	Rejoice AGBEWODIE	SO	#5	Central Arizona	51.94m	170-5	3/29
2	4	Yosiris CORDOBA	SO	#1	New Mexico JC	50.93m	167-1	4/3
3	6	Athilia PRYCE	FR	#1	New Mexico JC {2}	45.18m	148-3	4/3
4	8	Jamelia NICHOLAS	SO	#5	Central Arizona {2}	42.17m	138-4	3/29
5	12	Seioriana GLASS	SO	#4	Mesa (Ariz.) CC	40.26m	132-1	3/20
6	24	Tiffany NUNEZ	FR	#4	Mesa (Ariz.) CC {2}	35.20m	115-6	3/20
7	26	Vanessa ESPARZA	SO	#1	New Mexico JC {3}	34.83m	114-3	3/22
8	31	Brinley LENSCH	FR	#9	Paradise Valley (33.84m	111-0	4/12
9	32	Joslyn EBY	FR	#17	Southeast (Neb.)	33.62m	110-4	3/28
10	34	Kahllah BAILEY	FR	#2	South Plains (Te: 32.40m	106-4	3/22	

Women's Hammer

1	1	Tania DA SILVA	SO	#1 New Mexico JC	60.62m	198-11	3/29
2	2	Rejoice AGBEWODIE	SO	#5 Central Arizona	53.30m	174-11	3/29
3	3	Shyla-Mae CONSTABLE	FR	#5 Central Arizona	{2} 52.10m	170-11	3/22
4	7	Seioriana GLASS	SO	#4 Mesa (Ariz.) CC	48.11m	157-10	3/22
5	8	Morgan MOSLEY	FR	#3 Pima (Ariz.) CC	46.84m	153-8	4/12
6	10	Esteisy SALAS	SO	#1 New Mexico JC	{2} 45.28m	148-7	4/12
7	11	Athilia PRYCE	FR	#1 New Mexico JC	{3} 45.08m	147-11	4/12
8	27	Tiffany NUNEZ	FR	#4 Mesa (Ariz.) CC	{2} 39.61m	130-0	3/20
9	36	Carmen SPEAR	FR	#9 Paradise Valley (35.85m	117-8	3/20
10	40	Jamelia NICHOLAS	SO	#5 Central Arizona	{3} 35.28m	115-9	3/29

Women's Javelin

1	1	Rejoice AGBEWODIE	SO	#5	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	Suerena ALEXANDER	FR	#2	South Plains (Te:	45.45m	149-2	4/3
4	4	Aliyah GIDHARRY	SO	#5	Central Arizona {2}	44.00m	144-4	4/5
5	5	Jaeleigha ABALOS	FR	#9	Paradise Valley (43.84m	143-10	3/22
6	6	Sara JACOBSON	SR	#4	Mesa (Ariz.) CC	43.20m	141-9	3/28
7	7	Brynn FULLER	FR	#11	Bismarck State (42.01m	137-10	3/28
8	9	Mya SHELDON	SO	#11	Bismarck State ({2}	37.87m	124-3	4/6
9	13	April NECAISE	SO	#3	Pima (Ariz.) CC	35.29m	115-10	3/29
10	15	Maylee THOMPSON	SO	#3	Pima (Ariz.) CC {2}	34.85m	114-4	3/28

Women's Heptathlon

1	1	Sara JACOBSON	SR	#4	Mesa (Ariz.) CC	4,997	3/28
2	2	Abril OKON	SO	#2	South Plains (Te:	4,532	4/12
3	3	Hannah DROEG	FR	#3	Pima (Ariz.) CC	4,258	3/28
4	4	Maylee THOMPSON	SO	#3	Pima (Ariz.) CC {2}	4,230	3/28
5	6	Juwonna WHITEHORNE	FR	#2	South Plains (Te: {2}	4,013	4/12
6	8	Layla KONSKI	FR	#3	Pima (Ariz.) CC {3}	3,729	3/28
7	12	Chloe HANCOCK	FR	#9	Paradise Valley (3,271	3/28
8	14	Natalia BRZEZNIAK	JR	#4	Mesa (Ariz.) CC {2}	2,375	3/28