



WOMEN — 2025 Checkpoint #4, April 22

1 **New Mexico JC** **unch**
Region 5 LW: 1

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	5	Kamaria KNIGHT	SO	11.41 (1.6)	3/22/25	22	2.00	24.00
▶ 100m	14	Amari PRATT	SO	11.63 (1.9)	4/12/25	7	0.66	7.66
▶ 100m	21	Tuwana MCLEAN	FR	11.72 (1.6)	3/22/25	#####	0.00	TM-3
▶ 100m	21	Nandy KIHUYU	SO	11.72 (1.0)	3/22/25	2.5	0.41	2.91
▶ 100m	29	Nalicia GLEN	FR	11.85w (2.5)	4/12/25	#####	0.00	TM-5
▶ 100m	42	Maliah EDWARDS	SO	11.98w (2.2)	3/29/25	#####	0.00	TM-6
▶ 100H	3	Maliah EDWARDS	SO	13.74 (1.3)	4/12/25	26	2.46	28.46
▶ 200m	17	Kamaria KNIGHT	SO	23.97c (23.90A) (-3.6)	4/3/25	4.5	0.62	5.12
▶ 200m	28	Amari PRATT	SO	24.37w (3.1)	3/22/25	0.8	0.15	0.95
▶ 200m	36	Maliah EDWARDS	SO	24.62 (1.3)	4/12/25	0.4	0.00	0.40
▶ 200m	45	Nalicia GLEN	FR	24.92c (24.85A) (-1.1)	4/3/25	#####	0.00	TM-4
▶ 200m	46	Tuwana MCLEAN	FR	24.94 (2.0)	4/19/25	#####	0.00	TM-5
▶ 400m	3	Nandy KIHUYU	SO	53.23	4/19/25	26	3.13	29.13
▶ 400m	20	Jody ANN MITCHELL	SO	55.99	4/12/25	D 2	0.33	2.33
▶ 400m	32	Tuwana MCLEAN	FR	56.78	4/12/25	0.6	0.00	0.60
▶ 400m	35	Ysanne PEART	SO	57.62	4/19/25	#####	0.00	TM-4
▶ 400H	8	Ysanne PEART	SO	1:02.92	4/19/25	16	1.42	17.42
▶ 800m	1	Amal KACHOURI	FR	2:07.84c (2:08.21A)	4/3/25	30	3.11	33.11
▶ 800m	2	Jody ANN MITCHELL	SO	2:08.22c (2:08.60A)	4/3/25	28	2.92	30.92
▶ 800m	7	Emily SILVA	SO	2:10.69c (2:11.08A)	4/3/25	18	1.69	19.69
▶ 800m	20	Tyfane MARTINS	SO	2:17.58	3/29/25	#####	0.00	TM-4
▶ 800m	22	Daphne KAUSZ	SO	2:18.15	4/12/25	#####	0.00	TM-5
▶ 800m	23	Francesca ALVARADO	SO	2:18.32	3/29/25	#####	0.00	TM-6
▶ 800m	48	Ysanne PEART	SO	2:22.93c (2:23.35A)	4/3/25	#####	0.00	TM-7
▶ 1500m	6	Jody ANN MITCHELL	SO	4:36.85	4/19/25	20	1.53	21.53
▶ 1500m	15	Francesca ALVARADO	SO	4:42.16	4/19/25	6	0.63	6.63
▶ 1500m	32	Emily SILVA	SO	4:50.33	4/19/25	0.6	0.00	0.60
▶ Steeple	6	Francesca ALVARADO	SO	11:12.25	4/19/25	20	1.75	21.75
▶ Steeple	20	Hadil CHIHA	FR	11:58.84c (12:07.92A)	4/3/25	3	0.60	3.60
▶ Steeple	21	Lisel NDLOVU	FR	12:18.67c (12:27.99A)	4/3/25	2.5	0.29	2.79
▶ 5000m	12	Ines MRABET	FR	17:41.57c (17:56.19A)	4/3/25	9	0.61	9.61
▶ 5000m	37	Lisel NDLOVU	FR	18:28.87	4/19/25	0.35	0.00	0.35
▶ 10,000m	5	Ines MRABET	FR	36:31.05	3/29/25	22	1.82	23.82
▶ 4x100	7	Maliah Edwards, Tuwana McLean, Amari Pratt, Nandy Kihuyu		45.67	4/19/25	18	2.38	20.38
▶ 4x400	2	Tuwana McLean, Ysanne Peart, Amari Pratt, Nandy Kihuyu		3:39.92	4/12/25	28	3.52	31.52

1 **New Mexico JC** **unch**
Region 5 LW: 1

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
▶ 4x800	1	Emily Silva, Jody Ann Mitchell, Tyfane Martins, Amal Kachouri		8:50.12	3/29/25	30	4.82	34.82
▶ HJ	1	Tiana PETROVA	FR	1.68m 5-6	3/29/25	30	4.04	34.04
▶ LJ	4	Kavel RITCHIE	SO	5.98m 19-7½ (1.4)	4/10/25	24	3.79	27.79
▶ LJ	10	Sofia RODRIQUEZ	FR	5.57mA 18-3¼ (0.9)	4/3/25	12	0.58	12.58
▶ LJ	25	Janita ANTIPINA	FR	5.46m 17-11 (0.8)	4/12/25	0.95	0.17	1.12
▶ TJ	3	Sofia RODRIQUEZ	FR	12.07m 39-7¼ (2.0)	4/12/25	26	2.05	28.05
▶ TJ	4	Janita ANTIPINA	FR	12.02m 39-5¼ (1.1)	4/10/25	24	1.91	25.91
▶ TJ	8	Kavel RITCHIE	SO	11.79m 38-8¼ (1.1)	4/12/25	16	1.39	17.39
▶ SP	1	Esteisy SALAS	SO	15.85m 52-0	3/29/25	30	4.59	34.59
▶ SP	8	Yosiris CORDOBA	SO	13.27m 43-6½	4/12/25	16	1.34	17.34
▶ SP	11	Athilia PRYCE	FR	12.90m 42-4	3/22/25	10	1.06	11.06
▶ DISC	4	Yosiris CORDOBA	SO	50.93mA 167-1	4/3/25	24	3.35	27.35
▶ DISC	7	Athilia PRYCE	FR	45.18mA 148-3	4/3/25	18	1.76	19.76
▶ DISC	28	Vanessa ESPARZA	SO	34.83m 114-3	3/22/25	0.8	0.00	0.80
▶ HT	1	Tania DA SILVA	SO	60.62m 198-11	3/29/25	30	7.06	37.06
▶ HT	11	Esteisy SALAS	SO	45.28m 148-7	4/12/25	10	0.77	10.77
▶ HT	12	Athilia PRYCE	FR	45.08m 147-11	4/12/25	D 2	0.73	2.73
▶ HT	47	Vanessa ESPARZA	SO	34.39m 112-10	3/22/25	#####	0.00	TM-4
▶ JAV	2	Bruna VIEIRA DE JESUS	SO	47.37m 155-5	3/22/25	28	3.64	31.64
NEW MEXICO JC TFRI Team Total								720.07



WOMEN — 2025 Checkpoint #4, April 22

2 **Barton (Kan.) CC** ▲ **1**
Region 6 LW: 3

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	18	Kayda AUSTIN	FR	11.66 (1.6)	4/19/25	4	0.58	4.58
▶ 100m	37	Kennidra SPIGNER	FR	11.94w (2.5)	3/29/25	0.35	0.00	0.35
▶ 100m	45	Takelia WILLIAMS	FR	11.99w (2.5)	3/29/25	0.125	0.00	0.13
▶ 100H	7	Asharrria ULETT	FR	13.93 (1.2)	4/19/25	18	1.72	19.72
▶ 100H	11	Ty'yanah ADAMS	FR	14.33 (0.5)	4/12/25	10	0.95	10.95
▶ 100H	32	Alexia WALKER	FR	15.42 (-0.4)	4/19/25	0.6	0.00	0.60
▶ 100H	38	Widlife VERMILUS	SO	15.61w (4.0)	3/29/25	#####	0.00	TM-4
▶ 200m	2	Keliza SMITH	SO	23.21 (1.5)	4/19/25	28	2.77	30.77
▶ 200m	5	Kayda AUSTIN	FR	23.43 (-0.3)	4/12/25	22	1.96	23.96
▶ 200m	27	Kennidra SPIGNER	FR	24.36 (0.5)	4/12/25	0.85	0.17	1.02
▶ 200m	39	Takelia WILLIAMS	FR	24.73 (1.9)	4/12/25	#####	0.00	TM-4
▶ 400m	2	Keliza SMITH	SO	52.91	4/12/25	28	3.63	31.63
▶ 400m	18	Natasha FOX	FR	55.76	4/19/25	4	0.44	4.44
▶ 400m	22	Narissa MCPHERSON	FR	56.11	4/12/25	2	0.27	2.27
▶ 400m	45	Kialia CLAIBORNE	SO	58.90	4/19/25	#####	0.00	TM-4
▶ 400H	3	Natasha FOX	FR	1:00.74	4/19/25	26	2.70	28.70
▶ 400H	7	Kialia CLAIBORNE	SO	1:02.88	4/19/25	18	1.44	19.44
▶ 400H	39	Widlife VERMILUS	SO	1:13.28	4/19/25	0.275	0.00	0.28
▶ 800m	4	Shone WALTERS	SO	2:09.94	4/12/25	24	2.06	26.06
▶ 800m	47	Alexia WALKER	FR	2:22.70	4/12/25	0.075	0.00	0.08
▶ 4x100	1	Keliza Smith, Kayda Austin, Kennidra Spigner, Takelia Williams		44.70	4/12/25	30	4.04	34.04
▶ 4x400	5	Shone Walters, Keliza Smith, Narissa McPherson, Natasha Fox		3:41.44	4/12/25	22	3.18	25.18
▶ LJ	1	Celine RIDDLE	FR	6.07mw 19-11 (2.1)	4/19/25	30	4.77	34.77
▶ LJ	6	Chloe PERRYMAN	SO	5.71mw 18-8¾ (2.5)	4/19/25	20	1.61	21.61
▶ LJ	15	Alexia WALKER	FR	5.54mw 18-2¼ (3.1)	3/29/25	6	0.47	6.47
▶ LJ	23	Kymia BRIDGETT	FR	5.48m 17-11¾ (1.7)	4/4/25	#####	0.00	TM-4
▶ TJ	2	Celine RIDDLE	FR	12.15m 39-10½ (1.1)	4/12/25	28	2.28	30.28
▶ TJ	10	Kymia BRIDGETT	FR	11.72mw 38-5½ (3.9)	4/19/25	12	1.25	13.25
▶ DISC	1	Cedricka WILLIAMS	SO	59.46m 195-1	4/19/25	30	6.54	36.54
▶ DISC	3	Ivanilda SEMEDO	SO	51.90m 170-4	3/29/25	26	3.67	29.67
▶ DISC	6	Zadie MACKEY	FR	45.29m 148-7	4/4/25	20	1.79	21.79
▶ HT	6	Cedricka WILLIAMS	SO	50.04m 164-2	4/19/25	20	2.04	22.04
▶ HT	7	Zadie MACKEY	FR	48.96m 160-8	3/29/25	18	1.67	19.67
▶ JAV	40	Alexia WALKER	FR	23.37m 76-8¼	3/29/25	0.25	0.00	0.25

BARTON (KAN.) CC TFRI Team Total 500.52

3 **Cloud County (Kan.) CC** ▲ **1**
Region 6 LW: 4

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	2	Maimuna JALLOW	FR	11.30 (2.0)	4/12/25	28	2.96	30.96
▶ 100H	14	Nanhi PANNU	FR	14.41w (3.2)	4/12/25	7	0.84	7.84
▶ 100H	16	Chenessa DAVIS	SO	14.47 (-0.9)	4/5/25	5	0.76	5.76
▶ 100H	18	Tahlia LIENERT	FR	14.49 (1.4)	4/19/25	4	0.73	4.73
▶ 100H	49	Carlie CARLGREN	FR	16.12w (2.5)	4/12/25	#####	0.00	TM-4
▶ 200m	4	Maimuna JALLOW	FR	23.35w (2.4)	4/19/25	24	2.25	26.25
▶ 200m	10	Rafiatu NUHU	SO	23.72w (2.5)	4/12/25	12	1.18	13.18
▶ 400m	1	Rafiatu NUHU	SO	52.73	4/19/25	30	3.91	33.91
▶ 400m	12	Nontokozi NCUBE	SO	55.19	4/12/25	9	0.90	9.90
▶ 400H	9	Nanhi PANNU	FR	1:03.34	4/5/25	14	1.21	15.21
▶ 400H	26	Jaelyn RUMBACK	SO	1:08.86	4/19/25	0.9	0.00	0.90
▶ 400H	41	Carlie CARLGREN	FR	1:13.92	4/19/25	0.225	0.00	0.23
▶ 800m	5	Nontokozi NCUBE	SO	2:09.98	4/5/25	22	2.04	24.04
▶ 800m	6	N Vanee ANCHIKE	SO	2:10.44	4/5/25	20	1.81	21.81
▶ 800m	12	Mercy ANGAAMCHAAB	SO	2:11.85	4/5/25	9	1.29	10.29
▶ 800m	18	Amanda KOTAMBE	FR	2:16.14	4/5/25	#####	0.00	TM-4
▶ 1500m	2	N Vanee ANCHIKE	SO	4:30.90	4/12/25	28	2.99	30.99
▶ 1500m	7	Mercy ANGAAMCHAAB	SO	4:37.48	4/12/25	18	1.41	19.41
▶ 1500m	42	Amanda KOTAMBE	FR	4:52.88	3/29/25	0.2	0.00	0.20
▶ Steeple	22	Amanda KOTAMBE	FR	12:20.64	4/12/25	2	0.26	2.26
▶ 5000m	20	N Vanee ANCHIKE	SO	17:51.05	4/19/25	D	0.39	2.39
▶ 4x400	1	Maimuna Jallow, Nontokozi Ncube, Nanhi Pannu, Rafiatu Nuhu		3:38.84	4/19/25	30	3.77	33.77
▶ 4x800	2	Amanda Kotambe, N Vanee Anchike, Mercy Angaamchaab, Nontokozi Ncube		8:58.44	4/19/25	28	4.20	32.20
▶ HJ	12	Cordaelia WILLIAMS	SO	1.55m 5-1	3/29/25	9	0.76	9.76
▶ HJ	12	Chenessa DAVIS	SO	1.55m 5-1	3/29/25	9	0.76	9.76
▶ HJ	45	Carlie CARLGREN	FR	1.36m 4-5½	4/5/25	0.125	0.00	0.13
▶ PV	7	Bradie MEDINA	SO	3.44m 11-3½	4/12/25	18	1.29	19.29
▶ LJ	26	Nanhi PANNU	FR	5.45mw 17-10¾ (2.7)	3/29/25	0.9	0.13	1.03
▶ LJ	28	Nele GOESL	FR	5.41mw 17-9 (2.6)	3/29/25	0.8	0.00	0.80
▶ LJ	31	Chenessa DAVIS	SO	5.33m 17-6 (2.0)	4/19/25	0.65	0.00	0.65
▶ TJ	21	Nele GOESL	FR	11.03mw 36-2¼ (2.5)	4/19/25	2.5	0.49	2.99
▶ TJ	25	Kiley SMICH	FR	10.60mw 34-9½ (3.4)	3/29/25	0.95	0.05	1.00
▶ SP	38	Vivica ADDISON	SO	10.09m 33-1¼	3/23/25	0.3	0.00	0.30
▶ DISC	21	Margherita SALA	SO	37.62m 123-5	3/29/25	2.5	0.21	2.71
▶ HT	10	Margherita SALA	SO	46.09m 151-3	4/19/25	12	0.92	12.92



WOMEN — 2025 Checkpoint #4, April 22

3

Cloud County (Kan.) CC

Region 6

▲ 1
LW: 4

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
▶ HT	27	Vivica ADDISON	SO	40.59m 133-2	3/29/25	0.85	0.00	0.85
▶ HT	37	Piper CAMP	FR	37.93m 124-6	3/29/25	0.35	0.00	0.35
▶ JAV	8	Vivica ADDISON	SO	40.57m 133-1	4/19/25	16	1.58	17.58
▶ JAV	29	Carlie CARLGREN	FR	30.01m 98-5½	3/29/25	0.75	0.00	0.75
CLOUD COUNTY (KAN.) CC TFRI Team Total								407.09

4

Iowa Western CC

Region 11

▲ 1
LW: 5

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 100m	14	Serena GRACE	FR	11.63 (2.0)	4/12/25	7	0.66	7.66	
▶ 100m	32	Judith KOUEDZINA	SO	11.92w (2.2)	3/29/25	0.6	0.00	0.60	
▶ 100H	16	Tanique TAYLOR	SO	14.47w (2.6)	3/29/25	5	0.76	5.76	
▶ 200m	15	Serena GRACE	FR	23.87 (2.0)	4/12/25	6	0.82	6.82	
▶ 200m	33	Judith KOUEDZINA	SO	24.52 (2.0)	4/12/25	0.55	0.00	0.55	
▶ 400H	10	Tanique TAYLOR	SO	1:03.63	4/19/25	12	1.08	13.08	
▶ 800m	9	Angeline ESTRADA	SO	2:10.92	4/18/25	14	1.59	15.59	
▶ 1500m	25	Angeline ESTRADA	SO	4:46.99	4/18/25	0.95	0.20	1.15	
▶ Steeple	3	Elizabeth EWUSIE	FR	10:47.80	4/18/25	26	2.77	28.77	
▶ 5000m	5	Hafssa BOUTRICH	FR	17:03.17	4/18/25	22	2.03	24.03	
▶ 5000m	13	Wijdane INZALINE	FR	17:43.16	4/5/25	8	0.57	8.57	
▶ 10,000m	1	Juliana SAKAT	FR	33:23.71	4/18/25	30	4.64	34.64	
▶ 10,000m	16	Wijdane INZALINE	FR	38:43.56	4/18/25	5	0.83	5.83	
▶ 10,000m	22	Ayianna OLIVAS	SO	40:15.61	4/12/25	2	0.42	2.42	
▶ 4x100	10	Judith Koumedzina, Serena Grace, Taeja Barte, Tanique Taylor		46.87	4/12/25	12	1.21	13.21	
▶ HJ	11	Rasheda SAMUELS	FR	1.56m 5-1¼	4/5/25	10	0.88	10.88	
▶ LJ	2	Sakina UMAR	SO	5.99m 19-8 (0.6)	3/29/25	28	3.90	31.90	
▶ LJ	20	Mercy HONESTY	SO	5.50m 18-½ (0.3)	4/19/25	3	0.32	3.32	
▶ LJ	45	Taeja BARTEE	FR	5.19mw 17-½ (2.1)	3/29/25	0.125	0.00	0.13	
▶ TJ	1	Mercy HONESTY	SO	13.35m 43-9¾ (0.5)	3/27/25	30	5.75	35.75	
▶ TJ	15	Elfie SANOGO	FR	11.35m 37-3 (-1.9)	3/21/25	6	0.82	6.82	
▶ TJ	31	Brooklyn VOMACKA	FR	10.28m 33-8¾ (1.3)	4/19/25	0.65	0.00	0.65	
▶ SP	3	Sarai SIMPSON	SO	14.95m 49-¾	4/19/25	26	3.22	29.22	
▶ SP	4	Chin-Loy RAYMOND	SO	14.51m 47-7¼	4/12/25	24	2.68	26.68	
▶ SP	13	Monifa EDWARDS	FR	12.68m 41-7¼	4/12/25	8	0.93	8.93	
▶ SP	16	Lovely HIBBERT	FR	12.09m 39-8	4/19/25	#####	0.00	TM-4	
▶ SP	34	Brandy JARMON	FR	10.36m 34-0	3/21/25	#####	0.00	TM-5	
▶ DISC	8	Monifa EDWARDS	FR	42.23m 138-7	4/19/25	16	0.95	16.95	
▶ DISC	11	Lovely HIBBERT	FR	40.47m 132-10	4/5/25	10	0.63	10.63	
▶ DISC	19	Chin-Loy RAYMOND	SO	38.07m 124-11	4/19/25	D	2	0.28	2.28
▶ DISC	40	Sarai SIMPSON	SO	31.55m 103-6	4/5/25	#####	0.00	TM-4	
▶ DISC	50	Brandy JARMON	FR	29.71m 97-5¾	4/19/25	#####	0.00	TM-5	
▶ HT	12	Chin-Loy RAYMOND	SO	45.08m 147-11	4/19/25	9	0.73	9.73	
▶ HT	22	Sarai SIMPSON	SO	41.72m 136-11	4/19/25	2	0.11	2.11	
▶ HT	42	Lovely HIBBERT	FR	35.97m 118-0	4/19/25	0.2	0.00	0.20	
▶ HT	50	Monifa EDWARDS	FR	33.40m 109-7	4/19/25	#####	0.00	TM-4	



National TFRI Team Summary



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

WOMEN — 2025 Checkpoint #4, April 22

4

Iowa Western CC

Region 11



1

LW: 5

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
IOWA WESTERN CC TFRI Team Total								364.85

5

South Plains (Texas)

Region 5



3

LW: 2

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

▶ 100m	3	Ruth AGADAMA	SO	11.35 (1.1)	4/12/25	26	2.52	28.52
▶ 100m	42	Oluwatumininu SANYAOLU	FR	11.98c (11.95A) (1.4)	4/3/25	0.2	0.00	0.20
▶ 100m	48	Sydney ROQUEBRUN	SO	12.03 (1.6)	3/22/25	0.05	0.00	0.05
▶ 100H	8	Rashema LINDO	FR	13.94cw (13.90A) (2.3)	4/3/25	16	1.69	17.69
▶ 100H	10	Oluwatumininu SANYAOLU	FR	14.27 (1.8)	4/12/25	12	1.03	13.03
▶ 100H	24	Juwonna WHITEHORNE	FR	14.90cw (14.86A) (2.3)	4/3/25	1	0.19	1.19
▶ 100H	29	Abril OKON	SO	15.14w (2.1)	4/12/25	#####	0.00	TM-4
▶ 200m	13	Oluwatumininu SANYAOLU	FR	23.77w (3.3)	3/22/25	8	1.06	9.06
▶ 200m	46	Sydney ROQUEBRUN	SO	24.94w (3.2)	3/22/25	0.1	0.00	0.10
▶ 400m	37	Nour RAHOU	FR	57.77	4/12/25	0.35	0.00	0.35
▶ 400H	4	Nour RAHOU	FR	1:01.14c (1:01.03A)	4/3/25	24	2.39	26.39
▶ Steeple	11	Alison GUAMAN TISALEMA	FR	11:31.35	4/12/25	10	1.09	11.09
▶ 5000m	32	Alison GUAMAN TISALEMA	FR	18:24.89c (18:40.11A)	4/3/25	0.6	0.00	0.60
▶ HJ	5	Abril OKON	SO	1.62m 5-3¾	4/12/25	22	2.04	24.04
▶ HJ	36	Juwonna WHITEHORNE	FR	1.41m 4-7½	4/12/25	0.4	0.00	0.40
▶ PV	3	Olga LAPUZOVA	FR	3.65m 11-11¾	3/22/25	26	3.82	29.82
▶ PV	8	Giuliana SCHIESARO	SO	3.35mA 10-11¾	2/7/25	16	0.35	16.35
▶ LJ	5	Sydney ROQUEBRUN	SO	5.81mA 19-¾ (0.9)	4/3/25	22	2.36	24.36
▶ LJ	7	Juwonna WHITEHORNE	FR	5.64m 18-6 (1.3)	3/22/25	18	1.09	19.09
▶ LJ	10	Ruth AGADAMA	SO	5.57mA 18-3¼ (0.2)	4/3/25	12	0.58	12.58
▶ LJ	31	Abril OKON	SO	5.33mw 17-6 (2.9)	4/12/25	#####	0.00	TM-4
▶ SP	7	Kahllah BAILEY	FR	13.37mA 43-10½	2/7/25	18	1.45	19.45
▶ SP	9	Suerena ALEXANDER	FR	13.24mA 43-5¼	2/7/25	14	1.31	15.31
▶ DISC	37	Kahllah BAILEY	FR	32.40m 106-4	3/22/25	0.35	0.00	0.35
▶ JAV	3	Suerena ALEXANDER	FR	45.45mA 149-2	4/3/25	26	2.93	28.93
▶ JAV	32	Abril OKON	SO	27.11m 88-11½	4/12/25	0.6	0.00	0.60
▶ JAV	44	Juwonna WHITEHORNE	FR	21.75m 71-4¼	4/12/25	0.15	0.00	0.15
▶ HEPT	2	Abril OKON	SO	4,532	4/12/25	28	6.33	34.33
▶ HEPT	6	Juwonna WHITEHORNE	FR	4,013	4/12/25	20	1.82	21.82

SOUTH PLAINS (TEXAS) TFRI Team Total 355.86

6

Hinds (Miss.) CC

Region 23

unch

LW: 6

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

▶ 100m	6	Trinity MONTGOMERY	SO	11.46w (3.0)	4/5/25	20	1.57	21.57	
▶ 100m	7	La'Nica LOCKER	SO	11.47w (2.4)	4/19/25	18	1.50	19.50	
▶ 100m	12	Caneilia HOPE	FR	11.56w (2.4)	4/19/25	9	0.99	9.99	
▶ 100m	37	Ritorion VIGNE	SO	11.94w (2.4)	4/5/25	#####	0.00	TM-4	
▶ 100H	6	Seanna GAYE-LESLIE	FR	13.88 (1.3)	4/11/25	20	1.86	21.86	
▶ 100H	9	Lenasia DRUMMOND	SO	14.19 (2.0)	4/19/25	14	1.14	15.14	
▶ 200m	3	La'Nica LOCKER	SO	23.26 (1.8)	4/11/25	26	2.58	28.58	
▶ 200m	16	Trinity MONTGOMERY	SO	23.91w (2.8)	4/19/25	5	0.73	5.73	
▶ 200m	43	Ritorion VIGNE	SO	24.89w (3.1)	4/19/25	0.175	0.00	0.18	
▶ 400m	4	Queen USUNOBUN	FR	53.58	4/19/25	24	2.60	26.60	
▶ 400m	8	Twyshanna HUIE	SO	55.03	3/22/25	16	1.06	17.06	
▶ 400m	8	La'Nica LOCKER	SO	55.03	4/5/25	D	2	1.06	3.06
▶ 400m	25	Caydence BREWER	SO	56.17	4/5/25	#####	0.00	TM-4	
▶ 400m	48	Lania MCDONALD	FR	59.01	4/19/25	#####	0.00	TM-5	
▶ 400H	1	Twyshanna HUIE	SO	59.80	4/19/25	30	3.46	33.46	
▶ 400H	5	T'kyla BENNETT	SO	1:01.21	4/5/25	22	2.34	24.34	
▶ 4x100	2	Seanna Gaye-Leslie, Caneilia Hope, Trinity Montgomery, La'Nica Locker		45.17	4/19/25	28	3.23	31.23	
▶ 4x400	6	Twyshanna Huie, Caydence Brewer, T'kyla Bennett, Queen Usunobun		3:41.98	4/11/25	20	3.06	23.06	
▶ HJ	8	Qiana PIERCE	FR	1.60m 5-3	3/22/25	16	1.52	17.52	

HINDS (MISS.) CC TFRI Team Total 298.86



National TFRI Team Summary



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

WOMEN — 2025 Checkpoint #4, April 22

7 Salt Lake (Utah) CC ▲ 2
Region 18 LW: 9

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	49	Avery JENSEN	SO	59.12c (59.01A)	4/11/25	0.025	0.00	0.03
▶ 800m	8	Lindsey LOPES	FR	2:10.80	4/18/25	16	1.64	17.64
▶ 800m	10	Avery JENSEN	SO	2:11.16	4/18/25	12	1.51	13.51
▶ 800m	17	Elayna LOVERIDGE	SO	2:15.65	4/18/25	4.5	0.63	5.13
▶ 800m	21	Tara BOUCK	FR	2:18.11	4/18/25	#####	0.00	TM-4
▶ 1500m	5	Elayna LOVERIDGE	SO	4:35.72	4/18/25	22	1.73	23.73
▶ 1500m	9	Angelina LIONE	FR	4:38.63c (5:07.10A)	3/28/25	D 2	1.20	3.20
▶ 1500m	12	Angela Denisse SALADO FERNANDEZ	SO	4:40.92c (5:09.63A)	3/28/25	D 2	0.79	2.79
▶ 1500m	14	Lindsey LOPES	FR	4:41.16	4/18/25	#####	0.00	TM-4
▶ 1500m	17	Naomi SOTELO	SO	4:43.02c (5:11.93A)	3/28/25	#####	0.00	TM-5
▶ 1500m	20	Avery JENSEN	SO	4:44.00	4/18/25	#####	0.00	TM-6
▶ 1500m	21	Melanie ANDERSON	FR	4:44.44	4/18/25	#####	0.00	TM-7
▶ 1500m	27	Sarah NICHOLLES	FR	4:47.27c (5:16.73A)	4/11/25	#####	0.00	TM-8
▶ 1500m	31	Mazee SOUTHWARD	FR	4:48.85c (5:18.48A)	4/11/25	#####	0.00	TM-9
▶ 1500m	46	Joelle WHITWORTH	SO	4:54.29c (5:24.37A)	3/28/25	#####	0.00	TM-10
▶ 1500m	48	Ava BERG	FR	4:54.56c (5:24.66A)	3/28/25	#####	0.00	TM-11
▶ 1500m	49	Tara BOUCK	FR	4:54.63	4/18/25	#####	0.00	TM-12
▶ Steeple	4	Melanie ANDERSON	FR	11:06.23	4/5/25	24	1.97	25.97
▶ Steeple	8	Marjie RICHARDS	FR	11:26.40	4/5/25	16	1.26	17.26
▶ Steeple	12	Tabetha HENRIE	FR	11:35.20	4/5/25	9	0.99	9.99
▶ Steeple	18	Katie REAVELEY	FR	11:42.73	4/5/25	#####	0.00	TM-4
▶ 5000m	4	Angela Denisse SALADO FERNANDEZ	SO	16:56.59	4/18/25	24	2.35	26.35
▶ 5000m	6	Melanie ANDERSON	FR	17:06.14	4/18/25	20	1.88	21.88
▶ 5000m	7	Angelina LIONE	FR	17:07.14	4/18/25	18	1.83	19.83
▶ 5000m	11	Lindsie FAUSETT	SO	17:41.22	4/18/25	#####	0.00	TM-4
▶ 5000m	15	Mazee SOUTHWARD	FR	17:45.36	4/18/25	#####	0.00	TM-5
▶ 5000m	18	Alix CRAWFORD	FR	17:50.23	4/18/25	#####	0.00	TM-6
▶ 5000m	21	Maddie PEARSON	FR	17:51.85c(18:18.58A)	3/28/25	#####	0.00	TM-7
▶ 5000m	24	Joelle WHITWORTH	SO	17:57.29	4/18/25	#####	0.00	TM-8
▶ 5000m	28	Elayna LOVERIDGE	SO	18:20.06	4/5/25	#####	0.00	TM-9
▶ 5000m	34	Naomi SOTELO	SO	18:25.26	4/5/25	#####	0.00	TM-10
▶ 5000m	36	Sarah NICHOLLES	FR	18:28.30	4/18/25	#####	0.00	TM-11
▶ 5000m	39	Ava BERG	FR	18:29.89c(18:58.72A)	4/12/25	#####	0.00	TM-12
▶ 5000m	40	Grace WAITE	FR	18:30.54c(18:58.23A)	3/28/25	#####	0.00	TM-13
▶ 5000m	44	Cambrie BABCOCK	FR	18:37.08c(19:06.10A)	4/12/25	#####	0.00	TM-14
▶ 5000m	46	Kenadee BUSHMAN	FR	18:39.44c(19:08.52A)	4/12/25	#####	0.00	TM-15

7 Salt Lake (Utah) CC ▲ 2
Region 18 LW: 9

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
▶ 10,000m	3	Angela Denisse SALADO FERNANDEZ	SO	35:35.80	4/5/25	26	2.49	28.49
▶ 10,000m	4	Angelina LIONE	FR	36:08.76	4/5/25	24	2.04	26.04
▶ 10,000m	6	Lindsie FAUSETT	SO	37:06.50	4/5/25	20	1.47	21.47
▶ 10,000m	10	Alix CRAWFORD	FR	37:31.84	4/5/25	#####	0.00	TM-4
▶ 10,000m	12	Maddie PEARSON	FR	38:01.41	4/18/25	#####	0.00	TM-5
▶ 10,000m	13	Joelle WHITWORTH	SO	38:11.99	4/5/25	#####	0.00	TM-6
▶ 10,000m	15	Ava BERG	FR	38:30.92	4/18/25	#####	0.00	TM-7
▶ 10,000m	19	America RODRIGUEZ	FR	39:24.14	4/5/25	#####	0.00	TM-8
▶ 4x400	14	Avery Jensen, Lindsey Lopes, Tara Bouck, Katie Reaveley		4:07.01c (4:06.57A)	3/28/25	7	0.52	7.52

SALT LAKE (UTAH) CC TFRI Team Total 270.85



National TFRI Team Summary



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

WOMEN — 2025 Checkpoint #4, April 22

8

Pima (Ariz.) CC
Region 1

▼ 1
LW: 7

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	31	Hannah DROEG	FR	15.17 (-1.1)	3/28/25	0.65	0.00	0.65
▶ 100H	36	Layla KONSKI	FR	15.57 (-1.1)	3/28/25	0.4	0.00	0.40
▶ 100H	44	Tyler WASHINGTON	SO	15.75 (-0.9)	4/12/25	0.15	0.00	0.15
▶ 100H	50	Tyra CHRISTEAN.	FR	16.14 (-0.9)	4/12/25	#####	0.00	TM-4
▶ 400m	39	J'layah SPELLMAN COLLINS	SO	57.91	3/22/25	0.275	0.00	0.28
▶ 400H	16	Tyra CHRISTEAN.	FR	1:04.94	4/5/25	5	0.75	5.75
▶ 400H	21	Hannah DROEG	FR	1:06.06	4/5/25	D 2	0.49	2.49
▶ 400H	44	Tyler WASHINGTON	SO	1:21.33	3/29/25	0.15	0.00	0.15
▶ 800m	26	Reatta DANOFF	SO	2:18.66	4/5/25	0.9	0.17	1.07
▶ 1500m	34	Reatta DANOFF	SO	4:50.78	4/5/25	0.5	0.00	0.50
▶ 1500m	40	Linda RIVERO	SO	4:52.54	3/22/25	0.25	0.00	0.25
▶ 10,000m	25	Elexia ARAGON	FR	42:01.74	4/5/25	0.95	0.00	0.95
▶ 10,000m	26	Elizabeth COPPOLA	FR	42:45.88	4/5/25	0.9	0.00	0.90
▶ 4x100	17	Layla Konski, Hannah Droeg, Maylee Thompson, J'layah Spellman Collins		48.79	3/22/25	4.5	0.19	4.69
▶ 4x400	11	Layla Konski, Hannah Droeg, Tyra Christean, J'Layah Spellman Collin		4:00.58	3/22/25	10	0.95	10.95
▶ HJ	3	Janiya ROSS	SO	1.63m 5-4¼	4/18/25	26	2.37	28.37
▶ HJ	3	April NECAISE	SO	1.63m 5-4¼	4/18/25	26	2.37	28.37
▶ HJ	5	Isabel GREEN	SO	1.62m 5-3¾	4/5/25	22	2.04	24.04
▶ HJ	9	Tyler WASHINGTON	SO	1.57m 5-1¾	4/12/25	#####	0.00	TM-4
▶ HJ	31	Hannah DROEG	FR	1.45m 4-9	3/28/25	#####	0.00	TM-5
▶ HJ	40	Maylee THOMPSON	SO	1.39m 4-6¾	3/28/25	#####	0.00	TM-6
▶ HJ	45	Layla KONSKI	FR	1.36m 4-5½	3/28/25	#####	0.00	TM-7
▶ PV	2	Morgan PEPE	SO	3.81m 12-6	4/18/25	28	7.02	35.02
▶ LJ	9	Maylee THOMPSON	SO	5.60m 18-4½ (2.0)	4/5/25	14	0.79	14.79
▶ LJ	37	Layla KONSKI	FR	5.29m 17-4¼ (0.5)	3/22/25	0.35	0.00	0.35
▶ TJ	18	Layla KONSKI	FR	11.16m 36-7½ (1.3)	3/22/25	4	0.63	4.63
▶ TJ	32	Tatiana WHITE	FR	10.10m 33-1¾ (1.6)	4/18/25	0.6	0.00	0.60
▶ TJ	33	April NECAISE	SO	9.90m 32-5¾ (0.1)	3/22/25	0.55	0.00	0.55
▶ TJ	35	Julus YOUNG	FR	9.76m 32-¼ (1.9)	4/18/25	#####	0.00	TM-4
▶ SP	25	Morgan MOSLEY	FR	11.18m 36-8¼	4/18/25	0.95	0.05	1.00
▶ SP	43	Hannah DROEG	FR	9.85m 32-3¾	3/28/25	0.175	0.00	0.18
▶ SP	46	Tyler WASHINGTON	SO	9.76m 32-¼	4/18/25	0.1	0.00	0.10
▶ SP	47	Bianca CORONA	FR	9.69m 31-9½	4/18/25	#####	0.00	TM-4
▶ SP	49	Armani LOPEZ	FR	9.62m 31-6¾	3/22/25	#####	0.00	TM-5
▶ DISC	35	Morgan MOSLEY	FR	32.78m 107-7	4/18/25	0.45	0.00	0.45

8

Pima (Ariz.) CC
Region 1

▼ 1
LW: 7

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
▶ HT	9	Morgan MOSLEY	FR	46.84m 153-8	4/12/25	14	1.06	15.06
▶ JAV	14	April NECAISE	SO	35.29m 115-10	3/29/25	7	0.74	7.74
▶ JAV	16	Maylee THOMPSON	SO	34.85m 114-4	3/28/25	D 2	0.67	2.67
▶ JAV	18	Hannah DROEG	FR	32.96m 108-2	3/22/25	4	0.39	4.39
▶ JAV	22	Armani LOPEZ	FR	31.07m 101-11	4/5/25	#####	0.00	TM-4
▶ JAV	36	Morgan MOSLEY	FR	24.45m 80-2¾	4/18/25	#####	0.00	TM-5
▶ JAV	49	Layla KONSKI	FR	19.21m 63-¼	3/28/25	#####	0.00	TM-6
▶ HEPT	3	Hannah DROEG	FR	4,258	3/28/25	26	3.42	29.42
▶ HEPT	4	Maylee THOMPSON	SO	4,230	3/28/25	24	3.12	27.12
▶ HEPT	8	Layla KONSKI	FR	3,729	3/28/25	16	0.21	16.21

PIMA (ARIZ.) CC TFRI Team Total 270.23



National TFRI Team Summary



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

WOMEN — 2025 Checkpoint #4, April 22

9

Coffeyville (Kan.) CC

Region 6

▲ 1
LW: 10

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	1	Royanah FARMER	SO	11.22w (3.8)	4/17/25	30	3.67	33.67
▶ 100m	14	Linya GEDEON	SO	11.63w (3.8)	4/17/25	7	0.66	7.66
▶ 100m	29	Dhakiya BLAKE	SO	11.85w (3.8)	4/17/25	0.75	0.05	0.80
▶ 100m	42	Tierra WILLIAMS	FR	11.98w (3.5)	4/17/25	#####	0.00	TM-4
▶ 100H	2	Linya GEDEON	SO	13.59w (2.2)	4/17/25	28	3.11	31.11
▶ 100H	35	Ja'Kheria KELSER	FR	15.47 (0.8)	3/13/25	0.45	0.00	0.45
▶ 200m	8	Royanah FARMER	SO	23.70 (0.0)	4/10/25	16	1.23	17.23
▶ 200m	18	Linya GEDEON	SO	24.05 (0.0)	4/10/25	D 2	0.53	2.53
▶ 200m	21	Tierra WILLIAMS	FR	24.16 (0.0)	4/10/25	2.5	0.40	2.90
▶ 200m	24	Dhakiya BLAKE	SO	24.26 (0.0)	4/10/25	#####	0.00	TM-4
▶ 200m	48	Ja'Kheria KELSER	FR	25.04w (3.3)	3/13/25	#####	0.00	TM-5
▶ 400m	14	Tierra WILLIAMS	FR	55.22	4/10/25	7	0.87	7.87
▶ 400m	16	Dhakiya BLAKE	SO	55.31	4/10/25	5	0.79	5.79
▶ 400m	17	Amalinally PEMBERTON	SO	55.67	3/29/25	4.5	0.48	4.98
▶ 400H	20	Ja'Kheria KELSER	FR	1:05.72	3/23/25	3	0.57	3.57
▶ 400H	38	Jayda GREEN	SO	1:11.38	3/13/25	0.3	0.00	0.30
▶ 800m	34	Amalinally PEMBERTON	SO	2:20.57	4/10/25	0.5	0.00	0.50
▶ 4x100	6	Dhakiya Blake, Royanah Farmer, Tierra Williams, Linya Gedeon		45.42	3/29/25	20	2.80	22.80
▶ 4x400	7	Tierra Williams, Dhakiya Blake, Ja'Kheria Kelsler, Amalinally Pemberton		3:46.54	3/29/25	18	2.27	20.27
▶ HJ	40	Isabelle CULLENS	FR	1.39m 4-6¾	4/5/25	0.25	0.00	0.25
▶ PV	18	Isabelle CULLENS	FR	3.01m 9-10½	3/29/25	D 2	0.00	2.00
▶ PV	19	Anna WASHBURN	FR	2.86m 9-4½	3/29/25	3.5	0.00	3.50
▶ TJ	12	Isabelle CULLENS	FR	11.47mw 37-7¾ (3.5)	4/17/25	9	0.95	9.95
▶ TJ	29	Anna WASHBURN	FR	10.40mw 34-1½ (3.8)	3/29/25	0.75	0.00	0.75
▶ SP	29	Shaniece POWELL	FR	10.76m 35-3¾	4/10/25	0.75	0.00	0.75
▶ DISC	5	Carla Kay BROWN	FR	45.41m 149-0	4/17/25	22	1.82	23.82
▶ DISC	15	Shaniece POWELL	FR	39.00m 128-0	4/17/25	6	0.42	6.42
▶ DISC	22	McKayla KUPLICKI	SO	37.29m 122-4	3/23/25	2	0.16	2.16
▶ HT	5	Ana MANOUSARIDIS	SO	50.29m 165-0	4/17/25	22	2.13	24.13
▶ HT	24	McKayla KUPLICKI	SO	41.56m 136-4	4/10/25	1	0.08	1.08
▶ HT	26	Carla Kay BROWN	FR	40.85m 134-0	3/13/25	0.9	0.00	0.90
▶ HT	41	Shaniece POWELL	FR	36.46m 119-8	3/13/25	#####	0.00	TM-4
▶ JAV	23	Isabelle CULLENS	FR	30.98m 101-8	3/13/25	1.5	0.09	1.59
▶ HEPT	9	Isabelle CULLENS	FR	3,552	4/5/25	14	0.00	14.00

COFFEYVILLE (KAN.) CC TFRI Team Total 253.71

10

Odessa (Texas)

Region 5

▼ 2
LW: 8

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	3	Millicent WAFULA	FR	2:09.53c (2:09.91A)	4/3/25	D 2	2.26	4.26
▶ 800m	13	Kaydeen JOHNSON	FR	2:14.13c (2:14.53A)	4/3/25	8	0.88	8.88
▶ 1500m	1	Millicent WAFULA	FR	4:23.63	3/29/25	30	5.12	35.12
▶ 1500m	4	Kaydeen JOHNSON	FR	4:31.96	3/29/25	24	2.69	26.69
▶ 1500m	8	Salma SADDOUG	FR	4:38.58	3/22/25	16	1.21	17.21
▶ 1500m	10	Elizabeth ILANDA	FR	4:40.51	3/22/25	#####	0.00	TM-4
▶ 1500m	28	Lilian MATEO	SO	4:47.68c (4:51.16A)	4/3/25	#####	0.00	TM-5
▶ Steeple	1	Salma SADDOUG	FR	10:32.38	3/29/25	30	3.64	33.64
▶ 5000m	1	Elizabeth ILANDA	FR	16:27.59	3/29/25	30	4.38	34.38
▶ 5000m	2	Millicent WAFULA	FR	16:27.64	4/12/25	28	4.37	32.37
▶ 5000m	10	Salma SADDOUG	FR	17:27.02	4/12/25	D 2	0.95	2.95
▶ 5000m	16	Lilian MATEO	SO	17:47.21	4/12/25	#####	0.00	TM-4
▶ 10,000m	2	Elizabeth ILANDA	FR	35:32.01	4/12/25	28	2.55	30.55
▶ 10,000m	23	Migyelis PUPO BRIZUELA	SO	40:53.30	4/12/25	1.5	0.25	1.75

ODESSA (TEXAS) TFRI Team Total 227.81



WOMEN — 2025 Checkpoint #4, April 22

11

Western Texas Region 5

unch

LW: 11

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	13	Lovina EWUSI	SO	11.60 (1.6)	3/22/25	D 2	0.76	2.76
▶ 100m	24	Charlize FRASER	FR	11.75w (2.9)	4/12/25	1	0.33	1.33
▶ 100m	27	Kyja WILLIS	FR	11.81w (2.9)	4/12/25	0.85	0.16	1.01
▶ 100H	1	Brieanna BOYCE	SO	13.50w (2.8)	3/22/25	30	3.51	33.51
▶ 100H	5	Lovina EWUSI	SO	13.85 (1.8)	3/29/25	D 2	1.99	3.99
▶ 200m	6	Charlize FRASER	FR	23.66w (2.5)	3/22/25	20	1.32	21.32
▶ 200m	8	Lovina EWUSI	SO	23.70 (1.3)	4/19/25	D 2	1.23	3.23
▶ 200m	32	Brieanna BOYCE	SO	24.46c (24.39A) (-3.6)	4/3/25	0.6	0.05	0.65
▶ 200m	36	Kyja WILLIS	FR	24.62w (4.0)	3/22/25	#####	0.00	TM-4
▶ 400m	5	Lovina EWUSI	SO	54.05	4/12/25	22	2.03	24.03
▶ 400m	11	Charlize FRASER	FR	55.13c (55.02A)	4/3/25	10	0.96	10.96
▶ 400m	23	Shagay SHEPPY	FR	56.12	3/22/25	1.5	0.27	1.77
▶ 400H	2	Lovina EWUSI	SO	59.86	3/22/25	28	3.41	31.41
▶ 400H	6	Brieanna BOYCE	SO	1:02.24	4/19/25	20	1.76	21.76
▶ 4x100	3	Kyja Willis, Lovina Ewusi, Brieanna Boyce, Charlize Fraser		45.26	4/19/25	26	3.07	29.07
▶ 4x400	3	Shagay Sheppy, Lovina Ewusi, Brieanna Boyce, Charlize Fraser		3:41.27	3/29/25	26	3.22	29.22
WESTERN TEXAS TFRI Team Total								216.01

12

Central Arizona Region 1

unch

LW: 12

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	9	Mickayla GARDENER	FR	11.51 (1.5)	4/5/25	14	1.27	15.27
▶ 100H	26	Aliyah GIDHARRY	SO	15.04 (-0.5)	4/18/25	0.9	0.01	0.91
▶ 200m	12	Mickayla GARDENER	FR	23.76 (0.2)	3/22/25	9	1.08	10.08
▶ 400m	29	Mickayla GARDENER	FR	56.57	4/12/25	0.75	0.05	0.80
▶ 400m	33	Grace KOMBETTO	SO	57.28	4/18/25	0.55	0.00	0.55
▶ 400m	40	Amiyanee HARRIS	SO	58.22	3/29/25	0.25	0.00	0.25
▶ 800m	14	Grace KOMBETTO	SO	2:14.19	4/18/25	7	0.87	7.87
▶ Steeple	33	Megan TSABETSAYE	SO	13:34.84	4/18/25	0.55	0.00	0.55
▶ 5000m	47	Jessica VIERA	SO	18:43.55	4/5/25	0.075	0.00	0.08
▶ 10,000m	28	Reshila CURLEY	FR	45:48.21	3/29/25	0.8	0.00	0.80
▶ HJ	18	Vinae BUFORD-STILLMAN	FR	1.53m 5-¼	3/29/25	4	0.53	4.53
▶ HJ	19	Aliyah GIDHARRY	SO	1.52m 4-11¾	4/12/25	3.5	0.41	3.91
▶ LJ	30	Aliyah GIDHARRY	SO	5.35m 17-6¾ (0.0)	3/22/25	0.7	0.00	0.70
▶ SP	2	Rejoice AGBEWODIE	SO	15.14m 49-8¼	3/29/25	D 2	3.51	5.51
▶ SP	17	Jamelia NICHOLAS	SO	11.94m 39-2¼	3/29/25	4.5	0.49	4.99
▶ SP	24	Shyla-Mae CONSTABLE	FR	11.21m 36-9½	3/29/25	1	0.07	1.07
▶ DISC	2	Rejoice AGBEWODIE	SO	51.94m 170-5	3/29/25	28	3.68	31.68
▶ DISC	9	Jamelia NICHOLAS	SO	42.17m 138-4	3/29/25	14	0.93	14.93
▶ HT	2	Rejoice AGBEWODIE	SO	53.30m 174-11	3/29/25	D 2	3.43	5.43
▶ HT	3	Shyla-Mae CONSTABLE	FR	52.10m 170-11	3/22/25	26	2.84	28.84
▶ HT	36	Jamelia NICHOLAS	SO	38.19m 125-4	4/18/25	0.4	0.00	0.40
▶ JAV	1	Rejoice AGBEWODIE	SO	48.13m 157-11	3/22/25	30	3.92	33.92
▶ JAV	4	Aliyah GIDHARRY	SO	44.00m 144-4	4/5/25	24	2.50	26.50
CENTRAL ARIZONA TFRI Team Total								199.56



National TFRI Team Summary



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

WOMEN — 2025 Checkpoint #4, April 22

13

Mesa (Ariz.) CC Region 1

unch

LW: 13

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	33	Sara JACOBSON	SR	15.44 (-1.1)	3/28/25	0.55	0.00	0.55
▶ 100H	43	Natalia BRZEZNIAK	JR	15.73 (-1.6)	4/12/25	0.175	0.00	0.18
▶ 400H	35	Kate DARE	FR	1:10.04	4/18/25	0.45	0.00	0.45
▶ 800m	28	Lucy MELZER	FR	2:19.70	4/18/25	0.8	0.02	0.82
▶ 800m	29	Katie MUNOZ	FR	2:19.95	4/18/25	0.75	0.00	0.75
▶ 800m	31	Kinley JACKSON	FR	2:20.45	3/29/25	#####	0.00	TM-3
▶ 800m	31	Carmella BALDWIN	SO	2:20.45	3/29/25	0.65	0.00	0.65
▶ 800m	39	Kendra GUEST	SO	2:21.56	4/5/25	#####	0.00	TM-5
▶ 1500m	36	Lucy MELZER	FR	4:51.34	3/22/25	0.4	0.00	0.40
▶ 1500m	38	Carmella BALDWIN	SO	4:52.00	3/22/25	0.3	0.00	0.30
▶ 1500m	39	Kinley JACKSON	FR	4:52.40	3/22/25	0.275	0.00	0.28
▶ 1500m	43	Katie MUNOZ	FR	4:52.97	4/5/25	#####	0.00	TM-4
▶ Steeple	5	Carmella BALDWIN	SO	11:12.16	4/5/25	22	1.76	23.76
▶ Steeple	9	Kinley JACKSON	FR	11:29.99	4/18/25	14	1.14	15.14
▶ Steeple	29	Lucy MELZER	FR	13:01.12	3/20/25	0.75	0.00	0.75
▶ 5000m	19	Carmella BALDWIN	SO	17:50.33	4/19/25	3.5	0.40	3.90
▶ 4x400	18	Kate Dare, Kendra Guest, Katie Munoz, Carmella Baldwin		4:14.94	3/29/25	4	0.02	4.02
▶ HJ	9	Sara JACOBSON	SR	1.57m 5-1¾	3/28/25	D 2	0.99	2.99
▶ HJ	19	Natalia BRZEZNIAK	JR	1.52m 4-11¾	4/12/25	3.5	0.41	3.91
▶ PV	5	Madisyn WILLIAMS	FR	3.61m 11-10	3/20/25	22	3.06	25.06
▶ PV	12	Anna BROWN	FR	3.16m 10-4¼	3/20/25	9	0.00	9.00
▶ LJ	29	Sara JACOBSON	SR	5.37m 17-7½ (0.0)	3/28/25	0.75	0.00	0.75
▶ LJ	33	Erin MABRY	FR	5.32m 17-5½ (-1.8)	4/12/25	0.55	0.00	0.55
▶ SP	20	Sara JACOBSON	SR	11.60m 38-¾	4/12/25	D 2	0.29	2.29
▶ DISC	12	Seioriana GLASS	SO	40.26m 132-1	3/20/25	9	0.60	9.60
▶ DISC	26	Tiffany NUNEZ	FR	35.20m 115-6	3/20/25	0.9	0.00	0.90
▶ HT	8	Seioriana GLASS	SO	48.11m 157-10	3/22/25	1.6	1.37	17.37
▶ HT	30	Tiffany NUNEZ	FR	39.61m 130-0	3/20/25	0.7	0.00	0.70
▶ JAV	6	Sara JACOBSON	SR	43.20m 141-9	3/28/25	20	2.28	22.28
▶ JAV	27	Tatum MATHENY	FR	30.39m 99-8½	4/12/25	0.85	0.00	0.85
▶ JAV	28	Emily SCHOLZ	FR	30.33m 99-6¼	3/29/25	0.8	0.00	0.80
▶ JAV	43	Natalia BRZEZNIAK	JR	22.00m 72-2¼	4/12/25	#####	0.00	TM-4
▶ HEPT	1	Sara JACOBSON	SR	4,997	3/28/25	30	11.27	41.27
▶ HEPT	15	Natalia BRZEZNIAK	JR	2,375	3/28/25	6	0.00	6.00
MESA (ARIZ.) CC TFRI Team Total								196.28

14

Fort Scott (Kan.) CC Region 6

▲ 2

LW: 16

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	11	Crystal CHAMBERS	SO	11.54 (1.5)	3/28/25	10	1.10	11.10
▶ 100m	25	Dayjonique CATO	SO	11.77w (2.1)	4/17/25	0.95	0.27	1.22
▶ 100m	31	Jayden PIPER	SO	11.87w (3.5)	4/12/25	0.65	0.00	0.65
▶ 100H	13	Damaria BELL	SO	14.37w (2.2)	4/17/25	8	0.89	8.89
▶ 100H	41	Jakouria JAMERSON	SO	15.66w (2.2)	4/17/25	0.225	0.00	0.23
▶ 100H	46	Marcy MONELL	SO	15.94w (2.2)	4/17/25	0.1	0.00	0.10
▶ 200m	20	Crystal CHAMBERS	SO	24.11 (1.8)	3/28/25	3	0.46	3.46
▶ 200m	22	Dayjonique CATO	SO	24.22 (0.5)	4/12/25	2	0.33	2.33
▶ 200m	25	Emmanuella SQUIRE	SO	24.27 (2.0)	4/12/25	0.95	0.27	1.22
▶ 200m	29	Ivana ODONKOR	SO	24.39w (2.4)	4/17/25	#####	0.00	TM-4
▶ 200m	35	Jayden PIPER	SO	24.61w (2.7)	3/20/25	#####	0.00	TM-5
▶ 200m	42	Andrea SHAW	SO	24.88w (3.3)	3/13/25	#####	0.00	TM-6
▶ 200m	48	Kennedy MOSLEY	SO	25.04w (3.5)	4/12/25	#####	0.00	TM-7
▶ 400m	6	Dayjonique CATO	SO	54.57	3/20/25	20	1.51	21.51
▶ 400m	13	Jayden PIPER	SO	55.20	4/17/25	8	0.89	8.89
▶ 400m	15	Ivana ODONKOR	SO	55.27	4/17/25	6	0.82	6.82
▶ 400m	21	Kennedy MOSLEY	SO	56.01	4/17/25	#####	0.00	TM-4
▶ 400m	26	Emmanuella SQUIRE	SO	56.25	3/20/25	#####	0.00	TM-5
▶ 400H	13	Marcy MONELL	SO	1:04.65	3/20/25	8	0.83	8.83
▶ 400H	15	Jakouria JAMERSON	SO	1:04.89	4/17/25	6	0.77	6.77
▶ 400H	27	Juaneya SYKES	SO	1:09.00	4/17/25	0.85	0.00	0.85
▶ 400H	31	Damaria BELL	SO	1:09.65	3/20/25	#####	0.00	TM-4
▶ 4x100	5	Dayjonique Cato, Crystal Chambers, Emmanuella Squire, Jayden Piper		45.34	4/17/25	22	2.94	24.94
▶ 4x400	4	Jayden Piper, Emmanuella Squire, Dayjonique Cato, Ivana Odonkor		3:41.37	3/28/25	24	3.19	27.19
▶ HJ	19	Jazz DILWORTH	FR	1.52m 4-11¾	3/28/25	3.5	0.41	3.91
▶ HJ	28	Jakouria JAMERSON	SO	1.46m 4-9½	3/28/25	0.8	0.00	0.80
▶ LJ	10	Aalyiah LINTON	SO	5.57m 18-3¼ (1.3)	3/20/25	12	0.58	12.58
▶ TJ	14	Aalyiah LINTON	SO	11.39m 37-4½ (1.0)	3/28/25	7	0.87	7.87
▶ TJ	22	Braela SARGENT	SO	10.87mw 35-8 (3.2)	3/28/25	2	0.33	2.33
▶ JAV	25	Hailey MCGOWEN	SO	30.50m 100-1	4/17/25	0.95	0.01	0.96
▶ JAV	45	Jazz DILWORTH	FR	21.46m 70-5	3/28/25	0.125	0.00	0.13
▶ HEPT	10	Jazz DILWORTH	FR	3,466	3/28/25	12	0.00	12.00
▶ HEPT	11	Jakouria JAMERSON	SO	3,328	3/28/25	10	0.00	10.00
FORT SCOTT (KAN.) CC TFRI Team Total								185.56



National TFRI Team Summary



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

WOMEN — 2025 Checkpoint #4, April 22

15

Iowa Central CC

Region 11



1

LW: 14

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	19	Zariah GREAVES	SO	11.68w (3.1)	3/28/25	3.5	0.52	4.02
▶ 100H	45	Ella HOMAWOOD	FR	15.90w (3.2)	3/28/25	0.125	0.00	0.13
▶ 100H	48	Eden BROUWERS	FR	16.00w (4.0)	3/28/25	0.05	0.00	0.05
▶ 400m	41	Mechak Linda BULA BULA	FR	58.46	4/18/25	0.225	0.00	0.23
▶ 400H	16	Chadrak Belinda BULA BULA	FR	1:04.94	4/5/25	5	0.75	5.75
▶ 800m	35	Juliette GAVOIS	FR	2:20.67	4/12/25	0.45	0.00	0.45
▶ 1500m	19	Abbigail (Abbi) HUTCHINSON	FR	4:43.85	4/11/25	3.5	0.48	3.98
▶ Steeple	7	Abbigail (Abbi) HUTCHINSON	FR	11:14.51	4/18/25	18	1.67	19.67
▶ Steeple	30	Alivia EDENS	FR	13:06.36	4/18/25	0.7	0.00	0.70
▶ 5000m	42	Abbigail (Abbi) HUTCHINSON	FR	18:33.38	3/28/25	0.2	0.00	0.20
▶ HJ	12	Eden BROUWERS	FR	1.55m 5-1	3/28/25	D	0.76	2.76
▶ HJ	23	Kira MESSERLY	FR	1.50m 4-11	4/12/25	1.5	0.18	1.68
▶ HJ	42	Ella HOMAWOOD	FR	1.37m 4-6	3/28/25	0.2	0.00	0.20
▶ PV	22	Abbigail (Abbi) HUTCHINSON	FR	2.45m 8-½	3/21/25	2	0.00	2.00
▶ LJ	2	Maeva GOUNE TIBBOLO	FR	5.99m 19-8 (0.5)	4/11/25	28	3.90	31.90
▶ SP	6	Unitee BROWN	FR	13.41m 44-0	3/28/25	20	1.49	21.49
▶ SP	23	Zuriya ROBINSON	SO	11.37m 37-3¼	4/5/25	1.5	0.16	1.66
▶ SP	30	Eden BROUWERS	FR	10.67m 35-¼	4/18/25	0.7	0.00	0.70
▶ SP	48	Ella HOMAWOOD	FR	9.66m 31-8½	3/28/25	#####	0.00	TM-4
▶ DISC	14	Unitee BROWN	FR	39.02m 128-0	4/18/25	D	0.42	2.42
▶ DISC	30	Zuriya ROBINSON	SO	34.67m 113-9	4/12/25	0.7	0.00	0.70
▶ HT	16	Zuriya ROBINSON	SO	43.43m 142-6	4/18/25	5	0.43	5.43
▶ JAV	10	Eden BROUWERS	FR	37.19m 122-0	3/28/25	12	1.03	13.03
▶ JAV	12	Unitee BROWN	FR	36.01m 118-2	4/12/25	9	0.85	9.85
▶ JAV	20	Ella HOMAWOOD	FR	32.21m 105-8	3/28/25	3	0.27	3.27
▶ JAV	48	Kira MESSERLY	FR	19.34m 63-5½	3/28/25	#####	0.00	TM-4
▶ HEPT	5	Eden BROUWERS	FR	4,098	3/28/25	22	2.30	24.30
▶ HEPT	7	Ella HOMAWOOD	FR	3,960	3/28/25	18	1.52	19.52
▶ HEPT	14	Kira MESSERLY	FR	2,653	3/28/25	7	0.00	7.00

IOWA CENTRAL CC TFRI Team Total 183.08

16

Cowley (Kan.)

Region 6



1

LW: 15

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 5000m	43	Kayli MYERS	SO	18:37.01	4/12/25	0.175	0.00	0.18
▶ HJ	28	Makayla GAY	SO	1.46m 4-9½	4/19/25	0.8	0.00	0.80
▶ PV	3	Dakota DAPPER	SO	3.65m 11-11¼	4/5/25	26	3.82	29.82
▶ PV	6	Kennedy KIZARR	SO	3.54m 11-7¼	4/12/25	20	2.33	22.33
▶ PV	8	Elizabeth BROZEK	FR	3.35m 10-11¼	4/5/25	16	0.35	16.35
▶ SP	5	Cierra GRAY	SO	13.95m 45-9¼	4/19/25	22	2.08	24.08
▶ SP	19	Amoni EVANS	FR	11.61m 38-1¼	4/5/25	3.5	0.30	3.80
▶ SP	22	Bree ROWE	SO	11.41m 37-5¼	4/5/25	2	0.18	2.18
▶ SP	27	Jessi MCDOWELL	FR	11.03m 36-2¼	4/19/25	#####	0.00	TM-4
▶ SP	32	Katie COOK	FR	10.47m 34-4¼	3/29/25	#####	0.00	TM-5
▶ DISC	10	Bree ROWE	SO	41.71m 136-10	3/29/25	12	0.82	12.82
▶ DISC	17	Jessi MCDOWELL	FR	38.55m 126-6	4/17/25	4.5	0.35	4.85
▶ DISC	18	Cierra GRAY	SO	38.54m 126-6	3/13/25	4	0.35	4.35
▶ DISC	27	Katie COOK	FR	34.84m 114-4	3/29/25	#####	0.00	TM-4
▶ DISC	47	Marin PEOPLES	SO	30.30m 99-5	4/5/25	#####	0.00	TM-5
▶ HT	4	Mercedes GLOVER	JR	50.91m 167-1	4/19/25	24	2.35	26.35
▶ HT	15	Brianna LEE	SO	43.63m 143-2	3/13/25	6	0.46	6.46
▶ HT	18	Cierra GRAY	SO	42.78m 140-4	3/13/25	D	0.30	2.30
▶ HT	20	Mayce MCDONALD	SO	41.95m 137-8	3/13/25	#####	0.00	TM-4
▶ HT	29	Amoni EVANS	FR	40.18m 131-10	3/13/25	#####	0.00	TM-5
▶ HT	31	Bree ROWE	SO	39.60m 129-11	3/29/25	#####	0.00	TM-6
▶ HT	32	Katie COOK	FR	39.19m 128-7	4/19/25	#####	0.00	TM-7
▶ HT	34	Katy Jo KINDT	SO	38.64m 126-9	3/29/25	#####	0.00	TM-8
▶ HT	39	Jessi MCDOWELL	FR	37.10m 121-9	3/29/25	#####	0.00	TM-9
▶ HT	45	Alicyn MGINNIS	FR	35.30m 115-10	3/29/25	#####	0.00	TM-10
▶ JAV	15	Mercedes GLOVER	JR	35.06m 115-1	3/29/25	6	0.70	6.70
▶ JAV	21	Alicyn MGINNIS	FR	31.40m 103-0	3/29/25	2.5	0.15	2.65

COWLEY (KAN.) TFRI Team Total 166.02



National TFRI Team Summary



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

WOMEN — 2025 Checkpoint #4, April 22

17

Colby (Kan.) CC Region 6

▲ 1
LW: 18

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	4	Anita AFRIFA	SO	11.36 (1.1)	4/12/25	24	2.44	26.44
▶ 100m	19	Felicia AWUDI	FR	11.68 (1.6)	3/22/25	3.5	0.52	4.02
▶ 100m	32	Beatrice BOAKYE	FR	11.92 (1.0)	4/12/25	0.6	0.00	0.60
▶ 200m	1	Anita AFRIFA	SO	22.95 (1.9)	4/12/25	30	3.75	33.75
▶ 200m	26	Felicia AWUDI	FR	24.31 (1.6)	4/12/25	0.9	0.22	1.12
▶ 200m	43	Beatrice BOAKYE	FR	24.89 (1.8)	4/12/25	0.175	0.00	0.18
▶ 800m	11	Rosemary ARTHUR	SO	2:11.75	4/12/25	10	1.32	11.32
▶ 1500m	3	Rosemary ARTHUR	SO	4:31.92	4/19/25	26	2.70	28.70
▶ SP	18	Alma CORDOVA	SO	11.87m 38-11½	4/12/25	4	0.45	4.45
▶ SP	37	Holly HYLTON	SO	10.10m 33-1¾	3/29/25	0.35	0.00	0.35
▶ SP	39	Aaliyah CHAVEZ	SO	10.08m 33-1	3/22/25	0.275	0.00	0.28
▶ DISC	31	Alma CORDOVA	SO	34.45m 113-0	3/29/25	0.65	0.00	0.65
▶ DISC	38	Aaliyah CHAVEZ	SO	32.37m 106-3	4/19/25	0.3	0.00	0.30
▶ DISC	43	Holly HYLTON	SO	30.89m 101-4	3/22/25	0.175	0.00	0.18
▶ HT	17	Alma CORDOVA	SO	43.36m 142-3	3/29/25	4.5	0.41	4.91
▶ HT	49	Delal AKTAY	SO	34.27m 112-5	3/29/25	0.025	0.00	0.03
▶ JAV	37	Aaliyah CHAVEZ	SO	23.98m 78-8¼	4/19/25	0.35	0.00	0.35
▶ JAV	41	Delal AKTAY	SO	22.29m 73-1¾	3/22/25	0.225	0.00	0.23

COLBY (KAN.) CC TFRI Team Total 117.84

18

Allen (Kan.) CC Region 6

▼ 1
LW: 17

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	8	Adetutu ALADELOYE	SO	11.49 (1.5)	3/28/25	16	1.39	17.39
▶ 100m	10	Ranayla MOTEN	FR	11.53w (2.4)	4/12/25	D 2	1.16	3.16
▶ 100m	23	Kayveonna JACKSON	SO	11.74 (1.9)	4/12/25	1.5	0.35	1.85
▶ 200m	7	Ranayla MOTEN	FR	23.69w (3.1)	3/28/25	18	1.25	19.25
▶ 200m	13	Adetutu ALADELOYE	SO	23.77w (3.1)	3/28/25	8	1.06	9.06
▶ 200m	41	Kayveonna JACKSON	SO	24.78 (1.8)	3/28/25	0.225	0.00	0.23
▶ 400m	7	Ranayla MOTEN	FR	54.86	4/5/25	18	1.22	19.22
▶ 400m	28	Ala' Jah BROOKS	SO	56.37	4/12/25	0.8	0.15	0.95
▶ 4x100	3	Kayveonna Jackson, Ranayla Moten, Ala' Jah Brooks, Adetutu Aladeloye		45.26	3/28/25	26	3.07	29.07
▶ HJ	36	Leah WRIGHT	FR	1.41m 4-7½	4/5/25	0.4	0.00	0.40
▶ TJ	27	Leah WRIGHT	FR	10.52m 34-6¼ (1.1)	4/5/25	0.85	0.00	0.85
▶ HEPT	16	Leah WRIGHT	FR	2,109	3/28/25	5	0.00	5.00

ALLEN (KAN.) CC TFRI Team Total 106.42



WOMEN — 2025 Checkpoint #4, April 22

19

Hutchinson (Kan.) CC

Region 6

▲ 2
LW: 21

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	26	Sidney HOLT	FR	11.78w (2.5)	3/29/25	0.9	0.24	1.14
▶ 100H	40	Sierra BROOKS	FR	15.64w (4.0)	3/29/25	0.25	0.00	0.25
▶ 200m	31	Sidney HOLT	FR	24.44 (1.2)	4/12/25	0.65	0.07	0.72
▶ 1500m	29	Jordyn PICOLET	SO	4:48.57	4/19/25	0.75	0.07	0.82
▶ 1500m	41	Abigail GRANTHAM	SO	4:52.82	4/12/25	0.225	0.00	0.23
▶ 5000m	14	Jordyn PICOLET	SO	17:43.99	4/12/25	7	0.55	7.55
▶ 5000m	41	Laura AVILA	SO	18:31.77	4/19/25	0.225	0.00	0.23
▶ 4x100	14	Sierra Brooks, Taniyah Cox, Azariah Dawes, Sidney Holt		48.04	4/19/25	7	0.58	7.58
▶ PV	12	Grace BENDER	FR	3.16m 10-4¼	3/29/25	9	0.00	9.00
▶ PV	12	Alycea MCCOY	FR	3.16m 10-4¼	3/29/25	9	0.00	9.00
▶ LJ	27	Yaya MORENO	SO	5.42m 17-9½ (1.3)	4/19/25	0.85	0.02	0.87
▶ LJ	40	Azariah DAWES	FR	5.22m 17-1½ (1.8)	3/29/25	0.25	0.00	0.25
▶ TJ	11	Brooke HAWKINS	SO	11.68mw 38-4 (3.0)	3/29/25	10	1.17	11.17
▶ TJ	16	Alycea MCCOY	FR	11.24m 36-10½ (1.7)	4/19/25	5	0.71	5.71
▶ TJ	23	Yaya MORENO	SO	10.76m 35-3¾ (1.5)	4/12/25	1.5	0.21	1.71
▶ TJ	24	Azariah DAWES	FR	10.66mw 34-11¾ (2.5)	3/29/25	#####	0.00	TM-4
▶ SP	10	Deisheline MAYER SCOTT	FR	13.08m 42-11	3/29/25	12	1.16	13.16
▶ SP	14	Aiyanna GREEN	SO	12.27m 40-3¼	3/29/25	7	0.69	7.69
▶ DISC	23	Aiyanna GREEN	SO	36.97m 121-4	4/19/25	1.5	0.12	1.62
▶ DISC	34	Deisheline MAYER SCOTT	FR	32.82m 107-8	4/19/25	0.5	0.00	0.50
▶ HT	14	Deisheline MAYER SCOTT	FR	43.73m 143-6	3/29/25	7	0.48	7.48
▶ HT	23	Aiyanna GREEN	SO	41.66m 136-8	4/19/25	1.5	0.10	1.60

HUTCHINSON (KAN.) CC TFRI Team Total 88.27

20

Indian Hills (Iowa) CC

Region 11

unch
LW: 20

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	14	Ida SMITH	FR	11.63w (2.8)	4/12/25	7	0.66	7.66
▶ 100m	34	Zekira SNOW	SO	11.93 (1.5)	3/28/25	0.5	0.00	0.50
▶ 100m	34	Destiny MITCHELL	SO	11.93 (1.9)	4/12/25	0.5	0.00	0.50
▶ 100m	41	Kenyatta GRATE	SO	11.97 (0.5)	3/28/25	#####	0.00	TM-4
▶ 100m	50	Nyla NORMAN	SO	12.06w (2.8)	4/12/25	#####	0.00	TM-5
▶ 100H	4	Dymonde NAVE	SO	13.76w (2.6)	3/28/25	24	2.37	26.37
▶ 100H	28	Arriana JOHNSON	SO	15.13 (1.8)	4/19/25	0.8	0.00	0.80
▶ 200m	19	Nyla BLACKMON	SO	24.10w (3.1)	4/12/25	3.5	0.47	3.97
▶ 200m	23	Ida SMITH	FR	24.24w (3.6)	4/12/25	1.5	0.30	1.80
▶ 200m	30	Nyla NORMAN	SO	24.42w (3.6)	4/12/25	0.7	0.10	0.80
▶ 400m	23	Laurie LOUIS	SO	56.12	4/12/25	1.5	0.27	1.77
▶ 400m	30	Nyla BLACKMON	SO	56.67	3/28/25	0.7	0.01	0.71
▶ 400m	38	Alexa ZANDERS	FR	57.86	4/12/25	0.3	0.00	0.30
▶ 400H	14	Dymonde NAVE	SO	1:04.72	3/28/25	7	0.81	7.81
▶ 400H	19	Arriana JOHNSON	SO	1:05.61	4/19/25	3.5	0.59	4.09
▶ 4x100	8	Kenyatta Grate, Destiny Mitchell, Nyla Norman, Zekira Snow		46.06	3/28/25	16	1.91	17.91
▶ HJ	12	Arriana JOHNSON	SO	1.55m 5-1	3/28/25	9	0.76	9.76
▶ LJ	33	Dymonde NAVE	SO	5.32m 17-5½ (1.8)	4/12/25	0.55	0.00	0.55
▶ HT	25	Cynthia ALBERT	FR	41.42m 135-11	4/5/25	0.95	0.05	1.00

INDIAN HILLS (IOWA) CC TFRI Team Total 86.30



WOMEN — 2025 Checkpoint #4, April 22

21 Paradise Valley (Ariz.) CC ▼ 2 Region 1 LW: 19

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	49	Sofia CARDOZO	JR	12.04 (0.1)	3/20/25	0.025	0.00	0.03
▶ 200m	40	Sofia CARDOZO	JR	24.75 (-0.6)	3/29/25	0.25	0.00	0.25
▶ 800m	44	Keira DAMRON	SO	2:22.21	3/29/25	0.15	0.00	0.15
▶ 1500m	24	Keira DAMRON	SO	4:46.46	3/29/25	1	0.25	1.25
▶ 1500m	33	Olivia COULSTON	SO	4:50.52	3/29/25	0.55	0.00	0.55
▶ 1500m	35	Laynee HOLLECH	FR	4:50.86	3/29/25	0.45	0.00	0.45
▶ 5000m	9	Keira DAMRON	SO	17:23.93	4/18/25	14	1.03	15.03
▶ 5000m	23	Laynee HOLLECH	FR	17:56.74	3/22/25	1.5	0.26	1.76
▶ 5000m	30	Olivia COULSTON	SO	18:23.07	3/22/25	0.7	0.00	0.70
▶ HJ	47	Mackenzie ANDERSON	FR	1.33m 4-4¼	3/29/25	0.075	0.00	0.08
▶ HJ	47	Chloe HANCOCK	FR	1.33m 4-4¼	3/28/25	0.075	0.00	0.08
▶ PV	10	Mackenzie ANDERSON	FR	3.33m 10-11	4/18/25	12	0.14	12.14
▶ PV	12	Mikaila BARAN	FR	3.16m 10-4¼	3/20/25	9	0.00	9.00
▶ PV	20	Brakelle MCBRIDE	FR	2.56m 8-4¾	3/29/25	3	0.00	3.00
▶ SP	28	Carmen SPEAR	FR	11.01m 36-1½	4/12/25	0.8	0.00	0.80
▶ DISC	32	Brinley LENSCH	FR	33.84m 111-0	4/12/25	0.6	0.00	0.60
▶ HT	35	Carmen SPEAR	FR	38.21m 125-5	4/18/25	0.45	0.00	0.45
▶ JAV	5	Jaeleigha ABALOS	FR	43.84m 143-10	3/22/25	22	2.45	24.45
▶ JAV	17	Chloe HANCOCK	FR	33.20m 108-11	3/28/25	4.5	0.42	4.92
▶ HEPT	12	Chloe HANCOCK	FR	3,271	3/28/25	9	0.00	9.00

PARADISE VALLEY (ARIZ.) CC TFRI Team Total 84.68

22 Vincennes (Ind.) unch Region 24 LW: 22

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	38	Zoe ALLEN	FR	15.61 (-0.2)	4/12/25	0.3	0.00	0.30
▶ 400H	28	Zoe ALLEN	FR	1:09.18	4/12/25	0.8	0.00	0.80
▶ 800m	40	Sara BELGACEM	FR	2:21.71	4/12/25	0.25	0.00	0.25
▶ Steeple	26	Adi FULLER	SO	12:39.07	4/12/25	0.9	0.00	0.90
▶ 4x400	23	Sara Belgacem, Adi Fuller, Alexis Hale, Zoe Allen		4:31.58	4/12/25	1.5	0.00	1.50
▶ 4x800	4	Adi Fuller, Sara Belgacem, Jasmyn Self, Alexis Hale		10:03.68	4/12/25	24	0.00	24.00
▶ PV	1	Sophia DO AMARAL SALVI	SO	3.85m 12-7½	4/12/25	30	7.82	37.82

VINCENNES (IND.) TFRI Team Total 65.57

23 Bismarck State (N.D.) ▲ 2 Region 13 LW: 25

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	23	Dedra WOOD	FR	14.85 (1.2)	4/6/25	1.5	0.25	1.75
▶ 400H	24	Aliya SCHOCK	SO	1:07.50	4/6/25	1	0.15	1.15
▶ 400H	37	Dedra WOOD	FR	1:10.83	3/28/25	0.35	0.00	0.35
▶ 4x100	15	Kaylea Kealoha, Priviladge Bower, Aisha Zaffino, Aliya Schock		48.17	4/19/25	6	0.51	6.51
▶ LJ	10	Makayla WHITFIELD	FR	5.57m 18-3¼ (0.7)	4/6/25	12	0.58	12.58
▶ LJ	24	Alexia ANDERSON	SO	5.47m 17-11½ (1.3)	4/19/25	1	0.21	1.21
▶ TJ	17	Alexia ANDERSON	SO	11.23mw 36-10¼ (3.6)	4/11/25	4.5	0.70	5.20
▶ JAV	7	Brynn FULLER	FR	42.90m 140-9	4/19/25	18	2.20	20.20
▶ JAV	9	Mya SHELDON	SO	37.87m 124-3	4/6/25	14	1.13	15.13

BISMARCK STATE (N.D.) TFRI Team Total 64.09

24 Meridian (Miss.) CC unch Region 23 LW: 24

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	37	Nakirsten HUGHES	FR	11.94w (3.7)	4/5/25	0.35	0.00	0.35
▶ 400m	44	Jakhia MARTIN	FR	58.76	4/12/25	0.15	0.00	0.15
▶ 400m	47	Cshanti PIERCE	SO	58.98	4/5/25	0.075	0.00	0.08
▶ 5000m	3	Nhamoinesu MABVUKA	FR	16:39.17	4/12/25	26	3.49	29.49
▶ 4x100	13	Nakirsten Hughes, Jakhia Martin, Mykala Carter, Yasmyne McCann		47.88	4/12/25	8	0.66	8.66
▶ 4x400	9	Cshanti Pierce, Taitiana Jones, Jakhia Martin, Mykala Carter		3:57.45	4/12/25	14	1.17	15.17
▶ LJ	40	Amirah NOCK	FR	5.22m 17-1½ (1.2)	4/5/25	0.25	0.00	0.25
▶ TJ	13	Ashanti PATTON	SO	11.46m 37-7¼ (1.5)	3/22/25	8	0.94	8.94

MERIDIAN (MISS.) CC TFRI Team Total 63.08



National TFRI Team Summary



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

WOMEN — 2025 Checkpoint #4, April 22

25

Southern Idaho

Region 18

▲ 5
LW: 30

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	19	Isabella BEILKE	FR	2:17.07	4/17/25	3.5	0.41	3.91
▶ 800m	36	Kennedy KUNZ	FR	2:21.27	4/17/25	0.4	0.00	0.40
▶ 800m	37	Aubrie BARZEE	FR	2:21.45	4/5/25	0.35	0.00	0.35
▶ 800m	49	Laynee ROWLEY	SO	2:23.29	4/17/25	#####	0.00	TM-4
▶ 1500m	18	Laurie DAVIDSON	FR	4:43.38c (5:12.44A)	4/11/25	4	0.52	4.52
▶ 1500m	30	Sage LYON	FR	4:48.70c (5:18.31A)	4/11/25	0.7	0.06	0.76
▶ 1500m	45	Lillian NEFF	SO	4:53.06c (5:23.12A)	4/11/25	0.125	0.00	0.13
▶ 1500m	47	Aubrie BARZEE	FR	4:54.52	4/5/25	#####	0.00	TM-4
▶ Steeple	10	Rozzlyn CAZIER	SO	11:31.04	4/17/25	12	1.10	13.10
▶ Steeple	16	Laynee ROWLEY	SO	11:41.45	4/17/25	5	0.89	5.89
▶ Steeple	17	Aubrie BARZEE	FR	11:42.69c(11:59.27A)	4/11/25	4.5	0.87	5.37
▶ Steeple	19	Stephania HERNANDEZ	SO	11:50.33c(12:07.09A)	4/11/25	#####	0.00	TM-4
▶ Steeple	23	Kenia AINSWORTH	SO	12:20.98	4/17/25	#####	0.00	TM-5
▶ Steeple	27	Elizabeth DRISCOLL	FR	12:47.54c(13:05.65A)	4/11/25	#####	0.00	TM-6
▶ 5000m	25	Lillian NEFF	SO	18:10.91	4/5/25	0.95	0.00	0.95
▶ 5000m	27	Rozzlyn CAZIER	SO	18:19.57	4/5/25	0.85	0.00	0.85
▶ 10,000m	7	Lillian NEFF	SO	37:15.74	4/17/25	18	1.38	19.38
▶ 10,000m	18	Sage LYON	FR	39:17.87	4/17/25	4	0.67	4.67

SOUTHERN IDAHO TFRI Team Total 60.28

26

Garden City (Kan.) CC

Region 6

▲ 2
LW: 28

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	45	Mekhila SANDERS	FR	11.99 (-0.1)	4/19/25	0.125	0.00	0.13
▶ 200m	10	Mekhila SANDERS	FR	23.72 (-0.7)	4/19/25	12	1.18	13.18
▶ 400m	31	Mekhila SANDERS	FR	56.74c (56.63A)	4/3/25	0.65	0.00	0.65
▶ 400H	11	Antonia MOUTRIE	FR	1:03.95	4/19/25	10	1.00	11.00
▶ 800m	38	Meryeme MAI	FR	2:21.53c (2:21.94A)	4/3/25	0.3	0.00	0.30
▶ Steeple	13	Reid HARVEY-MCKEAN	FR	11:37.37	4/12/25	8	0.96	8.96
▶ 10,000m	11	Meryeme MAI	FR	37:42.14	4/12/25	10	1.13	11.13
▶ 4x100	24	Mekhila Sanders, Antonia Moultrie, Jaylene Hernandez, Priscilla Wemba		51.05	4/12/25	1	0.00	1.00
▶ 4x400	15	Mekhila Sanders, Meryeme Mai, Priscilla Wemba, Antonia Moultrie		4:12.21c (4:11.77A)	4/3/25	6	0.19	6.19
▶ HJ	42	Mecca CASTILLO	FR	1.37m 4-6	3/29/25	0.2	0.00	0.20
▶ HJ	42	Abby GILLEN	FR	1.37m 4-6	3/29/25	0.2	0.00	0.20
▶ SP	40	Taia VELASCO	SO	10.07m 33-½	3/29/25	0.25	0.00	0.25
▶ SP	45	Tomi GALL	SO	9.78m 32-1	3/22/25	0.125	0.00	0.13
▶ DISC	29	Taia VELASCO	SO	34.81m 114-3	3/22/25	0.75	0.00	0.75
▶ HT	21	Tomi GALL	SO	41.86m 137-4	3/22/25	2.5	0.13	2.63
▶ HT	33	Taia VELASCO	SO	39.02m 128-0	4/3/25	0.55	0.00	0.55

GARDEN CITY (KAN.) CC TFRI Team Total 57.24



WOMEN — 2025 Checkpoint #4, April 22

27

Richard Bland (Va.)

Region 10

▼ 1

LW: 26

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	37	Michaelyn FISHER	FR	11.94 (0.8)	3/29/25	0.35	0.00	0.35
▶ 100H	25	Jada HATCHER	FR	14.95 (1.4)	4/19/25	0.95	0.13	1.08
▶ 100H	26	Shyla COOPER	FR	15.04 (1.6)	3/29/25	0.9	0.01	0.91
▶ 100H	29	Anijah JAMES	FR	15.14w (2.8)	4/19/25	0.75	0.00	0.75
▶ 200m	50	Michaelyn FISHER	FR	25.05 (0.5)	4/5/25	0.01	0.00	0.01
▶ 400m	34	Jayla WERTS	SO	57.34	3/21/25	0.5	0.00	0.50
▶ 400H	23	Shyla COOPER	FR	1:07.10	4/5/25	1.5	0.24	1.74
▶ 400H	34	Erin SMITH	SO	1:09.98	4/19/25	0.5	0.00	0.50
▶ 4x100	12	J'Miaya Muse, Michaelyn Fisher, Anijah James, Shyla Cooper		47.62	4/5/25	9	0.80	9.80
▶ 4x400	13	J'Miaya Muse, Breshauna Miller, Michaelyn Fisher, Shyla Cooper		4:03.12	3/21/25	8	0.78	8.78
▶ LJ	14	Michaelyn FISHER	FR	5.56m 18-3 (0.0)	3/21/25	7	0.55	7.55
▶ LJ	22	Anijah JAMES	FR	5.49m 18-¼ (0.4)	3/21/25	2	0.28	2.28
▶ LJ	35	Ciarra MOORE	SO	5.31mw 17-5¼ (3.1)	4/19/25	0.45	0.00	0.45
▶ LJ	38	Shyla COOPER	FR	5.26m 17-3¼ (0.0)	3/21/25	#####	0.00	TM-4
▶ TJ	9	Ciarra MOORE	SO	11.77m 38-7½ (1.2)	4/5/25	14	1.35	15.35
▶ TJ	20	Anijah JAMES	FR	11.04m 36-2¾ (-0.3)	3/21/25	3	0.50	3.50
▶ TJ	26	Erin SMITH	SO	10.56m 34-7¾ (0.3)	4/5/25	0.9	0.01	0.91

RICHARD BLAND (VA.) TFRI Team Total 54.46

28

Monroe-New Rochelle (N.Y.)

Region 15

▼ 5

LW: 23

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 200m	36	Kettia AMBROSE	SO	24.62 (1.4)	3/29/25	0.4	0.00	0.40
▶ 400m	10	Kettia AMBROSE	SO	55.09	4/4/25	12	1.00	13.00
▶ 400m	19	Kaliyah JONES	FR	55.78	4/4/25	3.5	0.43	3.93
▶ 800m	15	Attoya HARVEY	SO	2:14.34	3/29/25	6	0.84	6.84
▶ 800m	24	Tanesia GARDINER	FR	2:18.42	3/29/25	1	0.21	1.21
▶ 800m	25	Joy JEPLETING	FR	2:18.56	3/29/25	0.95	0.19	1.14
▶ 1500m	26	Attoya HARVEY	SO	4:47.15	4/12/25	0.9	0.19	1.09
▶ Steeple	34	Tanesia GARDINER	FR	13:45.87	4/12/25	0.5	0.00	0.50
▶ 4x400	8	Kaliyah Jones, Attoya Harvey, Tanesia Gardiner, Kettia Ambrose		3:48.46	4/12/25	16	1.99	17.99
▶ LJ	16	Brinel THOMAS	FR	5.53m 18-1¾ (0.2)	4/12/25	5	0.43	5.43

MONROE-NEW ROCHELLE (N.Y.) TFRI Team Total 51.52

29

Highland (Kan.) CC

Region 6

unch

LW: 29

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	28	Shanteria WASHINGTON	SO	11.82w (2.4)	4/12/25	0.8	0.13	0.93
▶ 100H	12	DiaMonae THOMAS	SO	14.35w (2.2)	4/17/25	9	0.92	9.92
▶ 400m	42	J'Nya DEMMING	SO	58.66	4/12/25	0.2	0.00	0.20
▶ 400H	33	Berlynn BLACK	SO	1:09.89	3/29/25	0.55	0.00	0.55
▶ 4x100	9	DiaMonae Thomas, Shanteria Washington, Alexia Lewis, J'Na Demming		46.66	4/5/25	14	1.33	15.33
▶ HJ	22	Alyana WALLACE	SO	1.51m 4-11½	3/29/25	2	0.29	2.29
▶ HJ	23	Berlynn BLACK	SO	1.50m 4-11	3/22/25	1.5	0.18	1.68
▶ LJ	8	Alexia LEWIS	SO	5.63m 18-5¾ (0.3)	3/29/25	16	1.02	17.02
▶ SP	21	Alexis CLEMMONS	FR	11.54m 37-10½	3/29/25	2.5	0.26	2.76
▶ HT	44	Izabel GAIN	SO	35.82m 117-6	4/5/25	0.15	0.00	0.15

HIGHLAND (KAN.) CC TFRI Team Total 50.82



WOMEN — 2025 Checkpoint #4, April 22

30

Glendale (Ariz.) CC

Region 1



3

LW: 27

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	20	Kaelyn GIARRUSSO	SO	14.62 (0.3)	3/29/25	3	0.56	3.56
▶ 4x100	25	Petra Onwumere, Oyindamola Adetutu, Shelly Newton, Lauren Allard		52.48	4/12/25	0.95	0.00	0.95
▶ 4x400	19	Lailah Campbell, Kaelyn Giarrusso, Aaliyah Perkins, Nicole Novara		4:18.11	4/12/25	3.5	0.00	3.50
▶ HJ	5	Kaelyn GIARRUSSO	SO	1.62m 5-3¾	4/12/25	22	2.04	24.04
▶ PV	11	Lauren ALLARD	SO	3.21m 10-6¼	4/18/25	10	0.00	10.00
▶ LJ	36	Kaelyn GIARRUSSO	SO	5.30m 17-4¾ (-2.5)	4/12/25	0.4	0.00	0.40
▶ LJ	40	Oyindamola ADETUTU	SO	5.22m 17-1½ (-2.5)	4/12/25	0.25	0.00	0.25
▶ LJ	46	Aaliyah PERKINS	FR	5.16m 16-11¼ (0.0)	3/29/25	0.1	0.00	0.10
▶ TJ	19	Oyindamola ADETUTU	SO	11.09m 36-4¾ (1.1)	3/22/25	3.5	0.56	4.06
▶ TJ	37	Shelly NEWTON	FR	8.74m 28-8¼ (0.0)	3/29/25	0.35	0.00	0.35
▶ SP	41	Gloria ANUAMADI	SO	10.00m 32-9¾	4/18/25	0.225	0.00	0.23
▶ JAV	42	Kaelyn GIARRUSSO	SO	22.07m 72-5	4/18/25	0.2	0.00	0.20
GLENDALE (ARIZ.) CC TFRI Team Total								47.62

31

Crowder (Mo.)

Region 16



3

LW: 34

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	45	Mercy KIBUIGUT	FR	2:22.53	4/19/25	0.125	0.00	0.13
▶ 1500m	22	Videlma JEBET	FR	4:45.08	4/19/25	2	0.37	2.37
▶ Steeple	15	Videlma JEBET	FR	11:39.08	4/11/25	6	0.93	6.93
▶ Steeple	32	Jasmine HAYES	FR	13:21.39	4/11/25	0.6	0.00	0.60
▶ 5000m	26	Faith JEPTOO	SO	18:16.10	4/5/25	0.9	0.00	0.90
▶ 5000m	33	Mercy KIBUIGUT	FR	18:25.22	4/11/25	0.55	0.00	0.55
▶ 10,000m	14	Faith JEPTOO	SO	38:18.35	4/19/25	7	0.95	7.95
▶ 4x800	3	Mercy Kibuigut, Faith Jeptoo, Arianna Blevins, Videlma Jebet		9:56.38	4/19/25	26	0.36	26.36
CROWDER (MO.) TFRI Team Total								45.78

32

Marion Military Institute (Ala.)

Region 22



5

LW: 37

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 4x100	19	Sirinity Glasper, Kiliyah Taylor, Raeya Townsend, Shanaya Hinton		49.51	4/20/25	3.5	0.00	3.50
▶ HJ	12	Raeya TOWNSEND	FR	1.55m 5-1	4/20/25	9	0.76	9.76
▶ HJ	38	Adaysha HOLLINESS	FR	1.40m 4-7	3/28/25	0.3	0.00	0.30
▶ LJ	43	Shanaya HINTON	FR	5.20m 17-¾ (1.8)	4/5/25	0.175	0.00	0.18
▶ TJ	6	Shanaya HINTON	FR	11.94m 39-2¼ (-0.6)	3/28/25	20	1.69	21.69
▶ SP	44	Adaysha HOLLINESS	FR	9.81m 32-2¼	4/20/25	0.15	0.00	0.15
▶ DISC	20	Raina MASSEY	SO	37.99m 124-8	4/20/25	3	0.27	3.27
▶ HT	19	Raina MASSEY	SO	42.13m 138-3	4/5/25	3.5	0.18	3.68
▶ JAV	33	Raina MASSEY	SO	25.46m 83-6½	3/28/25	0.55	0.00	0.55
▶ JAV	35	Adaysha HOLLINESS	FR	24.81m 81-4¾	3/28/25	0.45	0.00	0.45
MARION MILITARY INSTITUTE (ALA.) TFRI Team Total								43.52

33

Trinidad State (Colo.)

Region 9



7

LW: 40

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	13	Barbara NEIVA	SO	4:41.01	4/18/25	8	0.77	8.77
▶ Steeple	2	Barbara NEIVA	SO	10:41.54	4/18/25	28	3.12	31.12
▶ DISC	46	Dakota MUNDEN	FR	30.35m 99-7	3/29/25	0.1	0.00	0.10
TRINIDAD STATE (COLO.) TFRI Team Total								39.99



WOMEN — 2025 Checkpoint #4, April 22

34 Neosho County (Kan.) CC ▲ 15 Region 6 LW: 49

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 400m	36	Vilorina TUILAWAKI	SO	57.72	4/19/25	0.4	0.00	0.40	
▶ 400H	32	Rhea FLANDERS	FR	1:09.81	4/12/25	0.6	0.00	0.60	
▶ 800m	33	Melania TURAGA	FR	2:20.52	4/12/25	0.55	0.00	0.55	
▶ 4x100	18	Paula del Pozo, Vilorina Tuilawaki, Melania Turaga, Rhea Flanders		48.86	4/19/25	4	0.15	4.15	
▶ 4x400	12	Melania Turaga, Rhea Flanders, Vilorina Tuilawaki, Vaiioleta Luka		4:02.52	4/19/25	9	0.82	9.82	
▶ 4x800	5	Melania Turaga, Amy Styles, Vilorina Tuilawaki, Barbara Gurrola		10:32.07	4/19/25	22	0.00	22.00	
▶ LJ	38	Vilorina TUILAWAKI	SO	5.26m	17-3¼ (0.5)	3/13/25	0.3	0.00	0.30
▶ DISC	25	Carmen FIELDS	SO	35.54m	116-7	4/12/25	0.95	0.00	0.95
NEOSHO COUNTY (KAN.) CC TFRI Team Total								38.77	

35 Hagerstown (Md.) CC ▼ 3 Region 20 LW: 32

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ Steeple	38	Arial CRAWFORD	SO	17:20.75	4/12/25	0.3	0.00	0.30	
▶ 5000m	29	Michaela GROSS	FR	18:20.97	3/21/25	0.75	0.00	0.75	
▶ 10,000m	27	Michaela GROSS	FR	44:01.84	4/12/25	0.85	0.00	0.85	
▶ HJ	2	Aidan FAITH	SO	1.66m	5-5¼	4/4/25	28	3.37	31.37
▶ PV	16	Michaela CARNEY	SO	3.05m	10-0	3/21/25	5	0.00	5.00
▶ JAV	50	Kaitlyn QUEEN	FR	18.16m	59-7	3/29/25	0.01	0.00	0.01
HAGERSTOWN (MD.) CC TFRI Team Total								38.28	

36 State Fair (Mo.) ▲ 2 Region 16 LW: 38

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 100H	47	Bethany SLOVENSKY	FR	15.99	(1.0)	4/18/25	0.075	0.00	0.08
▶ Steeple	36	Alexis RIDDLE	FR	14:35.03		4/18/25	0.4	0.00	0.40
▶ Steeple	37	Emma RINALDI	SO	15:53.29		4/18/25	0.35	0.00	0.35
▶ 4x100	21	Nora Moreno, Madison Johnson, Sophia Edwin, Layisha Freeman		50.41		4/18/25	2.5	0.00	2.50
▶ HJ	38	Journey SANDER	FR	1.40m	4-7	3/22/25	0.3	0.00	0.30
▶ PV	23	Amparo PAYNE	FR	2.30m	7-6½	4/18/25	1.5	0.00	1.50
▶ LJ	16	Jocelyn NUNEZ	FR	5.53m	18-1¾ (1.5)	3/22/25	5	0.43	5.43
▶ LJ	20	Layisha FREEMAN	FR	5.50m	18-½ (1.2)	3/15/25	3	0.32	3.32
▶ LJ	48	Bethany SLOVENSKY	FR	5.13m	16-10 (0.8)	3/15/25	0.05	0.00	0.05
▶ LJ	49	Sophia EDWIN	FR	5.12m	16-9¾ (1.2)	4/11/25	#####	0.00	TM-4
▶ TJ	28	Bethany SLOVENSKY	FR	10.42m	34-2¼ (1.5)	4/18/25	0.8	0.00	0.80
▶ TJ	30	Sophia EDWIN	FR	10.35m	33-11½ (1.7)	4/18/25	0.7	0.00	0.70
▶ TJ	34	Journey SANDER	FR	9.88m	32-5 (-0.5)	4/11/25	0.5	0.00	0.50
▶ DISC	41	Claire NICHOLS	SO	31.52m	103-5	3/22/25	0.225	0.00	0.23
▶ JAV	11	Bailey HASELHORST	SO	36.02m	118-2	4/11/25	10	0.85	10.85
▶ JAV	13	Isabella SABALA	FR	35.35m	116-0	4/18/25	8	0.75	8.75
▶ JAV	24	Claire NICHOLS	SO	30.72m	100-10	3/15/25	1	0.05	1.05
STATE FAIR (MO.) TFRI Team Total								36.80	

37 Essex County (N.J.) ▼ 6 Region 19 LW: 31

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 100m	47	Kimberly BAKER	SO	12.01	(1.3)	3/29/25	0.075	0.00	0.08
▶ 100H	15	Kadina DEEBLE	FR	14.45w	(2.5)	3/29/25	6	0.78	6.78
▶ 100H	21	Ma-Avian WILLIAMS	SO	14.69	(1.2)	4/5/25	2.5	0.46	2.96
▶ 400H	18	Paula ORUSEDE	SO	1:05.51		4/5/25	4	0.62	4.62
▶ 800m	27	Serena DOUGLAS	SO	2:19.23		4/5/25	0.85	0.09	0.94
▶ 4x100	16	Ma-Avian Williams, Ashia Martin, Kadina Deeble, Kimberly Baker		48.67		4/5/25	5	0.25	5.25
▶ 4x400	10	Serena Douglas, Kimberly Baker, Paula Orusede, Aaliyah Morgan		3:57.71		4/5/25	12	1.15	13.15
ESSEX COUNTY (N.J.) TFRI Team Total								33.78	



WOMEN — 2025 Checkpoint #4, April 22

38 **Bryant & Stratton (Va.)** ▲ **1**
Region 10 LW: 39

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	34	Aniya SUKU	FR	11.93 (1.1)	4/5/25	0.5	0.00	0.50
▶ 100H	22	Alisha JACKSON	FR	14.84 (-1.7)	4/19/25	2	0.27	2.27
▶ 200m	34	Aniya SUKU	FR	24.57 (1.0)	4/5/25	0.5	0.00	0.50
▶ 400H	29	Aniya SUKU	FR	1:09.36	3/29/25	0.75	0.00	0.75
▶ 400H	30	Alisha JACKSON	FR	1:09.39	3/29/25	0.7	0.00	0.70
▶ LJ	16	Alisha JACKSON	FR	5.53m 18-1¾ (0.2)	3/29/25	5	0.43	5.43
▶ TJ	7	Alisha JACKSON	FR	11.88m 38-11¾ (-1.6)	4/5/25	18	1.57	19.57

BRYANT & STRATTON (VA.) TFRI Team Total 29.72

39 **Heartland (Ill.) CC** ▼ **6**
Region 24 LW: 33

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	11	Nora BRADY	SO	4:40.71	3/29/25	10	0.82	10.82
▶ 5000m	8	Nora BRADY	SO	17:13.37	4/12/25	16	1.53	17.53

HEARTLAND (ILL.) CC TFRI Team Total 28.35

40 **Coahoma (Miss.) CC** ▲ **1**
Region 23 LW: 41

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	37	Madison JACKSON	FR	15.59 (0.4)	3/22/25	0.35	0.00	0.35
▶ 400H	42	Madison JACKSON	FR	1:14.34	4/11/25	0.2	0.00	0.20
▶ 4x100	23	Madison Jackson, Katreeka Mott-Franklin, Faith Butler, TaMoria Shannon		51.04	4/3/25	1.5	0.00	1.50
▶ HJ	23	Shacora JURDEN	FR	1.50m 4-11	4/3/25	1.5	0.18	1.68
▶ TJ	5	Shacora JURDEN	FR	11.95m #Error	4/3/25	22	1.71	23.71

COAHOMA (MISS.) CC TFRI Team Total 27.43

41 **Ranger (Texas)** ▼ **6**
Region 5 LW: 35

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	41	Victaline MUTAI	FR	2:21.78	3/22/25	0.225	0.00	0.23
▶ 800m	46	Macie MORALES	FR	2:22.56	3/22/25	0.1	0.00	0.10
▶ 800m	50	Alyssa MABRY	FR	2:23.48	3/22/25	0.01	0.00	0.01
▶ 1500m	16	Victaline MUTAI	FR	4:42.69c (4:46.11A)	4/3/25	5	0.58	5.58
▶ 1500m	44	Alyssa MABRY	FR	4:53.00c (4:56.55A)	4/3/25	0.15	0.00	0.15
▶ 1500m	50	Macie MORALES	FR	4:54.71c (4:58.27A)	4/3/25	0.01	0.00	0.01
▶ 5000m	17	Victaline MUTAI	FR	17:48.61c(18:03.34A)	4/3/25	4.5	0.44	4.94
▶ 5000m	31	Macie MORALES	FR	18:23.69	4/12/25	0.65	0.00	0.65
▶ 5000m	38	Stella LAGAT	FR	18:29.63	3/22/25	0.3	0.00	0.30
▶ 5000m	48	Myla GREENZWEIG	SO	18:49.69	4/12/25	#####	0.00	TM-4
▶ 4x100	11	Charity Rayford, Chasity Rayford, Ki'Sha Tyner, Tania Miles		47.45	4/12/25	10	0.89	10.89

▶ 4x400	21	Tania Miles, Alfrenique Knowles, Andrea Teruel, Emma Garcia		4:26.31	3/15/25	2.5	0.00	2.50
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RANGER (TEXAS) TFRI Team Total 25.36

42 **Butler (Kan.) CC** ▼ **6**
Region 6 LW: 36

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	37	Elizabeth HERNANDEZ	SO	4:51.36	4/19/25	0.35	0.00	0.35
▶ Steeple	24	Alexa MARSHALL	FR	12:30.15	4/19/25	1	0.11	1.11
▶ Steeple	25	Valyrie FREEMAN	SO	12:34.76	4/12/25	0.95	0.04	0.99
▶ 5000m	22	Elizabeth HERNANDEZ	SO	17:54.68	3/29/25	2	0.30	2.30
▶ 5000m	49	Alison UNRUH	SO	18:53.08	3/29/25	0.025	0.00	0.03
▶ 10,000m	9	Elizabeth HERNANDEZ	SO	37:20.97	4/12/25	14	1.33	15.33
▶ 10,000m	21	Alison UNRUH	SO	39:54.79	4/12/25	2.5	0.51	3.01
▶ JAV	25	Destiny PONDS	FR	30.50m 100-1	4/19/25	0.95	0.01	0.96

BUTLER (KAN.) CC TFRI Team Total 24.08



WOMEN — 2025 Checkpoint #4, April 22

43

Sauk Valley (Ill.) CC

Region 4

▲ 2

LW: 45

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
HJ	31	Jillian HULSING	SO	1.45m	4-9	4/18/25	0.65	0.00	0.65
TJ	36	Maggie ROWZE	FR	9.38mw	30-9¼ (3.8)	4/5/25	0.4	0.00	0.40
SP	15	Olivia COX	FR	12.25m	40-2¼	4/13/25	6	0.68	6.68
DISC	16	Olivia COX	FR	38.89m	127-7	4/13/25	5	0.40	5.40
HT	28	Olivia COX	FR	40.33m	132-4	4/18/25	0.8	0.00	0.80
JAV	31	Bella DETORRICE-WYNNE	SO	29.04m	95-3½	4/5/25	0.65	0.00	0.65
JAV	34	Jillian HULSING	SO	25.25m	82-10¼	4/5/25	0.5	0.00	0.50
HEPT	13	Jillian HULSING	SO	2,929		4/18/25	8	0.00	8.00

SAUK VALLEY (ILL.) CC TFRI Team Total 23.08

44

Hawkeye (Iowa) CC

Region 11

▲ 3

LW: 47

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
400H	25	Melody KREMER	JR	1:07.96		4/5/25	0.95	0.05	1.00
4x100	20	Rylee Steffen, Alyssa Wondercheck, Halima Biggs, Tasha Williams		50.12		3/28/25	3	0.00	3.00
HJ	17	Halima BIGGS	FR	1.54m	5-½	4/18/25	4.5	0.64	5.14
HJ	23	Tasha WILLIAMS	JR	1.50m	4-11	3/28/25	1.5	0.18	1.68
LJ	50	Alyssa WONDERCHECK	FR	5.08mw	16-8 (3.3)	4/5/25	0.01	0.00	0.01
SP	12	Kailan MCEWEN	FR	12.77m	41-10¾	4/18/25	9	0.98	9.98
DISC	24	Breanna SWABY	FR	36.54m	119-11	4/18/25	1	0.05	1.05
JAV	30	Kailan MCEWEN	FR	29.83m	97-10½	4/12/25	0.7	0.00	0.70

HAWKEYE (IOWA) CC TFRI Team Total 22.56

45

Lake-Sumter State (Fla.)

Region 8

▼ 2

LW: 43

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
400m	43	Oksanna SMITH	FR	58.68		4/13/25	0.175	0.00	0.18
400H	12	Oksanna SMITH	FR	1:04.43		4/5/25	9	0.88	9.88
4x400	22	Sade Lee, Brooke Filetti, Oksanna Smith, Sydnee Massey		4:28.50		4/13/25	2	0.00	2.00
PV	20	Leah SOWERS	FR	2.56m	8-4¾	3/8/25	3	0.00	3.00
LJ	16	Jaden MILLER	FR	5.53m	18-1¾ (0.5)	4/5/25	5	0.43	5.43

LAKE-SUMTER STATE (FLA.) TFRI Team Total 20.49

46

Southeast (Neb.) CC

Region 9

▼ 2

LW: 44

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
5000m	50	Karen KIRATU	SO	18:59.73		3/28/25	0.01	0.00	0.01
10,000m	8	Karen KIRATU	SO	37:19.89		4/12/25	16	1.34	17.34
DISC	33	Joslyn EBY	FR	33.62m	110-4	3/28/25	0.55	0.00	0.55

SOUTHEAST (NEB.) CC TFRI Team Total 17.90

47

Dodge City (Kan.) CC

Region 6

▼ 5

LW: 42

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
100H	19	Olivia LEATHERMAN	FR	14.59w	(3.2)	4/12/25	3.5	0.60	4.10
400m	27	Bianca GLEIM	SO	56.30		4/12/25	0.85	0.18	1.03
400H	36	Olivia LEATHERMAN	FR	1:10.79		4/12/25	0.4	0.00	0.40
800m	43	Sarai CHAVEZ	SO	2:22.06		4/12/25	0.175	0.00	0.18
10,000m	20	Ivy WASHINGTON	SO	39:33.68		4/12/25	3	0.60	3.60
10,000m	24	Ava WASHINGTON	SO	41:30.32		4/4/25	1	0.10	1.10
4x400	17	Caylee May, Bianca Gleim, Sarai Chavez, Olivia Leatherman		4:14.74		4/12/25	4.5	0.04	4.54
HJ	34	Camdyn CUNNINGHAM	FR	1.42m	4-7¾	3/29/25	0.5	0.00	0.50
HJ	34	Sophia CALISTRO	FR	1.42m	4-7¾	3/29/25	0.5	0.00	0.50

DODGE CITY (KAN.) CC TFRI Team Total 15.94



WOMEN — 2025 Checkpoint #4, April 22

48 Muskegon (Mich.) CC ▲ 2

Region 12 LW: 50

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 4x400	20	Olivia Urban, Natalie Erickson, Brianna Smith, Lauren Lee		4:19.37	3/29/25	3	0.00	3.00
▶ HJ	28	Steffanie MCGUFFEY	SO	1.46m 4-9½	3/29/25	0.8	0.00	0.80
▶ DISC	13	Gaby REEVE	SO	39.04m 128-1	4/19/25	8	0.42	8.42
▶ DISC	42	Brooke BERRY	SO	31.18m 102-4	4/5/25	0.2	0.00	0.20
▶ HT	38	Gaby REEVE	SO	37.46m 122-11	4/5/25	0.3	0.00	0.30
MUSKEGON (MICH.) CC TFRI Team Total								12.72

49 Dawson (Mont.) CC ▼ 1

Region 13 LW: 48

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 10,000m	17	Sierra SUMMERS	FR	39:08.92	4/6/25	4.5	0.71	5.21
▶ SP	26	Nichole ROBERTS	FR	11.06m 36-3½	3/22/25	0.9	0.00	0.90
▶ DISC	45	Danika LORDS	FR	30.50m 100-1	4/19/25	0.125	0.00	0.13
▶ DISC	49	Imari HUMPHREY	FR	29.85m 97-11¼	3/27/25	0.025	0.00	0.03
▶ JAV	19	Destiny THOMPSON	FR	32.38m 106-3	3/22/25	3.5	0.30	3.80
DAWSON (MONT.) CC TFRI Team Total								10.06

50 Lansing (Mich.) CC ▼ 4

Region 12 LW: 46

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	16	Daisy SPEET	FR	2:14.52	4/4/25	5	0.81	5.81
▶ 1500m	23	Daisy SPEET	FR	4:46.28	4/12/25	1.5	0.27	1.77
▶ 5000m	45	Daisy SPEET	FR	18:38.92	4/19/25	0.125	0.00	0.13
▶ 4x400	24	Daisy Speet, Jadyon Yonchewski, kristina Wilde, Faith Swenor		4:31.68	4/12/25	1	0.00	1.00
▶ SP	36	Jada HOUGHTON	FR	10.21m 33-6	4/12/25	0.4	0.00	0.40
▶ SP	42	Shaelyn SCHWEM	FR	9.90m 32-5¾	4/5/25	0.2	0.00	0.20
▶ DISC	36	Jada HOUGHTON	FR	32.48m 106-7	4/19/25	0.4	0.00	0.40
LANSING (MICH.) CC TFRI Team Total								9.70

51 UA Rich Mountain (Ark.) unch

Region 2 LW: 51

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 400m	50	Sharon STRYDOM	SO	59.29	4/12/25	0.01	0.00	0.01
▶ 800m	42	Sharon STRYDOM	SO	2:21.96	4/12/25	0.2	0.00	0.20
▶ Steeple	14	Darcy VINEYARD	FR	11:37.70	4/19/25	7	0.95	7.95
UA RICH MOUNTAIN (ARK.) TFRI Team Total								8.16

52 Jacksonville (Texas) unch

Region 14 LW: 52

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 4x400	16	Brittany Danas, Alaila Jones, Bryanna Danas, Iyiana Wilhite		4:12.77	3/15/25	5	0.16	5.16
▶ HJ	23	A'Kevia WEAVER	FR	1.50m 4-11	4/5/25	1.5	0.18	1.68
JACKSONVILLE (TEXAS) TFRI Team Total								6.83

53 North Iowa Area CC unch

Region 11 LW: 53

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	42	Taja CONLEY	SO	15.72 (1.7)	4/19/25	0.2	0.00	0.20
▶ 400H	22	Taja CONLEY	SO	1:06.83	4/11/25	2	0.31	2.31
▶ Steeple	31	Olivia SPURLING	FR	13:06.79	4/11/25	0.65	0.00	0.65
▶ Steeple	35	Cloey USHER	SO	14:29.38	3/28/25	0.45	0.00	0.45
▶ 4x100	22	#Type!		50.42	4/19/25	2	0.00	2.00
▶ LJ	46	Gift GONPUE	SO	5.16mw 16-11¼ (2.5)	4/5/25	0.1	0.00	0.10
▶ SP	50	Kit BYARS	SO	9.57m 31-4¾	3/28/25	0.01	0.00	0.01
▶ DISC	39	Kit BYARS	SO	31.89m 104-8	3/28/25	0.275	0.00	0.28
▶ HT	46	Kit BYARS	SO	34.46m 113-1	4/11/25	0.1	0.00	0.10
NORTH IOWA AREA CC TFRI Team Total								6.09



WOMEN — 2025 Checkpoint #4, April 22

54 Carroll (Md.) CC unch

Region 20 LW: 54

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
HJ	31	Carrie MOORE	SO	1.45m	4-9	4/4/25	0.65	0.00	0.65
PV	16	Kat CROCHUNIS	FR	3.05m	10-0	4/4/25	5	0.00	5.00
DISC	44	Brooke PRIBULICK	SO	30.65m	100-7	3/29/25	0.15	0.00	0.15
JAV	47	Kamryn STEFANOSKI	SO	19.58m	64-3	4/12/25	0.075	0.00	0.08
CARROLL (MD.) CC TFRI Team Total								5.88	

55 Macomb (Mich.) CC ▲ 3

Region 12 LW: 58

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
Steeple	28	Emma DELL	FR	13:00.70		4/19/25	0.8	0.00	0.80
5000m	35	Ava LAMILZA	SO	18:27.25		4/5/25	0.45	0.00	0.45
MACOMB (MICH.) CC TFRI Team Total								1.25	

56 Howard (Md.) CC unch

Region 20 LW: 56

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
SP	33	Lynniya WHITAKER	SO	10.37m	34-¼	3/22/25	0.55	0.00	0.55
SP	35	Cheyenne ELLIS	FR	10.25m	33-7½	4/12/25	0.45	0.00	0.45
HT	48	Temiloluwa AKINSANYA	SO	34.28m	112-6	3/22/25	0.05	0.00	0.05
JAV	46	Cheyenne ELLIS	FR	19.65m	64-5¾	4/12/25	0.1	0.00	0.10
HOWARD (MD.) CC TFRI Team Total								1.15	

57 Cuyahoga (Ohio) CC ▼ 2

Region 12 LW: 55

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
400m	46	Keyonna MCGILL	SO	58.91		4/13/25	0.1	0.00	0.10
400H	40	Ciara MAY	FR	1:13.48		4/5/25	0.25	0.00	0.25
10,000m	29	Hannah CUNNINGHAM	SO	46:09.81		4/13/25	0.75	0.00	0.75
CUYAHOGA (OHIO) CC TFRI Team Total								1.10	

58 Bryant & Stratton (Wis.) ▲ 7

Region 4 LW: 65

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
4x100	26	Lee'Asia Hayes, Amelia Beutler, Sasha Doyle, Jade Arrington		52.78		4/18/25	0.9	0.00	0.90
LJ	43	Lee'Asia HAYES	FR	5.20mw	17-¾ (3.9)	4/18/25	0.175	0.00	0.18
BRYANT & STRATTON (WIS.) TFRI Team Total								1.08	

59 Pratt (Kan.) CC unch

Region 6 LW: 59

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
SP	31	Vivica PAULHILL	FR	10.59m	34-9	3/22/25	0.65	0.00	0.65
JAV	38	Emma HERRERA	FR	23.82m	78-1¾	3/20/25	0.3	0.00	0.30
PRATT (KAN.) CC TFRI Team Total								0.95	

59 Southeastern (Iowa) CC ▲ 1

Region 11 LW: 60

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
4x400	25	#Type!		5:15.08		4/5/25	0.95	0.00	0.95
SOUTHEASTERN (IOWA) CC TFRI Team Total								0.95	

61 North Central Texas ▼ 4

Region 5 LW: 57

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
800m	30	Glorie KABUIN	SO	2:20.35		3/29/25	0.7	0.00	0.70
NORTH CENTRAL TEXAS TFRI Team Total								0.70	



WOMEN — 2025 Checkpoint #4, April 22

62 Hesston (Kan.) ▼ 1 Region 6 LW: 61

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

▶ 100H	34	Michelle LEWIS	FR	15.46w (2.5)	4/12/25	0.5	0.00	0.50
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HESSTON (KAN.) TFRI Team Total 0.50

63 Southwestern (Iowa) CC ▼ 1 Region 11 LW: 62

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

▶ DISC	48	Kara-Jean STATON	FR	29.98m 98-4½	3/21/25	0.05	0.00	0.05
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▶ HT	40	Abbi RICHTER	SO	37.05m 121-7	4/19/25	0.25	0.00	0.25
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▶ HT	43	Kara-Jean STATON	FR	35.83m 117-7	3/21/25	0.175	0.00	0.18
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SOUTHWESTERN (IOWA) CC TFRI Team Total 0.48

64 Marian Ancilla (Ind.) ▼ 1 Region 12 LW: 63

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

▶ JAV	39	Sarah TEPP	SO	23.58m 77-4½	4/12/25	0.275	0.00	0.28
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MARIAN ANCILLA (IND.) TFRI Team Total 0.28

65 Phoenix (Ariz.) ▼ 1 Region 1 LW: 64

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

▶ 400H	43	Milan KAUR	FR	1:18.01	4/12/25	0.175	0.00	0.18
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PHOENIX (ARIZ.) TFRI Team Total 0.18