



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

WOMEN — 2025 Checkpoint #4, April 22



Atlantic

as of 4/22/2025 12:03:19 AM ET

Women's 100 Meters

1	34	Aniya SUKU	FR	#12 Bryant & Stratto	11.93	(1.1)	4/5
2	37	Michaelyn FISHER	FR	#1 Richard Bland (V	11.94	(0.8)	3/29
3	47	Kimberly BAKER	SO	#4 Essex County (N.	12.01	(1.3)	3/29
4	59	Keyonna MCGILL	SO	#10 Cuyahoga (Ohio)	12.31w	(2.8)	4/19
5	62	Brinel THOMAS	FR	#2 Monroe-New Ro	12.34	(0.1)	4/12
6	65	Anijah JAMES	FR	#1 Richard Bland (V{2}	12.35	(0.8)	3/29
7	67	Deborah OYETUNDE	FR	#16 CCBC Essex (Md.	12.39w	(2.5)	4/19
8	70	Ashia MARTIN	SO	#4 Essex County (N.{2}	12.42	(1.0)	4/12
9	76	Jessica FRANKLIN	FR	#8 Hagerstown (Md	12.48	(1.0)	4/12
10	80	Shermalee FREEMAN	FR	#4 Essex County (N.{3}	12.50w	(2.3)	3/29

Women's 100 Meter Hurdles

1	15	Kadina DEEBLE	FR	#4 Essex County (N.	14.45w	(2.5)	3/29
2	21	Ma-Avian WILLIAMS	SO	#4 Essex County (N.{2}	14.69	(1.2)	4/5
3	22	Alisha JACKSON	FR	#12 Bryant & Stratto	14.84	(-1.7)	4/19
4	25	Jada HATCHER	FR	#1 Richard Bland (V	14.95	(1.4)	4/19
5	26	Shyla COOPER	FR	#1 Richard Bland (V{2}	15.04	(1.6)	3/29
6	29	Anijah JAMES	FR	#1 Richard Bland (V{3}	15.14w	(2.8)	4/19
7	38	Zoe ALLEN	FR	#3 Vincennes (Ind.)	15.61	(-0.2)	4/12
8	52	Erin SMITH	SO	#1 Richard Bland (V{4}	16.31w	(2.6)	4/19
9	55	Aniya SUKU	FR	#12 Bryant & Stratto{2}	16.82	(-0.7)	3/22
10	60	Ciara MAY	FR	#10 Cuyahoga (Ohio)	17.74	(-1.3)	4/13

Women's 200 Meters

1	34	Aniya SUKU	FR	#12 Bryant & Stratto	24.57	(1.0)	4/5
2	36	Kettia AMBROSE	SO	#2 Monroe-New Ro	24.62	(1.4)	3/29
3	50	Michaelyn FISHER	FR	#1 Richard Bland (V	25.05	(0.5)	4/5
4	60	Brinel THOMAS	FR	#2 Monroe-New Ro{2}	25.27	(0.2)	4/12
5	62	Keyonna MCGILL	SO	#10 Cuyahoga (Ohio)	25.31	(1.7)	4/13
6	65	Kaliyah JONES	FR	#2 Monroe-New Ro{3}	25.36	(-0.3)	4/19
7	66	Jayla WERTS	SO	#1 Richard Bland (V{2}	25.37	(-0.1)	3/21
8	70	Kimberly BAKER	SO	#4 Essex County (N.	25.45w	(2.2)	3/29
9	72	Iyona DAVIS	SO	#9 Howard (Md.) CC	25.46w	(3.1)	3/22
10	73	Deborah OYETUNDE	FR	#16 CCBC Essex (Md.	25.47	(0.7)	4/19

Women's 400 Meters

1	10	Kettia AMBROSE	SO	#2 Monroe-New Ro	55.09		4/4
2	19	Kaliyah JONES	FR	#2 Monroe-New Ro{2}	55.78		4/4
3	34	Jayla WERTS	SO	#1 Richard Bland (V	57.34		3/21
4	43	Oksanna SMITH	FR	#11 Lake-Sumter Sta	58.68		4/13
5	46	Keyonna MCGILL	SO	#10 Cuyahoga (Ohio)	58.91		4/13
6	55	Breshauna MILLER	FR	#1 Richard Bland (V{2}	59.59		4/5
7	56	Aaliyah MORGAN	FR	#4 Essex County (N.	59.88		3/29
8	63	Shermalee FREEMAN	FR	#4 Essex County (N.{2}	1:00.45		3/29
9	66	Serena DOUGLAS	SO	#4 Essex County (N.{3}	1:00.67		3/29
10	71	Zoe ALLEN	FR	#3 Vincennes (Ind.)	1:01.00		4/19

Women's 400 Meter Hurdles

1	12	Oksanna SMITH	FR	#11 Lake-Sumter Sta	1:04.43		4/5
2	18	Paula ORUSEDE	SO	#4 Essex County (N.	1:05.51		4/5
3	23	Shyla COOPER	FR	#1 Richard Bland (V	1:07.10		4/5
4	28	Zoe ALLEN	FR	#3 Vincennes (Ind.)	1:09.18		4/12
5	29	Aniya SUKU	FR	#12 Bryant & Stratto	1:09.36		3/29
6	30	Alisha JACKSON	FR	#12 Bryant & Stratto{2}	1:09.39		3/29
7	34	Erin SMITH	SO	#1 Richard Bland (V{2}	1:09.98		4/19
8	40	Ciara MAY	FR	#10 Cuyahoga (Ohio)	1:13.48		4/5

Women's 800 Meters

1	15	Attoya HARVEY	SO	#2 Monroe-New Ro	2:14.34		3/29
2	16	Daisy SPEET	FR	#7 Lansing (Mich.) C	2:14.52		4/4
3	24	Tanesia GARDINER	FR	#2 Monroe-New Ro{2}	2:18.42		3/29
4	25	Joy JEPLETING	FR	#2 Monroe-New Ro{3}	2:18.56		3/29
5	27	Serena DOUGLAS	SO	#4 Essex County (N.	2:19.23		4/5
6	40	Sara BELGACEM	FR	#3 Vincennes (Ind.)	2:21.71		4/12
7	63	Breshauna MILLER	FR	#1 Richard Bland (V	2:26.18		4/19
8	93	Sade LEE	FR	#11 Lake-Sumter Sta	2:31.26		3/8
9	96	Faith SWENOR	FR	#7 Lansing (Mich.) C{2}	2:31.91		4/12
10	98	Adaysa HOLLINESS	FR	#5 Marion Military I	2:31.97		4/20

Women's 1500 Meters

1	23	Daisy SPEET	FR	#7 Lansing (Mich.) C	4:46.28		4/12
2	26	Attoya HARVEY	SO	#2 Monroe-New Ro	4:47.15		4/12
3	51	Sara BELGACEM	FR	#3 Vincennes (Ind.)	4:55.42		3/29
4	62	Michaela GROSS	FR	#8 Hagerstown (Md	5:00.04		3/29
5	72	Serena DOUGLAS	SO	#4 Essex County (N.	5:02.88		3/29
6	80	Adi FULLER	SO	#3 Vincennes (Ind.) {2}	5:05.90		4/19
7	90	Tanesia GARDINER	FR	#2 Monroe-New Ro{2}	5:08.29		4/19
8	97	Emma DELL	FR	#14 Macomb (Mich.)	5:10.12		4/19
9		Lauren LEE	FR	#6 Muskegon (Mich	5:20.59		3/29
10		Jasmyn SELF	SO	#3 Vincennes (Ind.) {3}	5:22.47		3/29

Women's Steeplechase

1	26	Adi FULLER	SO	#3 Vincennes (Ind.)	12:39.07		4/12
2	28	Emma DELL	FR	#14 Macomb (Mich.)	13:00.70		4/19
3	34	Tanesia GARDINER	FR	#2 Monroe-New Ro	13:45.87		4/12
4	38	Arial CRAWFORD	SO	#8 Hagerstown (Md	17:20.75		4/12

Women's 5000 Meters

1	29	Michaela GROSS	FR	#8 Hagerstown (Md	18:20.97		3/21
2	35	Ava LAMILZA	SO	#14 Macomb (Mich.)	18:27.25		4/5
3	45	Daisy SPEET	FR	#7 Lansing (Mich.) C	18:38.92		4/19
4	59	Emma DELL	FR	#14 Macomb (Mich.) {2}	19:20.79		4/5
5	71	Erin ROWAN	FR	#14 Macomb (Mich.) {3}	19:57.53		4/5
6	79	Alexis HALE	FR	#3 Vincennes (Ind.)	20:21.39		4/19
7	82	Tanesia GARDINER	FR	#2 Monroe-New Ro	20:26.36		4/19
8	83	Naomi KIPKECH	FR	#6 Muskegon (Mich	20:27.56		3/29
9	87	Faith SWENOR	FR	#7 Lansing (Mich.) C{2}	20:43.99		4/19
10	94	Hannah CUNNINGHAM	SO	#10 Cuyahoga (Ohio)	21:06.90		4/19



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Women's 10,000 Meters

1	27	Michaela GROSS	FR	#8 Hagerstown (Md	44:01.84	4/12
2	29	Hannah CUNNINGHAM	SO	#10 Cuyahoga (Ohio)	46:09.81	4/13

Women's 4x100 Relay

1	12	J'Miaya Muse, Michaelyn Fisher, Anijah James, Shyla Cooper	#1 Richard Bland (V	47.62	4/5
2	16	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	49.51	4/20

Women's 4x400 Relay

1	8	Kaliyah Jones, Attoya Harvey, Tanesia Gardiner, Kettia Ambrose	#2 Monroe-New Ro	3:48.46	4/12
2	10	Serena Douglas, Kimberly Baker, Paula Orusede, Aaliyah Morgan	#4 Essex County (N.	3:57.71	4/5
3	13	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	Sade Lee, Brooke Filetti, Oksanna Smith, Sydnee Massey	#11 Lake-Sumter Sta	4:28.50	4/13
6	23	Sara Belgacem, Adi Fuller, Alexis Hale, Zoe Allen	#3 Vincennes (Ind.)	4:31.58	4/12
7	24	Daisy Speet, Jadyn Yonchewski, kristina Wilde, Faith Swenor	#7 Lansing (Mich.) C	4:31.68	4/12

Women's 4x800 Relay

1	4	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	#8 Hagerstown (Md	1.66m	5-5¼	4/4
2	12	Raeya TOWNSEND	FR	#5 Marion Military I	1.55m	5-1	4/20
3	28	Steffanie MCGUFFEY	SO	#6 Muskegon (Mich	1.46m	4-9½	3/29
4	31	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	#8 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	14	Michaelyn FISHER	FR	#1 Richard Bland (V	5.56m	18-3 (0.0)	3/21
2	16	Alisha JACKSON	FR	#12 Bryant & Stratto	5.53m	18-1¾ (0.2)	3/29
2	16	Jaden MILLER	FR	#11 Lake-Sumter Sta	5.53m	18-1¾ (0.5)	4/5
2	16	Brinel THOMAS	FR	#2 Monroe-New Ro	5.53m	18-1¾ (0.2)	4/12
5	22	Anijah JAMES	FR	#1 Richard Bland (V{2}	5.49m	18-¼ (0.4)	3/21
6	35	Ciarra MOORE	SO	#1 Richard Bland (V{3}	5.31mw	17-5¼ (3.1)	4/19
7	38	Shyla COOPER	FR	#1 Richard Bland (V{4}	5.26m	17-3¼ (0.0)	3/21
8	43	Shanaya HINTON	FR	#5 Marion Military I	5.20m	17-¾ (1.8)	4/5
9	55	Sirinity GLASPER	FR	#5 Marion Military I{2}	4.98m	16-4¼ (-0.5)	3/28
10	72	Ava CROWELL	FR	#6 Muskegon (Mich	4.50mw	14-9¼ (2.9)	4/19

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	20	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.) C{2}	10.25m	33-7½	4/12
3	36	Jada HOUGHTON	FR	#7 Lansing (Mich.) C	10.21m	33-6	4/12
4	42	Shaelyn SCHWEM	FR	#7 Lansing (Mich.) C{2}	9.90m	32-5¾	4/5
5	44	Adaysha HOLLINESS	FR	#5 Marion Military I	9.81m	32-2¼	4/20
6	55	Lilleann SHACKLEFORD	FR	#10 Cuyahoga (Ohio)	9.45m	31-0	3/22
7	66	Temiloluwa AKINSANYA	SO	#9 Howard (Md.) C{3}	8.85m	29-½	4/12
8	67	Tamia TAYLOR	FR	#3 Vincennes (Ind.)	8.71m	28-7	3/29
9	72	Kaitlyn QUEEN	FR	#8 Hagerstown (Md	8.34m	27-4½	4/12
10	73	Sontee CHINA	FR	#17 USC Sumter	8.09m	26-6½	3/29

Women's Discus

1	13	Gaby REEVE	SO	#6 Muskegon (Mich	39.04m	128-1	4/19
2	20	Raina MASSEY	SO	#5 Marion Military I	37.99m	124-8	4/20
3	36	Jada HOUGHTON	FR	#7 Lansing (Mich.) C	32.48m	106-7	4/19
4	42	Brooke BERRY	SO	#6 Muskegon (Mich{2}	31.18m	102-4	4/5
5	44	Brooke PRIBULICK	SO	#13 Carroll (Md.) CC	30.65m	100-7	3/29
6	51	Berkley OBERHAUS	FR	#7 Lansing (Mich.) C{2}	29.50m	96-9½	4/5
7	55	Temiloluwa AKINSANYA	SO	#9 Howard (Md.) CC	28.14m	92-4	4/12
8	56	Daisy SPEET	FR	#7 Lansing (Mich.) C{3}	28.13m	92-3½	4/12
9	60	Cheyenne ELLIS	FR	#9 Howard (Md.) C{2}	26.77m	87-10	3/29
10	67	Kaitlyn QUEEN	FR	#8 Hagerstown (Md	25.11m	82-4¾	4/12



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Women's Hammer

1	19	Raina MASSEY	SO	#5	Marion Military I	42.13m	138-3	4/5
2	38	Gaby REEVE	SO	#6	Muskegon (Mich	37.46m	122-11	4/5
3	48	Temiloluwa AKINSANYA	SO	#9	Howard (Md.) CC	34.28m	112-6	3/22
4	51	Lynniya WHITAKER	SO	#9	Howard (Md.) CC{2}	33.14m	108-9	3/22
5	53	Cheyenne ELLIS	FR	#9	Howard (Md.) CC{3}	32.54m	106-9	3/29
6	55	Lilleann SHACKLEFORD	FR	#10	Cuyahoga (Ohio)	31.99m	105-0	4/13
7	58	Brooke BERRY	SO	#6	Muskegon (Mich){2}	31.14m	102-2	4/19
8	67	Tamia TAYLOR	FR	#3	Vincennes (Ind.)	27.28m	89-6	4/12
9	70	Kaitlyn QUEEN	FR	#8	Hagerstown (Md	25.85m	84-9¾	4/4
10	74	Kiya MATHIEU	FR	#10	Cuyahoga (Ohio){2}	17.62m	57-9¾	3/22

Women's Javelin

1	33	Raina MASSEY	SO	#5	Marion Military I	25.46m	83-6½	3/28
2	35	Adaysha HOLLINESS	FR	#5	Marion Military I{2}	24.81m	81-4¾	3/28
3	39	Sarah TEPP	SO	#15	Marian Ancilla (Ii	23.58m	77-4½	4/12
4	46	Cheyenne ELLIS	FR	#9	Howard (Md.) CC	19.65m	64-5¾	4/12
5	47	Kamryn STEFANOSKI	SO	#13	Carroll (Md.) CC	19.58m	64-3	4/12
6	50	Kaitlyn QUEEN	FR	#8	Hagerstown (Md	18.16m	59-7	3/29
7	52	Temiloluwa AKINSANYA	SO	#9	Howard (Md.) CC{2}	15.36m	50-4¾	4/12
8	53	Layna ATALLAH	SO	#7	Lansing (Mich.) C	13.56m	44-6	3/22
9	54	Michaela CARNEY	SO	#8	Hagerstown (Md){2}	11.41m	37-5¼	4/12



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Central

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Women's 100 Meters

1	1	Royanah FARMER	SO	#3	Coffeyville (Kan.	11.22w	(3.8)	4/17
2	2	Maimuna JALLOW	FR	#1	Cloud County (K	11.30	(2.0)	4/12
3	4	Anita AFRIFA	SO	#8	Colby (Kan.) CC	11.36	(1.1)	4/12
4	8	Adetutu ALADELOYE	SO	#10	Allen (Kan.) CC	11.49	(1.5)	3/28
5	10	Ranayla MOTEN	FR	#10	Allen (Kan.) CC	{2} 11.53w	(2.4)	4/12
6	11	Crystal CHAMBERS	SO	#4	Fort Scott (Kan.)	11.54	(1.5)	3/28
7	14	Linya GEDEON	SO	#3	Coffeyville (Kan.)	{2} 11.63w	(3.8)	4/17
8	18	Kayda AUSTIN	FR	#2	Barton (Kan.) CC	11.66	(1.6)	4/19
9	19	Felicia AWUDI	FR	#8	Colby (Kan.) CC	{2} 11.68	(1.6)	3/22
10	23	Kayveonna JACKSON	SO	#10	Allen (Kan.) CC	{3} 11.74	(1.9)	4/12

Women's 100 Meter Hurdles

1	2	Linya GEDEON	SO	#3	Coffeyville (Kan.	13.59w	(2.2)	4/17
2	7	Asharria ULETT	FR	#2	Barton (Kan.) CC	13.93	(1.2)	4/19
3	11	Ty'yanah ADAMS	FR	#2	Barton (Kan.) CC	{2} 14.33	(0.5)	4/12
4	12	DiaMonae THOMAS	SO	#11	Highland (Kan.)	14.35w	(2.2)	4/17
5	13	Damaria BELL	SO	#4	Fort Scott (Kan.)	14.37w	(2.2)	4/17
6	14	Nanhi PANNU	FR	#1	Cloud County (K	14.41w	(3.2)	4/12
7	16	Chenessa DAVIS	SO	#1	Cloud County (K)	{2} 14.47	(-0.9)	4/5
8	18	Tahlia LIENERT	FR	#1	Cloud County (K)	{3} 14.49	(1.4)	4/19
9	19	Olivia LEATHERMAN	FR	#12	Dodge City (Kan.	14.59w	(3.2)	4/12
10	32	Alexia WALKER	FR	#2	Barton (Kan.) CC	{3} 15.42	(-0.4)	4/19

Women's 200 Meters

1	1	Anita AFRIFA	SO	#8	Colby (Kan.) CC	22.95	(1.9)	4/12
2	2	Keliza SMITH	SO	#2	Barton (Kan.) CC	23.21	(1.5)	4/19
3	4	Maimuna JALLOW	FR	#1	Cloud County (K	23.35w	(2.4)	4/19
4	5	Kayda AUSTIN	FR	#2	Barton (Kan.) CC	{2} 23.43	(-0.3)	4/12
5	7	Ranayla MOTEN	FR	#10	Allen (Kan.) CC	23.69w	(3.1)	3/28
6	8	Royanah FARMER	SO	#3	Coffeyville (Kan.	23.70	(0.0)	4/10
7	10	Rafiatu NUHU	SO	#1	Cloud County (K)	{2} 23.72w	(2.5)	4/12
7	10	Mekhila SANDERS	FR	#7	Garden City (Kar	23.72	(-0.7)	4/19
9	13	Adetutu ALADELOYE	SO	#10	Allen (Kan.) CC	{2} 23.77w	(3.1)	3/28
10	18	Linya GEDEON	SO	#3	Coffeyville (Kan.)	{2} 24.05	(0.0)	4/10

Women's 400 Meters

1	1	Rafiatu NUHU	SO	#1	Cloud County (K	52.73		4/19
2	2	Keliza SMITH	SO	#2	Barton (Kan.) CC	52.91		4/12
3	6	Dayjonique CATO	SO	#4	Fort Scott (Kan.)	54.57		3/20
4	7	Ranayla MOTEN	FR	#10	Allen (Kan.) CC	54.86		4/5
5	12	Nontokozi NCUBE	SO	#1	Cloud County (K)	{2} 55.19		4/12
6	13	Jayden PIPER	SO	#4	Fort Scott (Kan.)	{2} 55.20		4/17
7	14	Tierra WILLIAMS	FR	#3	Coffeyville (Kan.	55.22		4/10
8	15	Ivana ODONKOR	SO	#4	Fort Scott (Kan.)	{3} 55.27		4/17
9	16	Dhakiya BLAKE	SO	#3	Coffeyville (Kan.)	{2} 55.31		4/10
10	17	Amalinaly PEMBERTON	SO	#3	Coffeyville (Kan.)	{3} 55.67		3/29

Women's 400 Meter Hurdles

1	3	Natasha FOX	FR	#2	Barton (Kan.) CC	1:00.74		4/19
2	7	Kialia CLAIBORNE	SO	#2	Barton (Kan.) CC	{2} 1:02.88		4/19
3	9	Nanhi PANNU	FR	#1	Cloud County (K	1:03.34		4/5
4	11	Antonia MOUTRIE	FR	#7	Garden City (Kar	1:03.95		4/19
5	13	Marcy MONELL	SO	#4	Fort Scott (Kan.)	1:04.65		3/20
6	15	Jakouria JAMERSON	SO	#4	Fort Scott (Kan.)	{2} 1:04.89		4/17
7	20	Ja'Kheria KELSER	FR	#3	Coffeyville (Kan.	1:05.72		3/23
8	26	Jaelyn RUMBACK	SO	#1	Cloud County (K)	{2} 1:08.86		4/19
9	27	Juaneya SYKES	SO	#4	Fort Scott (Kan.)	{3} 1:09.00		4/17
10	31	Damaria BELL	SO	#4	Fort Scott (Kan.)	{4} 1:09.65		3/20

Women's 800 Meters

1	4	Shone WALTERS	SO	#2	Barton (Kan.) CC	2:09.94		4/12
2	5	Nontokozi 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	11	Rosemary ARTHUR	SO	#8	Colby (Kan.) CC	2:11.75		4/12
5	12	Mercy ANGAAMCHAAB	SO	#1	Cloud County (K)	{3} 2:11.85		4/5
6	18	Amanda KOTAMBE	FR	#1	Cloud County (K)	{4} 2:16.14		4/5
7	33	Melania TURAGA	FR	#13	Neosho County (2:20.52		4/12
8	34	Amalinaly PEMBERTON	SO	#3	Coffeyville (Kan.	2:20.57		4/10
9	38	Meryeme MAI	FR	#7	Garden City (Kar	2:21.53c	(2:21.94A)	4/3
10	42	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	3	Rosemary ARTHUR	SO	#8	Colby (Kan.) CC	4:31.92		4/19
3	7	Mercy ANGAAMCHAAB	SO	#1	Cloud County (K)	{2} 4:37.48		4/12
4	29	Jordyn PICOLET	SO	#6	Hutchinson (Kan	4:48.57		4/19
5	37	Elizabeth HERNANDEZ	SO	#9	Butler (Kan.) CC	4:51.36		4/19
6	41	Abigail GRANTHAM	SO	#6	Hutchinson (Kan)	{2} 4:52.82		4/12
7	42	Amanda KOTAMBE	FR	#1	Cloud County (K)	{3} 4:52.88		3/29
8	56	Kayli MYERS	SO	#5	Cowley (Kan.)	4:57.97		4/19
9	67	Laura AVILA	SO	#6	Hutchinson (Kan)	{3} 5:01.75		4/12
10	68	Beverlyne KIPTARUS	SO	#7	Garden City (Kar	5:02.20c	(5:05.86A)	4/3

Women's Steeplechase

1	13	Reid HARVEY-MCKEAN	FR	#7	Garden City (Kar	11:37.37		4/12
2	14	Darcy VINEYARD	FR	#14	UA Rich Mountai	11:37.70		4/19
3	22	Amanda KOTAMBE	FR	#1	Cloud County (K	12:20.64		4/12
4	24	Alexa MARSHALL	FR	#9	Butler (Kan.) CC	12:30.15		4/19
5	25	Valyrie FREEMAN	SO	#9	Butler (Kan.) CC	{2} 12:34.76		4/12



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Central

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Women's 5000 Meters

1	14	Jordyn PICOLET	SO	#6 Hutchinson (Kan	17:43.99	4/12
2	20	N Vanee ANCHIKE	SO	#1 Cloud County (K	17:51.05	4/19
3	22	Elizabeth HERNANDEZ	SO	#9 Butler (Kan.) CC	17:54.68	3/29
4	41	Laura AVILA	SO	#6 Hutchinson (Kan){2}	18:31.77	4/19
5	43	Kayli MYERS	SO	#5 Cowley (Kan.)	18:37.01	4/12
6	49	Alison UNRUH	SO	#9 Butler (Kan.) CC {2}	18:53.08	3/29
7	52	Savannah FISCHER	SO	#5 Cowley (Kan.) {2}	19:04.23	4/19
8	63	Valyrie FREEMAN	SO	#9 Butler (Kan.) CC {3}	19:39.24	3/22
9	64	Celestine KIBORUS	FR	#16 Fort Hays Tech N	19:39.70	4/19
10	67	Pauline ALTHOFF	FR	#5 Cowley (Kan.) {3}	19:46.20	4/19

Women's 10,000 Meters

1	9	Elizabeth HERNANDEZ	SO	#9 Butler (Kan.) CC	37:20.97	4/12
2	11	Meryeme MAI	FR	#7 Garden City (Kar	37:42.14	4/12
3	20	Ivy WASHINGTON	SO	#12 Dodge City (Kan.	39:33.68	4/12
4	21	Alison UNRUH	SO	#9 Butler (Kan.) CC {2}	39:54.79	4/12
5	24	Ava WASHINGTON	SO	#12 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	3	Kayveonna Jackson, Ranayla Moten, Ala' Jah Brooks, Adetutu Aladeloye	#10 Allen (Kan.) CC	45.26	3/28
3	5	Dayjonique Cato, Crystal Chambers, Emmanuella Squire, Jayden Piper	#4 Fort Scott (Kan.)	45.34	4/17
4	6	Dhakiya Blake, Royanah Farmer, Tierra Williams, Linya Gedeon	#3 Coffeyville (Kan.	45.42	3/29
5	9	DiaMonae Thomas, Shanteria Washington, Alexia Lewis, J'Na Demming	#11 Highland (Kan.)	46.66	4/5
6	14	Sierra Brooks, Tanyiah Cox, Azariah Dawes, Sidney Holt	#6 Hutchinson (Kan	48.04	4/19
7	18	Paula del Pozo, Vilorina Tuilawaki, Melania Turaga, Rhea Flanders	#13 Neosho County (48.86	4/19
8	24	Mekhila Sanders, Antonia Moultrie, Jaylene Hernandez, Priscilla Wemba	#7 Garden City (Kar	51.05	4/12

Women's 4x400 Relay

1	1	Maimuna Jallow, Nontoko Ncube, Nanhi Pannu, Rafiatu Nuhu	#1 Cloud County (K	3:38.84	4/19
2	4	Jayden Piper, Emmanuella Squire, Dayjonique Cato, Ivana Odonkor	#4 Fort Scott (Kan.)	3:41.37	3/28
3	5	Shone Walters, Keliza Smith, Narissa McPherson, Natasha Fox	#2 Barton (Kan.) CC	3:41.44	4/12
4	7	Tierra Williams, Dhakiya Blake, Ja'Kheria Kelsner, Amalinaly Pemberton	#3 Coffeyville (Kan.	3:46.54	3/29
5	12	Melania Turaga, Rhea Flanders, Vilorina Tuilawaki, Violeta Luka	#13 Neosho County (4:02.52	4/19
6	15	Mekhila Sanders, Meryeme Mai, Priscilla Wemba, Antonia Moultrie	#7 Garden City (Kar	4:12.21c (4:11.77A)	4/3
7	17	Caylee May, Bianca Gleim, Sarai Chavez, Olivia Leatherman	#12 Dodge City (Kan.	4:14.74	4/12

Women's 4x800 Relay

1	2	Amanda Kotambe, N Vanee Anchike, Mercy Angaamchaab, Nontoko Ncube	#1 Cloud County (K	8:58.44	4/19
2	5	Melania Turaga, Amy Styles, Vilorina Tuilawaki, Barbara Gurrola	#13 Neosho County (10:32.07	4/19

Women's High Jump

1	12	Chenessa DAVIS	SO	#1 Cloud County (K	1.55m	5-1	3/29
1	12	Cordaelia WILLIAMS	SO	#1 Cloud County (K	1.55m	5-1	3/29
3	19	Jazz DILWORTH	FR	#4 Fort Scott (Kan.)	1.52m	4-11¾	3/28
4	22	Alyana WALLACE	SO	#11 Highland (Kan.)	1.51m	4-11½	3/29
5	23	Berlynn BLACK	SO	#11 Highland (Kan.) {2}	1.50m	4-11	3/22
6	28	Jakouria JAMERSON	SO	#4 Fort Scott (Kan.){2}	1.46m	4-9½	3/28
6	28	Makayla GAY	SO	#5 Cowley (Kan.)	1.46m	4-9½	4/19
8	34	Sophia CALISTRO	FR	#12 Dodge City (Kan.	1.42m	4-7¾	3/29
8	34	Camdyn CUNNINGHAM	FR	#12 Dodge City (Kan.	1.42m	4-7¾	3/29
10	36	Leah WRIGHT	FR	#10 Allen (Kan.) CC	1.41m	4-7½	4/5



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Women's Pole Vault

1	3	Dakota DAPPER	SO	#5 Cowley (Kan.)	3.65m	11-11¾	4/5
2	6	Kennedy KIZARR	SO	#5 Cowley (Kan.) {2}	3.54m	11-7¼	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	12	Alycea MCCOY	FR	#6 Hutchinson (Kan	3.16m	10-4¼	3/29
5	12	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

Women's Long Jump

1	1	Celine RIDDLE	FR	#2 Barton (Kan.) CC	6.07mw	19-11 (2.1)	4/19
2	6	Chloe PERRYMAN	SO	#2 Barton (Kan.) CC {2}	5.71mw	18-8¾ (2.5)	4/19
3	8	Alexia LEWIS	SO	#11 Highland (Kan.)	5.63m	18-5¾ (0.3)	3/29
4	10	Aalyiah LINTON	SO	#4 Fort Scott (Kan.)	5.57m	18-3¼ (1.3)	3/20
5	15	Alexia WALKER	FR	#2 Barton (Kan.) CC {3}	5.54mw	18-2¼ (3.1)	3/29
6	23	Kymia BRIDGETT	FR	#2 Barton (Kan.) CC {4}	5.48m	17-11¾ (1.7)	4/4
7	26	Nanhi PANNU	FR	#1 Cloud County (K	5.45mw	17-10¾ (2.7)	3/29
8	27	Yaya MORENO	SO	#6 Hutchinson (Kan	5.42m	17-9¾ (1.3)	4/19
9	28	Nele GOESL	FR	#1 Cloud County (K {2}	5.41mw	17-9 (2.6)	3/29
10	31	Chenessa DAVIS	SO	#1 Cloud County (K {3}	5.33m	17-6 (2.0)	4/19

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}	11.72mw	38-5½ (3.9)	4/19
3	11	Brooke HAWKINS	SO	#6 Hutchinson (Kan	11.68mw	38-4 (3.0)	3/29
4	12	Isabelle CULLENS	FR	#3 Coffeyville (Kan.	11.47mw	37-7¾ (3.5)	4/17
5	14	Aalyiah LINTON	SO	#4 Fort Scott (Kan.)	11.39m	37-4½ (1.0)	3/28
6	16	Alycea MCCOY	FR	#6 Hutchinson (Kan {2}	11.24m	36-10½ (1.7)	4/19
7	21	Nele GOESL	FR	#1 Cloud County (K	11.03mw	36-2¼ (2.5)	4/19
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.)	13.95m	45-9¼	4/19
2	10	Deisheline MAYER SCOTT	FR	#6 Hutchinson (Kan	13.08m	42-11	3/29
3	14	Aiyanna GREEN	SO	#6 Hutchinson (Kan {2}	12.27m	40-3¾	3/29
4	18	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	#11 Highland (Kan.)	11.54m	37-10½	3/29
7	22	Bree ROWE	SO	#5 Cowley (Kan.) {3}	11.41m	37-5¼	4/5
8	27	Jessi MCDOWELL	FR	#5 Cowley (Kan.) {4}	11.03m	36-2¼	4/19
9	29	Shaniece POWELL	FR	#3 Coffeyville (Kan.	10.76m	35-3¾	4/10
10	31	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	59.46m	195-1	4/19
2	3	Ivanilda SEMEDO	SO	#2 Barton (Kan.) CC {2}	51.90m	170-4	3/29
3	5	Carla Kay BROWN	FR	#3 Coffeyville (Kan.	45.41m	149-0	4/17
4	6	Zadie MACKEY	FR	#2 Barton (Kan.) CC {3}	45.29m	148-7	4/4
5	10	Bree ROWE	SO	#5 Cowley (Kan.)	41.71m	136-10	3/29
6	15	Shaniece POWELL	FR	#3 Coffeyville (Kan.) {2}	39.00m	128-0	4/17
7	17	Jessi MCDOWELL	FR	#5 Cowley (Kan.) {2}	38.55m	126-6	4/17
8	18	Cierra GRAY	SO	#5 Cowley (Kan.) {3}	38.54m	126-6	3/13
9	21	Margherita SALA	SO	#1 Cloud County (K	37.62m	123-5	3/29
10	22	McKayla KUPLIICKI	SO	#3 Coffeyville (Kan.) {3}	37.29m	122-4	3/23

Women's Hammer

1	4	Mercedes GLOVER	JR	#5 Cowley (Kan.)	50.91m	167-1	4/19
2	5	Ana MANOUSARIDIS	SO	#3 Coffeyville (Kan.	50.29m	165-0	4/17
3	6	Cedricka WILLIAMS	SO	#2 Barton (Kan.) CC	50.04m	164-2	4/19
4	7	Zadie MACKEY	FR	#2 Barton (Kan.) CC {2}	48.96m	160-8	3/29
5	10	Margherita SALA	SO	#1 Cloud County (K	46.09m	151-3	4/19
6	14	Deisheline MAYER SCOTT	FR	#6 Hutchinson (Kan	43.73m	143-6	3/29
7	15	Brianna LEE	SO	#5 Cowley (Kan.) {2}	43.63m	143-2	3/13
8	17	Alma CORDOVA	SO	#8 Colby (Kan.) CC	43.36m	142-3	3/29
9	18	Cierra GRAY	SO	#5 Cowley (Kan.) {3}	42.78m	140-4	3/13
10	20	Mayce MCDONALD	SO	#5 Cowley (Kan.) {4}	41.95m	137-8	3/13

Women's Javelin

1	8	Vivica ADDISON	SO	#1 Cloud County (K	40.57m	133-1	4/19
2	15	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	25	Hailey MCGOWEN	SO	#4 Fort Scott (Kan.)	30.50m	100-1	4/17
5	25	Destiny PONDS	FR	#9 Butler (Kan.) CC	30.50m	100-1	4/19
7	29	Carlie CARLGREN	FR	#1 Cloud County (K {2}	30.01m	98-5½	3/29
8	37	Aaliyah CHAVEZ	SO	#8 Colby (Kan.) CC	23.98m	78-8¼	4/19
9	38	Emma HERRERA	FR	#15 Pratt (Kan.) CC	23.82m	78-1¾	3/20
10	40	Alexia WALKER	FR	#2 Barton (Kan.) CC	23.37m	76-8¼	3/29

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	16	Leah WRIGHT	FR	#10 Allen (Kan.) CC	2,109		3/28



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Midwest

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Women's 100 Meters

1	6	Trinity MONTGOMERY	SO	#3 Hinds (Miss.) CC	11.46w	(3.0)	4/5
2	7	La'Nica LOCKER	SO	#3 Hinds (Miss.) CC {2}	11.47w	(2.4)	4/19
3	12	Caneilia HOPE	FR	#3 Hinds (Miss.) CC {3}	11.56w	(2.4)	4/19
4	14	Serena GRACE	FR	#1 Iowa Western CC	11.63	(2.0)	4/12
4	14	Ida SMITH	FR	#4 Indian Hills (Iowa)	11.63w	(2.8)	4/12
6	19	Zariah GREAVES	SO	#2 Iowa Central CC	11.68w	(3.1)	3/28
7	32	Judith KOU MEDZINA	SO	#1 Iowa Western CC {2}	11.92w	(2.2)	3/29
8	34	Zekira SNOW	SO	#4 Indian Hills (Iowa) {2}	11.93	(1.5)	3/28
8	34	Destiny MITCHELL	SO	#4 Indian Hills (Iowa) {2}	11.93	(1.9)	4/12
10	37	Nakirsten HUGHES	FR	#7 Meridian (Miss.)	11.94w	(3.7)	4/5
10	37	Ritorion VIGNE	SO	#3 Hinds (Miss.) CC {4}	11.94w	(2.4)	4/5

Women's 100 Meter Hurdles

1	4	Dymonde NAVE	SO	#4 Indian Hills (Iowa)	13.76w	(2.6)	3/28
2	6	Seanna GAYE-LESLIE	FR	#3 Hinds (Miss.) CC	13.88	(1.3)	4/11
3	9	Lenasia DRUMMOND	SO	#3 Hinds (Miss.) CC {2}	14.19	(2.0)	4/19
4	16	Tanique TAYLOR	SO	#1 Iowa Western CC	14.47w	(2.6)	3/29
5	28	Arriana JOHNSON	SO	#4 Indian Hills (Iowa) {2}	15.13	(1.8)	4/19
6	37	Madison JACKSON	FR	#11 Coahoma (Miss.)	15.59	(0.4)	3/22
7	42	Taja CONLEY	SO	#9 North Iowa Area	15.72	(1.7)	4/19
8	45	Ella HOMAWOO	FR	#2 Iowa Central CC	15.90w	(3.2)	3/28
9	47	Bethany SLOVENSKY	FR	#5 State Fair (Mo.)	15.99	(1.0)	4/18
10	48	Eden BROUWERS	FR	#2 Iowa Central CC {2}	16.00w	(4.0)	3/28

Women's 200 Meters

1	3	La'Nica LOCKER	SO	#3 Hinds (Miss.) CC	23.26	(1.8)	4/11
2	15	Serena GRACE	FR	#1 Iowa Western CC	23.87	(2.0)	4/12
3	16	Trinity MONTGOMERY	SO	#3 Hinds (Miss.) CC {2}	23.91w	(2.8)	4/19
4	19	Nyla BLACKMON	SO	#4 Indian Hills (Iowa)	24.10w	(3.1)	4/12
5	23	Ida SMITH	FR	#4 Indian Hills (Iowa) {2}	24.24w	(3.6)	4/12
6	30	Nyla NORMAN	SO	#4 Indian Hills (Iowa) {3}	24.42w	(3.6)	4/12
7	33	Judith KOU MEDZINA	SO	#1 Iowa Western CC {2}	24.52	(2.0)	4/12
8	43	Ritorion VIGNE	SO	#3 Hinds (Miss.) CC {3}	24.89w	(3.1)	4/19
9	53	Laurie LOUIS	SO	#4 Indian Hills (Iowa) {4}	25.16w	(3.9)	3/28
10	61	Mechak Linda BULA BULA	FR	#2 Iowa Central CC	25.29	(0.6)	4/18

Women's 400 Meters

1	4	Queen USUNOBUN	FR	#3 Hinds (Miss.) CC	53.58		4/19
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	23	Laurie LOUIS	SO	#4 Indian Hills (Iowa)	56.12		4/12
5	25	Caydence BREWER	SO	#3 Hinds (Miss.) CC {4}	56.17		4/5
6	30	Nyla BLACKMON	SO	#4 Indian Hills (Iowa) {2}	56.67		3/28
7	38	Alexa ZANDERS	FR	#4 Indian Hills (Iowa) {3}	57.86		4/12
8	41	Mechak Linda BULA BULA	FR	#2 Iowa Central CC	58.46		4/18
9	44	Jakhia MARTIN	FR	#7 Meridian (Miss.)	58.76		4/12
10	47	Cshanti PIERCE	SO	#7 Meridian (Miss.) {2}	58.98		4/5

Women's 400 Meter Hurdles

1	1	Twyshanna HUIE	SO	#3 Hinds (Miss.) CC	59.80		4/19
2	5	T'kyla BENNETT	SO	#3 Hinds (Miss.) CC {2}	1:01.21		4/5
3	10	Tanique TAYLOR	SO	#1 Iowa Western CC	1:03.63		4/19
4	14	Dymonde NAVE	SO	#4 Indian Hills (Iowa)	1:04.72		3/28
5	16	Chadrak Belinda BULA BULA	FR	#2 Iowa Central CC	1:04.94		4/5
6	19	Arriana JOHNSON	SO	#4 Indian Hills (Iowa) {2}	1:05.61		4/19
7	22	Taja CONLEY	SO	#9 North Iowa Area	1:06.83		4/11
8	25	Melody KREMER	JR	#8 Hawkeye (Iowa)	1:07.96		4/5
9	42	Madison JACKSON	FR	#11 Coahoma (Miss.)	1:14.34		4/11

Women's 800 Meters

1	9	Angeline ESTRADA	SO	#1 Iowa Western CC	2:10.92		4/18
2	35	Juliette GAVOIS	FR	#2 Iowa Central CC	2:20.67		4/12
3	45	Mercy KIBUIGUT	FR	#6 Crowder (Mo.)	2:22.53		4/19
4	53	Alivia EDENS	FR	#2 Iowa Central CC {2}	2:23.83		4/5
5	55	Natalie BOGDANOVA KIRILOVA	SO	#2 Iowa Central CC {3}	2:24.62		3/28
6	58	Mallori JONES	FR	#8 Hawkeye (Iowa)	2:24.76		4/18
7	76	Mechak Linda BULA BULA	FR	#2 Iowa Central CC {4}	2:28.90		4/5
8	86	Natali ROTH	FR	#12 Heartland (Ill.) C	2:31.14		3/29
9	89	Shmyhia MORRIS	FR	#4 Indian Hills (Iowa)	2:31.19		4/12
10	90	Fanny DEN UYL	FR	#2 Iowa Central CC {5}	2:31.21		4/12

Women's 1500 Meters

1	11	Nora BRADY	SO	#12 Heartland (Ill.) C	4:40.71		3/29
2	19	Abbigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	4:43.85		4/11
3	22	Videlda JEBET	FR	#6 Crowder (Mo.)	4:45.08		4/19
4	25	Angeline ESTRADA	SO	#1 Iowa Western CC	4:46.99		4/18
5	52	Juliette GAVOIS	FR	#2 Iowa Central CC {2}	4:55.93		4/12
6	63	Alivia EDENS	FR	#2 Iowa Central CC {3}	5:01.05		4/12
7	64	Natalie BOGDANOVA KIRILOVA	SO	#2 Iowa Central CC {4}	5:01.32		4/11
8	73	Tiffani KOONCE	FR	#4 Indian Hills (Iowa)	5:03.79		3/28
9	79	Imane JOURJI	FR	#2 Iowa Central CC {5}	5:05.39		4/18
10	82	Mercy KIBUIGUT	FR	#6 Crowder (Mo.) {2}	5:06.05		4/5

Women's Steeplechase

1	3	Elizabeth EWUSIE	FR	#1 Iowa Western CC	10:47.80		4/18
2	7	Abbigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	11:14.51		4/18
3	15	Videlda JEBET	FR	#6 Crowder (Mo.)	11:39.08		4/11
4	30	Alivia EDENS	FR	#2 Iowa Central CC {2}	13:06.36		4/18
5	31	Olivia SPURLING	FR	#9 North Iowa Area	13:06.79		4/11
6	32	Jasmine HAYES	FR	#6 Crowder (Mo.) {2}	13:21.39		4/11
7	35	Cloey USHER	SO	#9 North Iowa Area {2}	14:29.38		3/28
8	36	Alexis RIDDLE	FR	#5 State Fair (Mo.)	14:35.03		4/18
9	37	Emma RINALDI	SO	#5 State Fair (Mo.) {2}	15:53.29		4/18



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WOMEN — 2025 Checkpoint #4, April 22



Midwest

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Women's 5000 Meters

1	3	Nhamoinesu MABVUKA	FR	#7 Meridian (Miss.)	16:39.17	4/12
2	5	Hafssa BOUTRICH	FR	#1 Iowa Western CC	17:03.17	4/18
3	8	Nora BRADY	SO	#12 Heartland (Ill.) C	17:13.37	4/12
4	13	Wijdane INZALINE	FR	#1 Iowa Western CC{2}	17:43.16	4/5
5	26	Faith JEPTOO	SO	#6 Crowder (Mo.)	18:16.10	4/5
6	33	Mercy KIBUIGUT	FR	#6 Crowder (Mo.) {2}	18:25.22	4/11
7	42	Abbigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	18:33.38	3/28
8	57	Ayianna OLIVAS	SO	#1 Iowa Western CC{3}	19:18.81	3/29
9	58	Tiffani KOONCE	FR	#4 Indian Hills (Iowa)	19:20.74	4/19
10	73	Paetyn WIEGAND	FR	#13 Southeastern (Iowa)	20:02.33	4/12

Women's 10,000 Meters

1	1	Juliana SAKAT	FR	#1 Iowa Western CC	33:23.71	4/18
2	14	Faith JEPTOO	SO	#6 Crowder (Mo.)	38:18.35	4/19
3	16	Wijdane INZALINE	FR	#1 Iowa Western CC{2}	38:43.56	4/18
4	22	Ayianna OLIVAS	SO	#1 Iowa Western CC{3}	40:15.61	4/12

Women's 4x100 Relay

1	2	Seanna Gaye-Leslie, Caneilia Hope, Trinity Montgomery, La'Nica Locker	#3 Hinds (Miss.) CC	45.17	4/19
2	8	Kenyatta Grate, Destiny Mitchell, Nyla Norman, Zekira Snow	#4 Indian Hills (Iowa)	46.06	3/28
3	10	Judith Koumedzina, Serena Grace, Taeja Bartee, Tanique Taylor	#1 Iowa Western CC	46.87	4/12
4	13	Nakirsten Hughes, Jakhia Martin, Mykala Carter, Yasmyne McCann	#7 Meridian (Miss.)	47.88	4/12
5	20	Rylee Steffen, Alyssa Wondercheck, Halima Biggs, Tasha Williams	#8 Hawkeye (Iowa)	50.12	3/28
6	21	Nora Moreno, Madison Johnson, Sophia Edwin, Layisha Freeman	#5 State Fair (Mo.)	50.41	4/18
7	22	#Type!	#9 North Iowa Area	50.42	4/19
8	23	Madison Jackson, Katreeka Mott-Franklin, Faith Butler, TaMoria Shannon	#11 Coahoma (Miss.)	51.04	4/3
9	26	Lee'Asia Hayes, Amelia Beutler, Sasha Doyle, Jade Arrington	#15 Bryant & Stratton	52.78	4/18

Women's 4x400 Relay

1	6	Twyshanna Huie, Caydence Brewer, T'kyla Bennett, Queen Usunobun	#3 Hinds (Miss.) CC	3:41.98	4/11
2	9	Cshanti Pierce, Taitiana Jones, Jakhia Martin, Mykala Carter	#7 Meridian (Miss.)	3:57.45	4/12
3	25	#Type!	#13 Southeastern (Iowa)	5:15.08	4/5

Women's 4x800 Relay

1	3	Mercy Kibuigut, Faith Jeptoo, Arianna Blevins, Videlmia Jebet	#6 Crowder (Mo.)	9:56.38	4/19
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Women's High Jump

1	8	Qiana PIERCE	FR	#3 Hinds (Miss.) CC	1.60m	5-3	3/22
2	11	Rasheda SAMUELS	FR	#1 Iowa Western CC	1.56m	5-1¼	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	17	Halima BIGGS	FR	#8 Hawkeye (Iowa)	1.54m	5-½	4/18
6	23	Tasha WILLIAMS	JR	#8 Hawkeye (Iowa) {2}	1.50m	4-11	3/28
6	23	Kira MESSERLY	FR	#2 Iowa Central CC {2}	1.50m	4-11	4/12
6	23	Shacora JURDEN	FR	#11 Coahoma (Miss.)	1.50m	4-11	4/3
9	31	Jillian HULSING	SO	#10 Sauk Valley (Ill.)	1.45m	4-9	4/18
10	38	Journey SANDER	FR	#5 State Fair (Mo.)	1.40m	4-7	3/22

Women's Pole Vault

1	22	Abbigail (Abbi) HUTCHINSON	FR	#2 Iowa Central CC	2.45m	8-½	3/21
2	23	Amparo PAYNE	FR	#5 State Fair (Mo.)	2.30m	7-6½	4/18

Women's Long Jump

1	2	Maeva GOUNE TIBBOLO	FR	#2 Iowa Central CC	5.99m	19-8 (0.5)	4/11
1	2	Sakina UMAR	SO	#1 Iowa Western CC	5.99m	19-8 (0.6)	3/29
3	16	Jocelyn NUNEZ	FR	#5 State Fair (Mo.)	5.53m	18-1¾ (1.5)	3/22
4	20	Mercy HONESTY	SO	#1 Iowa Western CC{2}	5.50m	18-½ (0.3)	4/19
4	20	Layisha FREEMAN	FR	#5 State Fair (Mo.) {2}	5.50m	18-½ (1.2)	3/15
6	33	Dymonde NAVE	SO	#4 Indian Hills (Iowa)	5.32m	17-5½ (1.8)	4/12
7	40	Amirah NOCK	FR	#7 Meridian (Miss.)	5.22m	17-1½ (1.2)	4/5
8	43	Lee'Asia HAYES	FR	#15 Bryant & Stratton	5.20mw	17-¾ (3.9)	4/18
9	45	Taeja BARTEE	FR	#1 Iowa Western CC{3}	5.19mw	17-½ (2.1)	3/29
10	46	Gift GONPUE	SO	#9 North Iowa Area	5.16mw	16-11¼ (2.5)	4/5

Women's Triple Jump

1	1	Mercy HONESTY	SO	#1 Iowa Western CC	13.35m	43-9¾ (0.5)	3/27
2	5	Shacora JURDEN	FR	#11 Coahoma (Miss.)	11.95m		4/3
3	13	Ashanti PATTON	SO	#7 Meridian (Miss.)	11.46m	37-7¼ (1.5)	3/22
4	15	Elfie SANOGO	FR	#1 Iowa Western CC{2}	11.35m	37-3 (-1.9)	3/21
5	28	Bethany SLOVENSKY	FR	#5 State Fair (Mo.)	10.42m	34-2¼ (1.5)	4/18
6	30	Sophia EDWIN	FR	#5 State Fair (Mo.) {2}	10.35m	33-11½ (1.7)	4/18
7	31	Brooklyn VOMACKA	FR	#1 Iowa Western CC{3}	10.28m	33-8¾ (1.3)	4/19
8	34	Journey SANDER	FR	#5 State Fair (Mo.) {3}	9.88m	32-5 (-0.5)	4/11
9	36	Maggie ROWZE	FR	#10 Sauk Valley (Ill.)	9.38mw	30-9¼ (3.8)	4/5



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Midwest

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Women's Shot Put

1	3	Sarai SIMPSON	SO	#1 Iowa Western CC	14.95m	49-¾	4/19
2	4	Chin-Loy RAYMOND	SO	#1 Iowa Western CC {2}	14.51m	47-7¼	4/12
3	6	Unitee BROWN	FR	#2 Iowa Central CC	13.41m	44-0	3/28
4	12	Kailan MCEWEN	FR	#8 Hawkeye (Iowa)	12.77m	41-10¾	4/18
5	13	Monifa EDWARDS	FR	#1 Iowa Western CC {3}	12.68m	41-7¼	4/12
6	15	Olivia COX	FR	#10 Sauk Valley (Ill.)	12.25m	40-2¼	4/13
7	16	Lovely HIBBERT	FR	#1 Iowa Western CC {4}	12.09m	39-8	4/19
8	23	Zuriya ROBINSON	SO	#2 Iowa Central CC {2}	11.37m	37-3¾	4/5
9	30	Eden BROUWERS	FR	#2 Iowa Central CC {3}	10.67m	35-¼	4/18
10	34	Brandy JARMON	FR	#1 Iowa Western CC {5}	10.36m	34-0	3/21

Women's Discus

1	8	Monifa EDWARDS	FR	#1 Iowa Western CC	42.23m	138-7	4/19
2	11	Lovely HIBBERT	FR	#1 Iowa Western CC {2}	40.47m	132-10	4/5
3	14	Unitee BROWN	FR	#2 Iowa Central CC	39.02m	128-0	4/18
4	16	Olivia COX	FR	#10 Sauk Valley (Ill.)	38.89m	127-7	4/13
5	19	Chin-Loy RAYMOND	SO	#1 Iowa Western CC {3}	38.07m	124-11	4/19
6	24	Breanna SWABY	FR	#8 Hawkeye (Iowa)	36.54m	119-11	4/18
7	30	Zuriya ROBINSON	SO	#2 Iowa Central CC {2}	34.67m	113-9	4/12
8	39	Kit BYARS	SO	#9 North Iowa Area	31.89m	104-8	3/28
9	40	Sarai SIMPSON	SO	#1 Iowa Western CC {4}	31.55m	103-6	4/5
10	41	Claire NICHOLS	SO	#5 State Fair (Mo.)	31.52m	103-5	3/22

Women's Hammer

1	12	Chin-Loy RAYMOND	SO	#1 Iowa Western CC	45.08m	147-11	4/19
2	16	Zuriya ROBINSON	SO	#2 Iowa Central CC	43.43m	142-6	4/18
3	22	Sarai SIMPSON	SO	#1 Iowa Western CC {2}	41.72m	136-11	4/19
4	25	Cynthia ALBERT	FR	#4 Indian Hills (Iowa)	41.42m	135-11	4/5
5	28	Olivia COX	FR	#10 Sauk Valley (Ill.)	40.33m	132-4	4/18
6	40	Abbi RICHTER	SO	#14 Southwestern (Ia)	37.05m	121-7	4/19
7	42	Lovely HIBBERT	FR	#1 Iowa Western CC {3}	35.97m	118-0	4/19
8	43	Kara-Jean STATON	FR	#14 Southwestern (Ia) {2}	35.83m	117-7	3/21
9	46	Kit BYARS	SO	#9 North Iowa Area	34.46m	113-1	4/11
10	50	Monifa EDWARDS	FR	#1 Iowa Western CC {4}	33.40m	109-7	4/19

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	13	Isabella SABALA	FR	#5 State Fair (Mo.) {2}	35.35m	116-0	4/18
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	30	Kailan MCEWEN	FR	#8 Hawkeye (Iowa)	29.83m	97-10½	4/12
8	31	Bella DETORRICE-WYNNE	SO	#10 Sauk Valley (Ill.)	29.04m	95-3½	4/5
9	34	Jillian HULSING	SO	#10 Sauk Valley (Ill.) {2}	25.25m	82-10¼	4/5
10	48	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	Jillian HULSING	SO	#10 Sauk Valley (Ill.)	2,929		4/18
4	14	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	3	Ruth AGADAMA	SO	#3 South Plains (Te	11.35	(1.1)	4/12
2	5	Kamaria KNIGHT	SO	#1 New Mexico JC	11.41	(1.6)	3/22
3	9	Mickayla GARDENER	FR	#6 Central Arizona	11.51	(1.5)	4/5
4	13	Lovina EWUSI	SO	#7 Western Texas	11.60	(1.6)	3/22
5	14	Amari PRATT	SO	#1 New Mexico JC {2}	11.63	(1.9)	4/12
6	21	Nandy KIHUYU	SO	#1 New Mexico JC {3}	11.72	(1.0)	3/22
6	21	Tuwana MCLEAN	FR	#1 New Mexico JC {3}	11.72	(1.6)	3/22
8	24	Charlize FRASER	FR	#7 Western Texas {2}	11.75w	(2.9)	4/12
9	27	Kyja WILLIS	FR	#7 Western Texas {3}	11.81w	(2.9)	4/12
10	29	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	3	Maliah EDWARDS	SO	#1 New Mexico JC	13.74	(1.3)	4/12
3	5	Lovina EWUSI	SO	#7 Western Texas {2}	13.85	(1.8)	3/29
4	8	Rashema LINDO	FR	#3 South Plains (Te	13.94cw	(13.90A) (2.	4/3
5	10	Oluwatumininu SANYAOLU	FR	#3 South Plains (Te{2}	14.27	(1.8)	4/12
6	20	Kaelyn GIARRUSSO	SO	#11 Glendale (Ariz.) (14.62	(0.3)	3/29
7	23	Dedra WOOD	FR	#10 Bismarck State (14.85	(1.2)	4/6
8	24	Juwonna WHITEHORNE	FR	#3 South Plains (Te{3}	14.90cw	(14.86A) (2.	4/3
9	26	Aliyah GIDHARRY	SO	#6 Central Arizona	15.04	(-0.5)	4/18
10	29	Abril OKON	SO	#3 South Plains (Te{4}	15.14w	(2.1)	4/12

Women's 200 Meters

1	6	Charlize FRASER	FR	#7 Western Texas	23.66w	(2.5)	3/22
2	8	Lovina EWUSI	SO	#7 Western Texas {2}	23.70	(1.3)	4/19
3	12	Mickayla GARDENER	FR	#6 Central Arizona	23.76	(0.2)	3/22
4	13	Oluwatumininu SANYAOLU	FR	#3 South Plains (Te	23.77w	(3.3)	3/22
5	17	Kamaria KNIGHT	SO	#1 New Mexico JC	23.97c	(23.90A) (-3	4/3
6	28	Amari PRATT	SO	#1 New Mexico JC {2}	24.37w	(3.1)	3/22
7	32	Brianna BOYCE	SO	#7 Western Texas {3}	24.46c	(24.39A) (-3	4/3
8	36	Kyja WILLIS	FR	#7 Western Texas {4}	24.62w	(4.0)	3/22
8	36	Maliah EDWARDS	SO	#1 New Mexico JC {3}	24.62	(1.3)	4/12
10	40	Sofia CARDOZO	JR	#9 Paradise Valley (24.75	(-0.6)	3/29

Women's 400 Meters

1	3	Nandy KIHUYU	SO	#1 New Mexico JC	53.23		4/19
2	5	Lovina EWUSI	SO	#7 Western Texas	54.05		4/12
3	11	Charlize FRASER	FR	#7 Western Texas {2}	55.13c	(55.02A)	4/3
4	20	Jody ANN MITCHELL	SO	#1 New Mexico JC {2}	55.99		4/12
5	23	Shagay SHEPPY	FR	#7 Western Texas {3}	56.12		3/22
6	29	Mickayla GARDENER	FR	#6 Central Arizona	56.57		4/12
7	32	Tuwana MCLEAN	FR	#1 New Mexico JC {3}	56.78		4/12
8	33	Grace KOMBETTO	SO	#6 Central Arizona {2}	57.28		4/18
9	35	Ysanne PEART	SO	#1 New Mexico JC {4}	57.62		4/19
10	37	Nour RAHOU	FR	#3 South Plains (Te	57.77		4/12

Women's 400 Meter Hurdles

1	2	Lovina EWUSI	SO	#7 Western Texas	59.86		3/22
2	4	Nour RAHOU	FR	#3 South Plains (Te	1:01.14c	(1:01.03A)	4/3
3	6	Brianna BOYCE	SO	#7 Western Texas {2}	1:02.24		4/19
4	8	Ysanne PEART	SO	#1 New Mexico JC	1:02.92		4/19
5	16	Tyra CHRISTEAN.	FR	#2 Pima (Ariz.) CC	1:04.94		4/5
6	21	Hannah DROEG	FR	#2 Pima (Ariz.) CC {2}	1:06.06		4/5
7	24	Aliya SCHOCK	SO	#10 Bismarck State (1:07.50		4/6
8	35	Kate DARE	FR	#5 Mesa (Ariz.) CC	1:10.04		4/18
9	37	Dedra WOOD	FR	#10 Bismarck State {2}	1:10.83		3/28
10	43	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	8	Lindsey LOPES	FR	#4 Salt Lake (Utah)	2:10.80		4/18
6	10	Avery JENSEN	SO	#4 Salt Lake (Utah) {2}	2:11.16		4/18
7	13	Kaydeen JOHNSON	FR	#8 Odessa (Texas) {2}	2:14.13c	(2:14.53A)	4/3
8	14	Grace KOMBETTO	SO	#6 Central Arizona	2:14.19		4/18
9	17	Elayna LOVERIDGE	SO	#4 Salt Lake (Utah) {3}	2:15.65		4/18
10	19	Isabella BEILKE	FR	#12 Southern Idaho	2:17.07		4/17

Women's 1500 Meters

1	1	Millicent WAFULA	FR	#8 Odessa (Texas)	4:23.63		3/29
2	4	Kaydeen JOHNSON	FR	#8 Odessa (Texas) {2}	4:31.96		3/29
3	5	Elayna LOVERIDGE	SO	#4 Salt Lake (Utah)	4:35.72		4/18
4	6	Jody ANN MITCHELL	SO	#1 New Mexico JC	4:36.85		4/19
5	8	Salma SADDUG	FR	#8 Odessa (Texas) {3}	4:38.58		3/22
6	9	Angelina LIONE	FR	#4 Salt Lake (Utah) {2}	4:38.63c	(5:07.10A)	3/28
7	10	Elizabeth ILANDA	FR	#8 Odessa (Texas) {4}	4:40.51		3/22
8	12	Angela Denisse SALADO FERNANDEZ	SO	#4 Salt Lake (Utah) {3}	4:40.92c	(5:09.63A)	3/28
9	13	Barbara NEIVA	SO	#14 Trinidad State (C	4:41.01		4/18
10	14	Lindsey LOPES	FR	#4 Salt Lake (Utah) {4}	4:41.16		4/18

Women's Steeplechase

1	1	Salma SADDUG	FR	#8 Odessa (Texas)	10:32.38		3/29
2	2	Barbara NEIVA	SO	#14 Trinidad State (C	10:41.54		4/18
3	4	Melanie ANDERSON	FR	#4 Salt Lake (Utah)	11:06.23		4/5
4	5	Carmella BALDWIN	SO	#5 Mesa (Ariz.) CC	11:12.16		4/5
5	6	Francesca ALVARADO	SO	#1 New Mexico JC	11:12.25		4/19
6	8	Marjie RICHARDS	FR	#4 Salt Lake (Utah) {2}	11:26.40		4/5
7	9	Kinley JACKSON	FR	#5 Mesa (Ariz.) CC {2}	11:29.99		4/18
8	10	Rozzlyn CAZIER	SO	#12 Southern Idaho	11:31.04		4/17
9	11	Alison GUAMAN TISALEMA	FR	#3 South Plains (Te	11:31.35		4/12
10	12	Tabetha HENRIE	FR	#4 Salt Lake (Utah) {3}	11:35.20		4/5



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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	4	Angela Denisse SALADO FERNANDEZ	SO	#4 Salt Lake (Utah)	16:56.59	4/18
4	6	Melanie ANDERSON	FR	#4 Salt Lake (Utah) {2}	17:06.14	4/18
5	7	Angelina LIONE	FR	#4 Salt Lake (Utah) {3}	17:07.14	4/18
6	9	Keira DAMRON	SO	#9 Paradise Valley (17:23.93	4/18
7	10	Salma SADDUG	FR	#8 Odessa (Texas) {3}	17:27.02	4/12
8	11	Lindsie FAUSETT	SO	#4 Salt Lake (Utah) {4}	17:41.22	4/18
9	12	Ines MRABET	FR	#1 New Mexico JC	17:41.57 (17:56.19A)	4/3
10	15	Mazee SOUTHWARD	FR	#4 Salt Lake (Utah) {5}	17:45.36	4/18

Women's 10,000 Meters

1	2	Elizabeth ILANDA	FR	#8 Odessa (Texas)	35:32.01	4/12
2	3	Angela Denisse SALADO FERNANDEZ	SO	#4 Salt Lake (Utah)	35:35.80	4/5
3	4	Angelina LIONE	FR	#4 Salt Lake (Utah) {2}	36:08.76	4/5
4	5	Ines MRABET	FR	#1 New Mexico JC	36:31.05	3/29
5	6	Lindsie FAUSETT	SO	#4 Salt Lake (Utah) {3}	37:06.50	4/5
6	7	Lillian NEFF	SO	#12 Southern Idaho	37:15.74	4/17
7	8	Karen KIRATU	SO	#17 Southeast (Neb.)	37:19.89	4/12
8	10	Alix CRAWFORD	FR	#4 Salt Lake (Utah) {4}	37:31.84	4/5
9	12	Maddie PEARSON	FR	#4 Salt Lake (Utah) {5}	38:01.41	4/18
10	13	Joelle WHITWORTH	SO	#4 Salt Lake (Utah) {6}	38:11.99	4/5

Women's 4x100 Relay

1	3	Kyja Willis, Lovina Ewusi, Brianna Boyce, Charlize Fraser	#7 Western Texas	45.26	4/19
2	7	Maliah Edwards, Tuwana McLean, Amari Pratt, Nandy Kihuyu	#1 New Mexico JC	45.67	4/19
3	11	Charity Rayford, Chasity Rayford, Ki'Sha Tyner, Tania Miles	#13 Ranger (Texas)	47.45	4/12
4	15	Kaylea Kealoha, Privilage Bower, Aisha Zaffino, Aliya Schock	#10 Bismarck State (48.17	4/19
5	17	Layla Konski, Hannah Droeg, Maylee Thompson, J'layah Spellman Collins	#2 Pima (Ariz.) CC	48.79	3/22
6	25	Petra Onwumere, Oyindamola Adetutu, Shelly Newton, Lauren Allard	#11 Glendale (Ariz.) (52.48	4/12

Women's 4x400 Relay

1	2	Tuwana McLean, Ysanne Peart, Amari Pratt, Nandy Kihuyu	#1 New Mexico JC	3:39.92	4/12
2	3	Shagay Sheppy, Lovina Ewusi, Brianna Boyce, Charlize Fraser	#7 Western Texas	3:41.27	3/29
3	11	Layla Konski, Hannah Droeg, Tyra Christean, J'Layah Spellman Collin	#2 Pima (Ariz.) CC	4:00.58	3/22
4	14	Avery Jensen, Lindsey Lopes, Tara Bouck, Katie Reaveley	#4 Salt Lake (Utah)	4:07.01c (4:06.57A)	3/28
5	16	Brittany Danas, Alaila Jones, Bryanna Danas, Iyiana Wilhite	#15 Jacksonville (Te	4:12.77	3/15
6	18	Kate Dare, Kendra Guest, Katie Munoz, Carmella Baldwin	#5 Mesa (Ariz.) CC	4:14.94	3/29
7	19	Lailah Campbell, Kaelyn Giarrusso, Aaliyah Perkins, Nicole Novara	#11 Glendale (Ariz.) (4:18.11	4/12
8	21	Tania Miles, Alfrenique Knowles, Andrea Teruel, Emma Garcia	#13 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	April NECAISE	SO	#2 Pima (Ariz.) CC	1.63m	5-4¼	4/18
2	3	Janiya ROSS	SO	#2 Pima (Ariz.) CC	1.63m	5-4¼	4/18
4	5	Abriel OKON	SO	#3 South Plains (Te	1.62m	5-3¾	4/12
4	5	Kaelyn GIARRUSSO	SO	#11 Glendale (Ariz.) (1.62m	5-3¾	4/12
4	5	Isabel GREEN	SO	#2 Pima (Ariz.) CC {3}	1.62m	5-3¾	4/5
7	9	Tyler WASHINGTON	SO	#2 Pima (Ariz.) CC {4}	1.57m	5-1¾	4/12
7	9	Sara JACOBSON	SR	#5 Mesa (Ariz.) CC	1.57m	5-1¾	3/28
9	18	Vinae BUFORD-STILLMAN	FR	#6 Central Arizona	1.53m	5-¼	3/29
10	19	Aliyah GIDHARRY	SO	#6 Central Arizona {2}	1.52m	4-11¾	4/12
10	19	Natalia BRZEZNIAK	JR	#5 Mesa (Ariz.) CC {2}	1.52m	4-11¾	4/12



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

WOMEN — 2025 Checkpoint #4, April 22



West

as of 4/22/2025 12:03:21 AM ET

Women's Pole Vault

1	2	Morgan PEPE	SO	#2 Pima (Ariz.) CC	3.81m	12-6	4/18
2	3	Olga LAPUZOVA	FR	#3 South Plains (Te	3.65m	11-11¾	3/22
3	5	Madisyn WILLIAMS	FR	#5 Mesa (Ariz.) CC	3.61m	11-10	3/20
4	8	Giuliana SCHIESARO	SO	#3 South Plains (Te{2}	3.35mA	10-11¾	2/7
5	10	Mackenzie ANDERSON	FR	#9 Paradise Valley (3.33m	10-11	4/18
6	11	Lauren ALLARD	SO	#11 Glendale (Ariz.) (3.21m	10-6¾	4/18
7	12	Anna BROWN	FR	#5 Mesa (Ariz.) CC {2}	3.16m	10-4¾	3/20
7	12	Mikaila BARAN	FR	#9 Paradise Valley ({2}	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	4	Kavel RITCHIE	SO	#1 New Mexico JC	5.98m	19-7½ (1.4)	4/10
2	5	Sydney ROQUEBRUN	SO	#3 South Plains (Te	5.81mA	19-¾ (0.9)	4/3
3	7	Juwonna WHITEHORNE	FR	#3 South Plains (Te{2}	5.64m	18-6 (1.3)	3/22
4	9	Maylee THOMPSON	SO	#2 Pima (Ariz.) CC	5.60m	18-4½ (2.0)	4/5
5	10	Makayla WHITFIELD	FR	#10 Bismarck State (5.57m	18-3¼ (0.7)	4/6
5	10	Ruth AGADAMA	SO	#3 South Plains (Te{3}	5.57mA	18-3¼ (0.2)	4/3
5	10	Sofia RODRIQUEZ	FR	#1 New Mexico JC {2}	5.57mA	18-3¼ (0.9)	4/3
8	24	Alexia ANDERSON	SO	#10 Bismarck State ({2}	5.47m	17-11½ (1.3)	4/19
9	25	Janita ANTIPINA	FR	#1 New Mexico JC {3}	5.46m	17-11 (0.8)	4/12
10	29	Sara JACOBSON	SR	#5 Mesa (Ariz.) CC	5.37m	17-7½ (0.0)	3/28

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	17	Alexia ANDERSON	SO	#10 Bismarck State (11.23mw	36-10¼ (3.6)	4/11
5	18	Layla KONSKI	FR	#2 Pima (Ariz.) CC	11.16m	36-7½ (1.3)	3/22
6	19	Oyindamola ADETUTU	SO	#11 Glendale (Ariz.) (11.09m	36-4¾ (1.1)	3/22
7	32	Tatiyanna WHITE	FR	#2 Pima (Ariz.) CC {2}	10.10m	33-1¾ (1.6)	4/18
8	33	April NECAISE	SO	#2 Pima (Ariz.) CC {3}	9.90m	32-5¾ (0.1)	3/22
9	35	Julus YOUNG	FR	#2 Pima (Ariz.) CC {4}	9.76m	32-¼ (1.9)	4/18
10	37	Shelly NEWTON	FR	#11 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	#6 Central Arizona	15.14m	49-8¼	3/29
3	7	Kahllah BAILEY	FR	#3 South Plains (Te	13.37mA	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	#3 South Plains (Te{2}	13.24mA	43-5¼	2/7
6	11	Athilia PRYCE	FR	#1 New Mexico JC {3}	12.90m	42-4	3/22
7	17	Jamelia NICHOLAS	SO	#6 Central Arizona {2}	11.94m	39-2¼	3/29
8	20	Sara JACOBSON	SR	#5 Mesa (Ariz.) CC	11.60m	38-¾	4/12
9	24	Shyla-Mae CONSTABLE	FR	#6 Central Arizona {3}	11.21m	36-9½	3/29
10	25	Morgan MOSLEY	FR	#2 Pima (Ariz.) CC	11.18m	36-8¼	4/18

Women's Discus

1	2	Rejoice AGBEWODIE	SO	#6 Central Arizona	51.94m	170-5	3/29
2	4	Yosiris CORDOBA	SO	#1 New Mexico JC	50.93mA	167-1	4/3
3	7	Athilia PRYCE	FR	#1 New Mexico JC {2}	45.18mA	148-3	4/3
4	9	Jamelia NICHOLAS	SO	#6 Central Arizona {2}	42.17m	138-4	3/29
5	12	Seioriana GLASS	SO	#5 Mesa (Ariz.) CC	40.26m	132-1	3/20
6	26	Tiffany NUNEZ	FR	#5 Mesa (Ariz.) CC {2}	35.20m	115-6	3/20
7	28	Vanessa ESPARZA	SO	#1 New Mexico JC {3}	34.83m	114-3	3/22
8	32	Brinley LENSCH	FR	#9 Paradise Valley (33.84m	111-0	4/12
9	33	Joslyn EBY	FR	#17 Southeast (Neb.	33.62m	110-4	3/28
10	35	Morgan MOSLEY	FR	#2 Pima (Ariz.) CC	32.78m	107-7	4/18

Women's Hammer

1	1	Tania DA SILVA	SO	#1 New Mexico JC	60.62m	198-11	3/29
2	2	Rejoice AGBEWODIE	SO	#6 Central Arizona	53.30m	174-11	3/29
3	3	Shyla-Mae CONSTABLE	FR	#6 Central Arizona {2}	52.10m	170-11	3/22
4	8	Seioriana GLASS	SO	#5 Mesa (Ariz.) CC	48.11m	157-10	3/22
5	9	Morgan MOSLEY	FR	#2 Pima (Ariz.) CC	46.84m	153-8	4/12
6	11	Esteisy SALAS	SO	#1 New Mexico JC {2}	45.28m	148-7	4/12
7	12	Athilia PRYCE	FR	#1 New Mexico JC {3}	45.08m	147-11	4/12
8	30	Tiffany NUNEZ	FR	#5 Mesa (Ariz.) CC {2}	39.61m	130-0	3/20
9	35	Carmen SPEAR	FR	#9 Paradise Valley (38.21m	125-5	4/18
10	36	Jamelia NICHOLAS	SO	#6 Central Arizona {3}	38.19m	125-4	4/18

Women's Javelin

1	1	Rejoice AGBEWODIE	SO	#6 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	#3 South Plains (Te	45.45mA	149-2	4/3
4	4	Aliyah GIDHARRY	SO	#6 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	#5 Mesa (Ariz.) CC	43.20m	141-9	3/28
7	7	Brynn FULLER	FR	#10 Bismarck State (42.90m	140-9	4/19
8	9	Mya SHELTON	SO	#10 Bismarck State ({2}	37.87m	124-3	4/6
9	14	April NECAISE	SO	#2 Pima (Ariz.) CC	35.29m	115-10	3/29
10	16	Maylee THOMPSON	SO	#2 Pima (Ariz.) CC {2}	34.85m	114-4	3/28

Women's Heptathlon

1	1	Sara JACOBSON	SR	#5 Mesa (Ariz.) CC	4,997		3/28
2	2	Abril OKON	SO	#3 South Plains (Te	4,532		4/12
3	3	Hannah DROEG	FR	#2 Pima (Ariz.) CC	4,258		3/28
4	4	Maylee THOMPSON	SO	#2 Pima (Ariz.) CC {2}	4,230		3/28
5	6	Juwonna WHITEHORNE	FR	#3 South Plains (Te{2}	4,013		4/12
6	8	Layla KONSKI	FR	#2 Pima (Ariz.) CC {3}	3,729		3/28
7	12	Chloe HANCOCK	FR	#9 Paradise Valley (3,271		3/28
8	15	Natalia BRZEZNIAK	JR	#5 Mesa (Ariz.) CC {2}	2,375		3/28