

National TFRI Team Summary



as of 5/13/25 7:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #7, May 13

2

Barton (Kan.) CC

Region 6

unch

LW: 2

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	3	Keliza SMITH	SO	11.25w (2.3)	5/3/25	26	2.85	28.85
► 100m	19	Kayda AUSTIN	FR	11.66 (1.6)	4/19/25	3.5	0.47	3.97
► 100m	41	Kennidra SPIGNER	FR	11.94w (2.5)	3/29/25	0.225	0.00	0.23
► 100m	48	Takelia WILLIAMS	FR	11.99w (2.5)	3/29/25	#####	0.00	TM-4
► 100H	4	Asharria ULETT	FR	13.66 (1.1)	5/3/25	24	2.36	26.36
► 100H	14	Ty'yanah ADAMS	FR	14.33 (0.5)	4/12/25	7	0.75	7.75
► 100H	28	Alexia WALKER	FR	14.98 (-1.2)	5/3/25	0.8	0.00	0.80
► 100H	42	Widlife VERMILUS	SO	15.61w (4.0)	3/29/25	#####	0.00	TM-4
► 200m	3	Keliza SMITH	SO	23.21 (1.5)	4/19/25	D 2	2.67	4.67
► 200m	5	Kayda AUSTIN	FR	23.43 (-0.3)	4/12/25	22	1.81	23.81
► 200m	34	Kennidra SPIGNER	FR	24.36 (0.5)	4/12/25	0.5	0.00	0.50
► 200m	47	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	3.34	31.34
► 400m	20	Natasha FOX	FR	55.76	4/19/25	3	0.37	3.37
► 400m	25	Narissa MCPHERSON	FR	56.11	4/12/25	0.95	0.21	1.16
► 400m	38	Shone WALTERS	SO	57.39	5/3/25	#####	0.00	TM-4
► 400m	49	Kialia CLAIBORNE	SO	58.90	4/19/25	#####	0.00	TM-5
► 400H	4	Natasha FOX	FR	1:00.74	4/19/25	24	2.52	26.52
► 400H	9	Kialia CLAIBORNE	SO	1:02.88	4/19/25	14	1.19	15.19
► 400H	20	Alexia WALKER	FR	1:05.10	5/3/25	D 2	0.44	2.44
► 400H	42	Widlife VERMILUS	SO	1:13.28	4/19/25	#####	0.00	TM-4
► 800m	6	Shone WALTERS	SO	2:09.94	4/12/25	20	1.69	21.69
► 4x100	1	Keliza Smith, Kayda Austin, Kennidra Spigner, Takelia Williams		44.70	4/12/25	30	3.87	33.87
► 4x400	6	Shone Walters, Keliza Smith, Narissa McPherson, Natasha Fox		3:41.44	4/12/25	20	2.89	22.89
► HJ	2	Alexia WALKER	FR	1.66m 5-5¼	5/3/25	28	2.63	30.63
► LJ	1	Celine RIDDLE	FR	6.07mw 19-11 (2.1)	4/19/25	30	3.90	33.90
► LJ	3	Alexia WALKER	FR	6.01m 19-8¾ (0.0)	5/1/25	26	3.27	29.27
► LJ	9	Chloe PERRYMAN	SO	5.71mw 18-8¾ (2.5)	4/19/25	14	0.92	14.92
► LJ	28	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	2.29	30.29
► TJ	11	Kymia BRIDGETT	FR	11.72mw 38-5½ (3.9)	4/19/25	10	1.13	11.13
► SP	16	Zadie MACKEY	FR	12.39m 40-7¾	5/3/25	D 2	0.66	2.66
► DISC	1	Cedricka WILLIAMS	SO	59.89m 196-6	4/26/25	30	6.74	36.74
► DISC	3	Ivanilda SEMEDO	SO	51.90m 170-4	3/29/25	26	3.41	29.41
► DISC	8	Zadie MACKEY	FR	45.29m 148-7	4/4/25	16	1.37	17.37
► HT	6	Cedricka WILLIAMS	SO	50.04m 164-2	4/19/25	20	1.95	21.95

2

Barton (Kan.) CC

Region 6

unch

LW: 2

[illegible]

National TFRI Team Summary



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WOMEN — 2025 Checkpoint #7, May 13

3

Iowa Western CC

Region 11

unch

LW: 3

Event	NQR	Athlete	Yr	Season Qual.	Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season									
► 100m	15	Serena GRACE	FR	11.61	(2.0)	5/4/25	6	0.61	6.61
► 100m	33	Judith KOUMEDZINA	SO	11.85	(2.0)	5/4/25	0.55	0.00	0.55
► 100H	11	Tanique TAYLOR	SO	14.14	(0.6)	5/4/25	10	1.01	11.01
► 200m	16	Serena GRACE	FR	23.87	(2.0)	4/12/25	5	0.67	5.67
► 200m	40	Judith KOUMEDZINA	SO	24.52	(2.0)	4/12/25	0.25	0.00	0.25
► 400m	30	Angeline ESTRADA	SO	56.31		5/4/25	0.7	0.12	0.82
► 400H	13	Tanique TAYLOR	SO	1:03.63		4/19/25	8	0.86	8.86
► 800m	10	Angeline ESTRADA	SO	2:10.92		4/18/25	12	1.37	13.37
► 800m	12	Juliana SAKAT	FR	2:11.15		5/4/25	D 2	1.29	3.29
► 800m	48	Alyssa KULESA	FR	2:21.57		5/4/25	0.05	0.00	0.05
► 1500m	2	Juliana SAKAT	FR	4:29.90		5/4/25	28	2.76	30.76
► 1500m	12	Hafssa BOUTRICH	FR	4:37.52		5/4/25	9	0.92	9.92
► 1500m	32	Angeline ESTRADA	SO	4:46.99		4/18/25	0.6	0.00	0.60
► 1500m	49	Wijdane INZALINE	FR	4:51.75		5/4/25	#####	0.00	TM-4
► Steeple	3	Elizabeth EWUSIE	FR	10:47.80		4/18/25	26	3.32	29.32
► 5000m	5	Hafssa BOUTRICH	FR	17:03.17		4/18/25	22	1.98	23.98
► 5000m	13	Wijdane INZALINE	FR	17:43.16		4/5/25	8	0.51	8.51
► 10,000m	1	Juliana SAKAT	FR	33:23.71		4/18/25	30	6.04	36.04
► 10,000m	11	Elizabeth EWUSIE	FR	37:39.89		5/4/25	10	1.00	11.00
► 10,000m	17	Wijdane INZALINE	FR	38:43.56		4/18/25	4.5	0.55	5.05
► 10,000m	28	Ayianna OLIVAS	SO	40:15.61		4/12/25	#####	0.00	TM-4
► 4x100	9	Judith Koumedzina, Serena Grace, Taeja Bartee, Tanique Taylor		45.76		5/4/25	14	1.87	15.87
► 4x400	11	Tanique Taylor, Serena Grace, Judith Koumedzina, Taeja Bartee		3:54.57		5/4/25	10	0.91	10.91
► 4x800	3	Elizabeth Ewusie, Alyssa Kulesa, Angeline Estrada, Wijdane Inzaline		9:15.28		4/26/25	26	3.30	29.30
► HJ	13	Rasheda SAMUELS	FR	1.59m	5-2½	5/4/25	8	0.97	8.97
► HJ	38	Taeja BARTEE	FR	1.43m	4-8¼	5/4/25	0.3	0.00	0.30
► LJ	4	Sakina UMAR	SO	5.99m	19-8 (0.6)	3/29/25	24	3.06	27.06
► LJ	7	Mercy HONESTY	SO	5.87m	19-3¼ (1.0)	5/2/25	18	2.07	20.07
► LJ	8	Taeja BARTEE	FR	5.75mw	18-10½ (3.1)	5/2/25	16	1.21	17.21
► TJ	1	Mercy HONESTY	SO	13.35m	43-9¾ (0.5)	3/27/25	30	6.25	36.25
► TJ	16	Elfie SANOGO	FR	11.35m	37-3 (-1.9)	3/21/25	5	0.67	5.67
► TJ	35	Brooklyn VOMACKA	FR	10.28m	33-8¾ (1.3)	4/19/25	0.45	0.00	0.45
► SP	3	Sarai SIMPSON	SO	15.02m	49-3½	4/26/25	26	3.27	29.27

3

Iowa Western CC

Region 11

unch

LW: 3

[illegible]

National TFRI Team Summary



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WOMEN — 2025 Checkpoint #7, May 13

4

Cloud County (Kan.) CC

Region 6

unch

LW: 4

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 100m	1	Maimuna JALLOW	FR	11.18 (1.3)	5/3/25	30	3.45	33.45
► 100H	19	Nanhi PANNU	FR	14.41w (3.2)	4/12/25	D 2	0.64	2.64
► 100H	20	Chenessa DAVIS	SO	14.47 (-0.9)	4/5/25	3	0.56	3.56
► 100H	21	Tahlia LIENERT	FR	14.49 (1.4)	4/19/25	2.5	0.54	3.04
► 100H	50	Carlie CARLGREN	FR	16.12w (2.5)	4/12/25	#####	0.00	TM-4
► 200m	1	Maimuna JALLOW	FR	22.92 (1.9)	5/3/25	30	3.82	33.82
► 200m	10	Rafiatu NUHU	SO	23.72w (2.5)	4/12/25	12	1.05	13.05
► 400m	1	Rafiatu NUHU	SO	52.73	4/19/25	30	3.62	33.62
► 400m	12	Nontokozo NCUBE	SO	55.19	4/12/25	9	0.82	9.82
► 400H	8	Nanhi PANNU	FR	1:02.61	5/3/25	16	1.35	17.35
► 400H	29	Jaelyn RUMBACK	SO	1:08.86	4/19/25	0.75	0.00	0.75
► 400H	44	Carlie CARLGREN	FR	1:13.92	4/19/25	0.15	0.00	0.15
► 800m	1	Nontokozo NCUBE	SO	2:07.19	5/9/25	30	2.94	32.94
► 800m	2	Mercy ANGAAMCHAAB	SO	2:07.61	5/9/25	28	2.72	30.72
► 800m	7	N Vanee ANCHIKE	SO	2:10.44	4/5/25	18	1.52	19.52
► 800m	21	Amanda KOTAMBE	FR	2:16.14	4/5/25	#####	0.00	TM-4
► 1500m	3	N Vanee ANCHIKE	SO	4:30.90	4/12/25	26	2.47	28.47
► 1500m	11	Mercy ANGAAMCHAAB	SO	4:37.48	4/12/25	10	0.93	10.93
► Steeple	20	Amanda KOTAMBE	FR	11:45.73	5/3/25	3	0.48	3.48
► Steeple	45	Joella MATHILDA	SO	17:26.81	5/3/25	0.125	0.00	0.13
► 5000m	22	N Vanee ANCHIKE	SO	17:51.05	4/19/25	2	0.33	2.33
► 4x100	32	Kiley Smich, Bradie Medina, Nele Goesl, Maeva Cure		51.37	5/3/25	0.6	0.00	0.60
► 4x400	2	Maimuna Jallow, Nontokozo Ncube, Nanhi Pannu, Rafiatu Nuhu		3:38.84	4/19/25	28	3.61	31.61
► 4x800	2	Amanda Kotambe, N Vanee Anchike, Mercy Angaamchaab, Nontokozo Ncube		8:58.44	4/19/25	28	4.52	32.52
► HJ	6	Cordaelia WILLIAMS	SO	1.63m 5-4¼	5/3/25	20	1.68	21.68
► HJ	17	Chenessa DAVIS	SO	1.55m 5-1	3/29/25	4.5	0.46	4.96
► HJ	26	Tahlia LIENERT	FR	1.51m 4-11½	5/3/25	0.9	0.00	0.90
► HJ	41	Carlie CARLGREN	FR	1.42m 4-7¾	5/3/25	#####	0.00	TM-4
► PV	7	Bradie MEDINA	SO	3.46m 11-4¼	5/3/25	18	1.56	19.56
► LJ	13	Nanhi PANNU	FR	5.62mw 18-5¼ (2.4)	5/3/25	8	0.53	8.53
► LJ	26	Tahlia LIENERT	FR	5.49m 18-¼ (0.0)	5/3/25	0.9	0.06	0.96
► LJ	35	Nele GOESL	FR	5.41mw 17-9 (2.6)	3/29/25	0.45	0.00	0.45
► LJ	40	Chenessa DAVIS	SO	5.33m 17-6 (2.0)	4/19/25	#####	0.00	TM-4
► TJ	22	Nele GOESL	FR	11.03mw 36-2¼ (2.5)	4/19/25	2	0.29	2.29

4

Cloud County (Kan.) CC

Region 6

unch

LW: 4

[illegible]



National TFRI Team Summary



WOMEN — 2025 Checkpoint #7, May 13

5

South Plains (Texas)

Region 5

unch

LW: 5

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	5	Ruth AGADAMA	SO	11.35 (1.1)	4/12/25	22	2.01	24.01
▶ 100m	45	Oluwatumininu SANYAOLU	FR	11.98c (11.95A) (1.4)	4/3/25	0.125	0.00	0.13
▶ 100m	49	Sydney ROQUEBRUN	SO	12.00c (11.97A) (-3.1)	5/2/25	0.025	0.00	0.03
▶ 100H	8	Rashema LINDO	FR	13.94cw (13.90A) (2.3)	4/3/25	16	1.48	17.48
▶ 100H	10	Oluwatumininu SANYAOLU	FR	14.00c (13.96A) (1.2)	5/2/25	12	1.31	13.31
▶ 100H	26	Juwonna WHITEHORNE	FR	14.90cw (14.86A) (2.3)	4/3/25	0.9	0.01	0.91
▶ 100H	31	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	0.92	8.92
▶ 200m	18	Ruth AGADAMA	SO	23.96c (23.89A) (1.0)	5/2/25	4	0.47	4.47
▶ 400m	42	Nour RAHOU	FR	57.74c (57.63A)	4/26/25	0.2	0.00	0.20
▶ 400H	6	Nour RAHOU	FR	1:01.14c (1:01.03A)	4/3/25	20	2.23	22.23
▶ Steeple	11	Alison GUAMAN TISALEMA	FR	11:31.35	4/12/25	10	0.88	10.88
▶ 5000m	33	Alison GUAMAN TISALEMA	FR	18:17.28c(18:32.40A)	5/2/25	0.55	0.00	0.55
▶ 4x100	12	Ruth Agadama, Sydney Roquebrun, Nour Rahou, Oluwatumininu Sanyaolu		46.70c (46.58A)	4/26/25	9	0.98	9.98
▶ HJ	10	Abril OKON	SO	1.62m 5-3¾	4/12/25	12	1.43	13.43
▶ HJ	44	Juwonna WHITEHORNE	FR	1.41m 4-7½	4/12/25	0.15	0.00	0.15
▶ PV	3	Olga LAPUZOVA	FR	3.65m 11-11¾	3/22/25	26	2.14	28.14
▶ PV	9	Giuliana SCHIESARO	SO	3.35mA 10-11¾	2/7/25	14	1.34	15.34
▶ LJ	2	Sydney ROQUEBRUN	SO	6.03m 19-9½ (0.9)	4/25/25	28	3.48	31.48
▶ LJ	10	Juwonna WHITEHORNE	FR	5.64m 18-6 (1.3)	3/22/25	12	0.60	12.60
▶ LJ	18	Ruth AGADAMA	SO	5.57mA 18-3¼ (0.2)	4/3/25	D 2	0.35	2.35
▶ LJ	40	Abril OKON	SO	5.33mw 17-6 (2.9)	4/12/25	#####	0.00	TM-4
▶ SP	6	Kahllah BAILEY	FR	13.50mA 44-3½	5/2/25	20	1.51	21.51
▶ SP	9	Suerena ALEXANDER	FR	13.24mA 43-5¼	2/7/25	14	1.22	15.22
▶ DISC	9	Kahllah BAILEY	FR	42.63mA 139-11	4/26/25	14	0.88	14.88
▶ JAV	5	Suerena ALEXANDER	FR	45.45mA 149-2	4/3/25	22	2.26	24.26
▶ JAV	38	Abril OKON	SO	27.11m 88-11½	4/12/25	0.3	0.00	0.30
▶ JAV	40	Juwonna WHITEHORNE	FR	25.79mA 84-7½	4/26/25	0.25	0.00	0.25
▶ HEPT	4	Abril OKON	SO	4,532	4/12/25	24	1.87	25.87
▶ HEPT	9	Juwonna WHITEHORNE	FR	4,013	4/12/25	14	1.28	15.28

SOUTH PLAINS (TEXAS) TFRI Team Total

334.17

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	7	Trinity MONTGOMERY	SO	11.46w (3.0)	4/5/25	18	1.36	19.36
▶ 100m	8	La'Nica LOCKER	SO	11.47w (2.4)	4/19/25	16	1.31	17.31
▶ 100m	13	Caneilia HOPE	FR	11.56w (2.4)	4/19/25	8	0.81	8.81
▶ 100m	41	Ritorion VIGNE	SO	11.94w (2.4)	4/5/25	#####	0.00	TM-4
▶ 100H	7	Seanna GAYE-LESLIE	FR	13.88 (1.3)	4/11/25	18	1.65	19.65
▶ 100H	12	Lenasia DRUMMOND	SO	14.19 (2.0)	4/19/25	9	0.94	9.94
▶ 200m	4	La'Nica LOCKER	SO	23.26 (1.8)	4/11/25	24	2.47	26.47
▶ 200m	17	Trinity MONTGOMERY	SO	23.91w (2.8)	4/19/25	4.5	0.57	5.07
▶ 400m	3	Queen USUNOBUN	FR	52.98	4/26/25	26	3.24	29.24
▶ 400m	8	Twyshanna HUIE	SO	55.03	3/22/25	16	0.97	16.97
▶ 400m	8	La'Nica LOCKER	SO	55.03	4/5/25	D 2	0.97	2.97
▶ 400m	27	Caydence BREWER	SO	56.17	4/5/25	#####	0.00	TM-4
▶ 400H	1	Twyshanna HUIE	SO	59.78	5/2/25	30	3.41	33.41
▶ 400H	5	T'kyla BENNETT	SO	1:00.89	4/26/25	22	2.38	24.38
▶ 4x100	4	Seanna Gaye-Leslie, Caneilia Hope, Trinity Montgomery, La'Nica Locker		45.17	4/19/25	24	2.93	26.93
▶ 4x400	1	Twyshanna Huie, Queen Usunobun, T'kyla Bennett, Lania McDonald		3:38.79	4/26/25	30	3.63	33.63
▶ HJ	11	Qiana PIERCE	FR	1.60m 5-3	3/22/25	10	1.10	11.10

HINDS (MISS.) CC TFRI Team Total

285.25



National TFRI Team Summary



WOMEN — 2025 Checkpoint #7, May 13

7

Salt Lake (Utah) CC

Region 18

unch

LW: 7

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
800m	9	Lindsey LOPES	FR	2:10.80	4/18/25	14	1.41	15.41
800m	13	Avery JENSEN	SO	2:11.16	4/18/25	8	1.29	9.29
800m	20	Elayna LOVERIDGE	SO	2:15.65	4/18/25	3	0.43	3.43
800m	28	Tara BOUCK	FR	2:18.11	4/18/25	#####	0.00	TM-4
800m	31	Angela Denisse SALADO FERNANDEZ	SO	2:18.56c (2:19.24A)	5/2/25	#####	0.00	TM-5
800m	40	Naomi SOTELO	SO	2:20.50c (2:21.19A)	5/2/25	#####	0.00	TM-6
1500m	8	Elayna LOVERIDGE	SO	4:35.72	4/18/25	16	1.27	17.27
1500m	13	Lindsey LOPES	FR	4:38.04c (5:06.30A)	5/2/25	8	0.82	8.82
1500m	15	Angelina LIONE	FR	4:38.63c (5:07.10A)	3/28/25	D	0.72	2.72
1500m	17	Angela Denisse SALADO FERNANDEZ	SO	4:40.92c (5:09.63A)	3/28/25	#####	0.00	TM-4
1500m	21	Naomi SOTELO	SO	4:42.72c (5:11.45A)	5/2/25	#####	0.00	TM-5
1500m	26	Avery JENSEN	SO	4:44.00	4/18/25	#####	0.00	TM-6
1500m	27	Melanie ANDERSON	FR	4:44.44	4/18/25	#####	0.00	TM-7
1500m	28	Mazee SOUTHWARD	FR	4:44.74c (5:13.67A)	5/2/25	#####	0.00	TM-8
1500m	33	Sarah NICHOLLES	FR	4:47.02c (5:16.19A)	5/2/25	#####	0.00	TM-9
1500m	37	Joelle WHITWORTH	SO	4:48.72c (5:18.06A)	5/2/25	#####	0.00	TM-10
1500m	47	Keira STACEY	FR	4:51.58c (5:21.21A)	5/2/25	#####	0.00	TM-11
Steeple	4	Melanie ANDERSON	FR	11:06.23	4/5/25	24	2.15	26.15
Steeple	8	Marjie RICHARDS	FR	11:26.40	4/5/25	16	1.12	17.12
Steeple	12	Tabetha HENRIE	FR	11:35.20	4/5/25	9	0.74	9.74
Steeple	19	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	2.30	26.30
5000m	6	Melanie ANDERSON	FR	17:06.14	4/18/25	20	1.83	21.83
5000m	7	Angelina LIONE	FR	17:07.14	4/18/25	18	1.78	19.78
5000m	11	Lindsie FAUSETT	SO	17:41.22	4/18/25	#####	0.00	TM-4
5000m	16	Mazee SOUTHWARD	FR	17:45.36	4/18/25	#####	0.00	TM-5
5000m	19	Maddie PEARSON	FR	17:49.08c(18:15.01A)	5/2/25	#####	0.00	TM-6
5000m	20	Alix CRAWFORD	FR	17:50.23	4/18/25	#####	0.00	TM-7
5000m	28	Joelle WHITWORTH	SO	17:57.29	4/18/25	#####	0.00	TM-8
5000m	30	Ava BERG	FR	18:08.29c(18:34.68A)	5/2/25	#####	0.00	TM-9
5000m	31	Grace WAITE	FR	18:15.21c(18:41.77A)	5/2/25	#####	0.00	TM-10
5000m	34	Elayna LOVERIDGE	SO	18:20.06	4/5/25	#####	0.00	TM-11
5000m	39	Naomi SOTELO	SO	18:25.26	4/5/25	#####	0.00	TM-12
5000m	41	Sarah NICHOLLES	FR	18:28.30	4/18/25	#####	0.00	TM-13
5000m	45	Keira STACEY	FR	18:36.48c(19:03.56A)	5/2/25	#####	0.00	TM-14
5000m	47	Cambrie BABCOCK	FR	18:37.08c(19:06.10A)	4/12/25	#####	0.00	TM-15

7

Salt Lake (Utah) CC

Region 18

unch

LW: 7

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
5000m	49	Kenadee BUSHMAN	FR	18:39.44c(19:08.52A)	4/12/25	#####	0.00	TM-16
10,000m	3	Angela Denisse SALADO FERNANDEZ	SO	35:35.80	4/5/25	26	2.92	28.92
10,000m	4	Angelina LIONE	FR	36:08.76	4/5/25	24	2.28	26.28
10,000m	6	Lindsie FAUSETT	SO	37:06.50	4/5/25	20	1.46	21.46
10,000m	10	Alix CRAWFORD	FR	37:31.84	4/5/25	#####	0.00	TM-4
10,000m	13	Maddie PEARSON	FR	38:01.41	4/18/25	#####	0.00	TM-5
10,000m	14	Joelle WHITWORTH	SO	38:11.99	4/5/25	#####	0.00	TM-6
10,000m	16	Ava BERG	FR	38:30.92	4/18/25	#####	0.00	TM-7
10,000m	20	America RODRIGUEZ	FR	39:24.14	4/5/25	#####	0.00	TM-8
4x400	19	Avery Jensen, Lindsey Lopes, Tara Bouck, Katie Reaveley		4:07.01c (4:06.57A)	3/28/25	3.5	0.00	3.50

SALT LAKE (UTAH) CC TFRI Team Total

258.03

National TFRI Team Summary



as of 5/13/25 7:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #7, May 13

8

Pima (Ariz.) CC

Region 1

unch

LW: 8

8

Pima (Ariz.) CC

Region 1

unch

LW: 8

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
► TJ	37	Julus YOUNGUE	FR	9.76m 32-¼ (1.9)	4/18/25	#####	0.00	TM-4
► SP	27	Morgan MOSLEY	FR	11.18m 36-8¼	4/18/25	0.85	0.00	0.85
► SP	42	Hannah DROEG	FR	10.32m 33-10¼	5/1/25	0.2	0.00	0.20
► SP	43	Bianca CORONA	FR	10.29m 33-9¼	5/1/25	0.175	0.00	0.18
► SP	49	Armani LOPEZ	FR	10.06m 33-¼	5/1/25	#####	0.00	TM-4
► DISC	39	Morgan MOSLEY	FR	32.78m 107-7	4/18/25	0.275	0.00	0.28
► HT	9	Morgan MOSLEY	FR	46.84m 153-8	4/12/25	14	0.98	14.98
► JAV	11	Hannah DROEG	FR	38.76m 127-2	5/1/25	10	0.99	10.99
► JAV	20	Maylee THOMPSON	SO	35.52m 116-7	5/1/25	D 2	0.52	2.52
► JAV	22	April NECAISE	SO	35.29m 115-10	3/29/25	2	0.49	2.49
► JAV	24	Armani LOPEZ	FR	32.29m 105-11	5/1/25	#####	0.00	TM-4
► JAV	48	Morgan MOSLEY	FR	24.45m 80-2¾	4/18/25	#####	0.00	TM-5
► HEPT	5	Hannah DROEG	FR	4,500	5/1/25	22	1.84	23.84
► HEPT	7	Maylee THOMPSON	SO	4,230	3/28/25	18	1.52	19.52
► HEPT	15	Layla KONSKI	FR	3,829	5/1/25	6	1.14	7.14
► HEPT	18	Tyler WASHINGTON	SO	3,485	5/1/25	#####	0.00	TM-4
► HEPT	20	April NECAISE	SO	3,273	5/1/25	#####	0.00	TM-5

PIMA (ARIZ.) CC TFRI Team Total

249.20



National TFRI Team Summary



WOMEN — 2025 Checkpoint #7, May 13

11 Western Texas
Region 5unch
LW: 11

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	14	Lovina EWUSI	SO	11.60 (1.6)	3/22/25	D 2	0.64	2.64
▶ 100m	26	Charlize FRASER	FR	11.75w (2.9)	4/12/25	0.9	0.23	1.13
▶ 100m	31	Kyja WILLIS	FR	11.81w (2.9)	4/12/25	0.65	0.07	0.72
▶ 100H	1	Brieanna BOYCE	SO	13.50w (2.8)	3/22/25	30	3.05	33.05
▶ 100H	5	Lovina EWUSI	SO	13.72c (13.68A) (1.3)	5/2/25	D 2	2.11	4.11
▶ 200m	6	Charlize FRASER	FR	23.66w (2.5)	3/22/25	20	1.20	21.20
▶ 200m	8	Lovina EWUSI	SO	23.70 (1.3)	4/19/25	D 2	1.10	3.10
▶ 200m	27	Shagay SHEPPY	FR	24.19c (24.12A) (1.5)	5/2/25	0.85	0.19	1.04
▶ 200m	39	Brieanna BOYCE	SO	24.46c (24.39A) (-3.6)	4/3/25	#####	0.00	TM-4
▶ 200m	43	Kyja WILLIS	FR	24.62w (4.0)	3/22/25	#####	0.00	TM-5
▶ 400m	5	Lovina EWUSI	SO	53.41c (53.30A)	5/2/25	22	2.60	24.60
▶ 400m	11	Charlize FRASER	FR	55.13c (55.02A)	4/3/25	10	0.88	10.88
▶ 400m	21	Shagay SHEPPY	FR	55.78c (55.67A)	5/2/25	2.5	0.36	2.86
▶ 400H	2	Lovina EWUSI	SO	59.86	3/22/25	28	3.33	31.33
▶ 400H	3	Brieanna BOYCE	SO	1:00.26c (1:00.15A)	5/2/25	26	2.96	28.96
▶ 4x100	5	Kyja Willis, Lovina Ewusi, Brieanna Boyce, Charlize Fraser		45.26	4/19/25	22	2.76	24.76
▶ 4x400	4	Shagay Sheppy, Lovina Ewusi, Brieanna Boyce, Charlize Fraser		3:41.27	3/29/25	24	2.93	26.93

WESTERN TEXAS TFRI Team Total 217.31

12 Odessa (Texas)
Region 5unch
LW: 12

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	5	Milicent WAFULA	FR	2:09.53c (2:09.91A)	4/3/25	D 2	1.83	3.83
▶ 800m	16	Kaydeen JOHNSON	FR	2:14.13c (2:14.53A)	4/3/25	5	0.67	5.67
▶ 1500m	1	Milicent WAFULA	FR	4:23.63	3/29/25	30	4.67	34.67
▶ 1500m	6	Kaydeen JOHNSON	FR	4:31.96	3/29/25	20	2.16	22.16
▶ 1500m	7	Elizabeth ILANDA	FR	4:34.97c (4:38.64A)	4/26/25	D 2	1.41	3.41
▶ 1500m	14	Salma SADDUG	FR	4:38.58	3/22/25	#####	0.00	TM-4
▶ 1500m	22	Lilian MATEO	SO	4:43.00c (4:46.43A)	5/2/25	#####	0.00	TM-5
▶ Steeple	1	Salma SADDUG	FR	10:32.38	3/29/25	30	4.60	34.60
▶ 5000m	1	Elizabeth ILANDA	FR	16:27.59	3/29/25	30	4.34	34.34
▶ 5000m	2	Milicent WAFULA	FR	16:27.64	4/12/25	28	4.33	32.33
▶ 5000m	10	Salma SADDUG	FR	17:27.02	4/12/25	12	0.90	12.90
▶ 5000m	17	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	3.01	31.01
▶ 10,000m	29	Migyelis PUPO BRIZUELA	SO	40:53.30	4/12/25	0.75	0.00	0.75

ODESSA (TEXAS) TFRI Team Total 215.65

National TFRI Team Summary



as of 5/13/25 7:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #7, May 13

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	36	Sara JACOBSON	SR	15.40 (1.4)	5/1/25	0.4	0.00	0.40
▶ 100H	42	Natalia BRZEZNIAK	JR	15.61 (1.4)	5/1/25	0.2	0.00	0.20
▶ 400H	37	Kate DARE	FR	1:10.04	4/18/25	0.35	0.00	0.35
▶ 800m	35	Lucy MELZER	FR	2:19.70	4/18/25	0.45	0.00	0.45
▶ 800m	36	Katie MUNOZ	FR	2:19.95	4/18/25	0.4	0.00	0.40
▶ 800m	38	Kinley JACKSON	FR	2:20.30	5/1/25	0.3	0.00	0.30
▶ 800m	39	Carmella BALDWIN	SO	2:20.45	3/29/25	#####	0.00	TM-4
▶ 800m	47	Kendra GUEST	SO	2:21.56	4/5/25	#####	0.00	TM-5
▶ 1500m	39	Carmella BALDWIN	SO	4:50.31	5/1/25	0.275	0.00	0.28
▶ 1500m	45	Lucy MELZER	FR	4:51.34	3/22/25	0.125	0.00	0.13
▶ Steeple	5	Carmella BALDWIN	SO	11:12.16	4/5/25	22	1.84	23.84
▶ Steeple	9	Kinley JACKSON	FR	11:29.99	4/18/25	14	0.95	14.95
▶ Steeple	33	Lucy MELZER	FR	13:01.12	3/20/25	0.55	0.00	0.55
▶ 5000m	21	Carmella BALDWIN	SO	17:50.33	4/19/25	2.5	0.35	2.85
▶ 10,000m	26	Carmella BALDWIN	SO	40:13.15	5/1/25	0.9	0.00	0.90
▶ 10,000m	38	Kinley JACKSON	FR	43:43.77	5/1/25	0.3	0.00	0.30
▶ 10,000m	43	Destiny HERNANDEZ	SO	48:49.44	5/1/25	0.175	0.00	0.18
▶ 4x100	21	Erin Mabry, Sara Jacobson, Natalia Brzezniak, Kate Dare		48.49	5/1/25	2.5	0.00	2.50
▶ 4x400	17	Sara Jacobson, Kendra Guest, Katie Munoz, Lucy Melzer		4:05.45	5/1/25	4.5	0.01	4.51
▶ 4x800	5	Kendra Guest, Katie Munoz, Kinley Jackson, Lucy Melzer		9:32.37	5/1/25	22	2.37	24.37
▶ HJ	11	Sara JACOBSON	SR	1.60m 5-3	5/1/25	D 2	1.10	3.10
▶ HJ	20	Natalia BRZEZNIAK	JR	1.54m 5-½	5/1/25	3	0.33	3.33
▶ PV	5	Madisyn WILLIAMS	FR	3.61m 11-10	3/20/25	22	1.99	23.99
▶ PV	13	Sara JACOBSON	SR	3.16m 10-4¼	5/1/25	D 2	1.03	3.03
▶ PV	13	Anna BROWN	FR	3.16m 10-4¼	3/20/25	8	1.03	9.03
▶ LJ	37	Sara JACOBSON	SR	5.39m 17-8¼ (0.0)	5/1/25	0.35	0.00	0.35
▶ LJ	42	Erin MABRY	FR	5.32m 17-5½ (-1.8)	4/12/25	0.2	0.00	0.20
▶ LJ	49	Natalia BRZEZNIAK	JR	5.25m 17-2¾ (0.0)	5/1/25	0.025	0.00	0.03
▶ SP	22	Sara JACOBSON	SR	11.60m 38-¾	4/12/25	2	0.18	2.18
▶ DISC	14	Seioriana GLASS	SO	40.26m 132-1	3/20/25	7	0.49	7.49
▶ DISC	30	Tiffany NUNEZ	FR	35.20m 115-6	3/20/25	0.7	0.00	0.70
▶ HT	8	Seioriana GLASS	SO	48.11m 157-10	3/22/25	16	1.29	17.29
▶ HT	32	Tiffany NUNEZ	FR	39.61m 130-0	3/20/25	0.6	0.00	0.60
▶ JAV	8	Sara JACOBSON	SR	43.20m 141-9	3/28/25	16	1.69	17.69
▶ JAV	19	Tatum MATHENY	FR	35.62m 116-11	5/1/25	3.5	0.53	4.03
▶ JAV	27	Emily SCHOLZ	FR	31.63m 103-9	5/1/25	0.85	0.00	0.85

13

Mesa (Ariz.) CC

unch

LW: 13

[illegible]

WOMEN — 2025 Checkpoint #7, May 13

14

Iowa Central CC
Region 11

unch

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	11.66 (-0.1)	5/4/25	3.5	0.47	3.97
► 100H	47	Ella HOMAWOO	FR	15.90w (3.2)	3/28/25	0.075	0.00	0.08
► 100H	49	Eden BROUWERS	FR	16.00w (4.0)	3/28/25	0.025	0.00	0.03
► 200m	21	Zariah GREAVES	SO	24.05 (0.8)	5/4/25	D 2	0.36	2.36
► 400m	44	Mechak Linda BULA BULA	FR	58.46	4/18/25	0.15	0.00	0.15
► 400H	18	Chadrak Belinda BULA BULA	FR	1:04.94	4/5/25	4	0.49	4.49
► 800m	43	Juliette GAVOIS	FR	2:20.67	4/12/25	0.175	0.00	0.18
► 1500m	25	Abigail (Abbi) HUTCHINSON	FR	4:43.85	4/11/25	0.95	0.24	1.19
► Steeple	7	Abigail (Abbi) HUTCHINSON	FR	11:14.51	4/18/25	18	1.72	19.72
► Steeple	35	Alivia EDENS	FR	13:06.36	4/18/25	0.45	0.00	0.45
► 5000m	44	Abigail (Abbi) HUTCHINSON	FR	18:33.38	3/28/25	0.15	0.00	0.15
► 10,000m	21	Abigail (Abbi) HUTCHINSON	FR	39:27.37	5/4/25	2.5	0.27	2.77
► 10,000m	44	Dari COOK	FR	52:19.38	5/4/25	0.15	0.00	0.15
► 4x100	18	Chadrak Belinda Bula Bula, Mechak Linda Bula Bula, Zariah Greaves, Maeva Goune Tibbolo		47.92	5/4/25	4	0.22	4.22
► 4x400	18	Natalie Bogdanova Kirilova, Alivia Edens, Mechak Linda Bula Bula, Chadrak Belinda Bula Bula		4:05.83	5/4/25	4	0.00	4.00
► 4x800	4	Natalie Bogdanova Kirilova, Alivia Edens, Juliette Gavois, Abigail (Abbi) Hutchinson		9:31.09	4/26/25	24	2.43	26.43
► HJ	17	Eden BROUWERS	FR	1.55m 5-1	3/28/25	D 2	0.46	2.46
► HJ	27	Kira MESSERLY	FR	1.50m 4-11	4/12/25	0.85	0.00	0.85
► HJ	44	Ella HOMAWOO	FR	1.41m 4-7½	5/4/25	0.15	0.00	0.15
► PV	24	Eden BROUWERS	FR	2.55m 8-4¼	5/4/25	1	0.04	1.04
► PV	24	Abigail (Abbi) HUTCHINSON	FR	2.55m 8-4¼	5/4/25	1	0.04	1.04
► PV	30	Kira MESSERLY	FR	2.10m 6-10¾	5/4/25	0.7	0.00	0.70
► PV	31	Chadrak Belinda BULA BULA	FR	1.95m 6-4¾	5/4/25	#####	0.00	TM-4
► LJ	4	Maeva GOUNE TIBBOLO	FR	5.99m 19-8 (0.5)	4/11/25	24	3.06	27.06
► LJ	38	Zariah GREAVES	SO	5.38m 17-8 (1.6)	5/4/25	0.3	0.00	0.30
► TJ	31	Maeva GOUNE TIBBOLO	FR	10.41m 34-2 (0.7)	5/4/25	0.65	0.00	0.65
► TJ	40	Abigail (Abbi) HUTCHINSON	FR	9.46m 31-½ (0.4)	5/4/25	0.25	0.00	0.25
► SP	7	Unitee BROWN	FR	13.41m 44-0	3/28/25	18	1.41	19.41
► SP	26	Zuriya ROBINSON	SO	11.37m 37-3¾	4/5/25	0.9	0.04	0.94
► SP	30	Eden BROUWERS	FR	11.01m 36-1½	5/4/25	0.7	0.00	0.70
► SP	45	Ella HOMAWOO	FR	10.10m 33-1¾	5/4/25	#####	0.00	TM-4
► DISC	16	Unitee BROWN	FR	39.02m 128-0	4/18/25	5	0.29	5.29
► DISC	34	Zuriya ROBINSON	SO	34.67m 113-9	4/12/25	0.5	0.00	0.50

14

Iowa Central CC
Region 11

unch

LW: 14

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National TFRI Team Summary



as of 5/13/25 7:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #7, May 13

16

Cowley (Kan.)

Region 6

unch

LW: 16

<i>Event</i>	<i>NQR</i>	<i>Athlete</i>	<i>Yr</i>	<i>Season Qual. Best</i>	<i>Date</i>	<i>Pl. Pts.</i>	<i>Bonus</i>	<i>TOTAL</i>
JAV	28	Alicyn MCGINNIS	FR	31.40m 103-0	3/29/25	0.8	0.00	0.80
COWLEY (KAN.) TFRI Team Total							166.60	

17

Colby (Kan.) CC

Region 6

unch

LW: 17

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl.	Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season									
▶ 100m	3	Anita AFRIFA	SO	11.25w (2.3)	5/3/25	26	2.85		28.85
▶ 100m	21	Felicia AWUDI	FR	11.68 (1.6)	3/22/25	2.5	0.42		2.92
▶ 100m	22	Beatrice BOAKYE	FR	11.72 (0.1)	5/3/25	2	0.31		2.31
▶ 200m	2	Anita AFRIFA	SO	22.95 (1.9)	4/12/25	28	3.70		31.70
▶ 200m	30	Beatrice BOAKYE	FR	24.25 (0.8)	5/3/25	0.7	0.11		0.81
▶ 200m	33	Felicia AWUDI	FR	24.31 (1.6)	4/12/25	0.55	0.04		0.59
▶ 800m	14	Rosemary ARTHUR	SO	2:11.75	4/12/25	7	1.10		8.10
▶ 1500m	5	Rosemary ARTHUR	SO	4:31.92	4/19/25	22	2.17		24.17
▶ 4x100	11	Beatrice Boakye, Felicia Awudi, Anita Afrifa, Ashly Tharp		46.69	5/3/25	10	0.98		10.98
▶ SP	20	Alma CORDOVA	SO	11.87m 38-11½	4/12/25	3	0.34		3.34
▶ SP	36	Holly HYLTON	SO	10.63m 34-10½	5/3/25	0.4	0.00		0.40
▶ SP	47	Aaliyah CHAVEZ	SO	10.08m 33-1	3/22/25	0.075	0.00		0.08
▶ DISC	35	Alma CORDOVA	SO	34.45m 113-0	3/29/25	0.45	0.00		0.45
▶ DISC	37	Aaliyah CHAVEZ	SO	33.09m 108-7	5/3/25	0.35	0.00		0.35
▶ DISC	43	Holly HYLTON	SO	32.10m 105-4	5/3/25	0.175	0.00		0.18
▶ HT	19	Alma CORDOVA	SO	43.36m 142-3	3/29/25	3.5	0.34		3.84
▶ JAV	49	Aaliyah CHAVEZ	SO	23.98m 78-8¼	4/19/25	0.025	0.00		0.03
COLBY (KAN.) CC TFRI Team Total									119.09

18

Hutchinson (Kan.) CC

Region 6

unch

LW: 18

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	28	Sidney HOLT	FR	11.78w (2.5)	3/29/25	0.8	0.15	0.95
▶ 100H	45	Sierra BROOKS	FR	15.64w (4.0)	3/29/25	0.125	0.00	0.13
▶ 200m	38	Sidney HOLT	FR	24.44 (1.2)	4/12/25	0.3	0.00	0.30
▶ 1500m	35	Jordyn PICOLET	SO	4:48.57	4/19/25	0.45	0.00	0.45
▶ Steeple	24	Abigail GRANTHAM	SO	11:59.11	5/3/25	1	0.17	1.17
▶ 5000m	14	Jordyn PICOLET	SO	17:43.99	4/12/25	7	0.49	7.49
▶ 5000m	43	Laura AVILA	SO	18:31.77	4/19/25	0.175	0.00	0.18
▶ 10,000m	30	Jordyn PICOLET	SO	41:12.68	5/3/25	0.7	0.00	0.70
▶ 10,000m	31	Laura AVILA	SO	41:21.15	5/3/25	0.65	0.00	0.65
▶ 4x100	19	Sierra Brooks, Taniyah Cox, Azariah Dawes, Sidney Holt		48.04	4/19/25	3.5	0.15	3.65
▶ 4x400	20	Sierra Brooks, Sidney Holt, Kemisha Williams-Dominque, Azariah Dawes		4:07.30	5/3/25	3	0.00	3.00
▶ 4x800	9	Abigail Grantham, Ava Lemaster, Rio Kirven, Jordyn Picolet		9:56.70	5/3/25	14	1.31	15.31
▶ PV	11	Alycea MCCOY	FR	3.21m 10-6¼	4/25/25	10	1.12	11.12
▶ PV	13	Grace BENDER	FR	3.16m 10-4¼	3/29/25	8	1.03	9.03
▶ LJ	32	Azariah DAWES	FR	5.45mw 17-10¾ (3.6)	5/3/25	0.6	0.00	0.60
▶ LJ	34	Yaya MORENO	SO	5.42m 17-9½ (1.3)	4/19/25	0.5	0.00	0.50
▶ TJ	12	Brooke HAWKINS	SO	11.68mw 38-4 (3.0)	3/29/25	9	1.05	10.05
▶ TJ	18	Alycea MCCOY	FR	11.24m 36-10½ (1.7)	4/19/25	4	0.54	4.54
▶ TJ	22	Yaya MORENO	SO	11.03mw 36-2¼ (2.6)	5/3/25	2	0.29	2.29
▶ TJ	27	Azariah DAWES	FR	10.66mw 34-11¾ (2.5)	3/29/25	#####	0.00	TM-4
▶ SP	9	Deisheline MAYER SCOTT	FR	13.24m 43-5¼	5/3/25	14	1.22	15.22
▶ SP	17	Aiyanna GREEN	SO	12.36m 40-6¾	4/25/25	4.5	0.64	5.14
▶ DISC	26	Aiyanna GREEN	SO	36.97m 121-4	4/19/25	0.9	0.00	0.90
▶ DISC	38	Deisheline MAYER SCOTT	FR	32.82m 107-8	4/19/25	0.3	0.00	0.30
▶ HT	16	Deisheline MAYER SCOTT	FR	43.73m 143-6	3/29/25	D 2	0.40	2.40
▶ HT	21	Aiyanna GREEN	SO	42.57m 139-8	5/3/25	2.5	0.19	2.69
▶ JAV	9	Deisheline MAYER SCOTT	FR	42.87m 140-8	5/3/25	14	1.60	15.60
HUTCHINSON (KAN.) CC TFRI Team Total								114.35



National TFRI Team Summary



WOMEN — 2025 Checkpoint #7, May 13

19

Indian Hills (Iowa) CC

Region 11



1

LW: 20

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
100m	16	Ida SMITH	FR	11.63w (2.8)	4/12/25	5	0.55	5.55
100m	29	Zekira SNOW	SO	11.79 (0.6)	5/4/25	0.75	0.13	0.88
100m	39	Destiny MITCHELL	SO	11.89 (2.0)	5/4/25	0.275	0.00	0.28
100m	44	Kenyatta GRATE	SO	11.97 (0.5)	3/28/25	#####	0.00	TM-4
100H	2	Dymonde NAVE	SO	13.58 (0.4)	5/9/25	28	2.70	30.70
100H	29	Arriana JOHNSON	SO	15.04 (1.6)	4/25/25	0.75	0.00	0.75
200m	23	Nyla BLACKMON	SO	24.10w (3.1)	4/12/25	1.5	0.30	1.80
200m	29	Ida SMITH	FR	24.24w (3.6)	4/12/25	0.75	0.13	0.88
200m	37	Nyla NORMAN	SO	24.42w (3.6)	4/12/25	0.35	0.00	0.35
200m	41	Laurie LOUIS	SO	24.59 (0.8)	5/4/25	#####	0.00	TM-4
200m	48	Destiny MITCHELL	SO	24.74 (0.9)	4/25/25	#####	0.00	TM-5
400m	17	Laurie LOUIS	SO	55.44	5/9/25	4.5	0.59	5.09
400m	33	Nyla BLACKMON	SO	56.67	3/28/25	0.55	0.00	0.55
400m	39	Alexa ZANDERS	FR	57.44	4/25/25	0.275	0.00	0.28
400H	11	Dymonde NAVE	SO	1:03.32	4/25/25	10	0.95	10.95
400H	15	Arriana JOHNSON	SO	1:04.58	5/9/25	6	0.59	6.59
1500m	48	Tiffani KOONCE	FR	4:51.72	5/4/25	0.05	0.00	0.05
4x100	8	Ida Smith, Destiny Mitchell, Nyla Norman, Zekira Snow		45.75	5/4/25	16	1.89	17.89
4x400	8	Nyla Norman, Laurie Louis, Nyla Blackmon, Alexa Zanders		3:47.08	4/25/25	16	1.79	17.79
HJ	17	Arriana JOHNSON	SO	1.55m 5-1	3/28/25	4.5	0.46	4.96
LJ	17	Zekira SNOW	SO	5.58mw 18-3¾ (2.6)	5/4/25	4.5	0.38	4.88
LJ	42	Dymonde NAVE	SO	5.32m 17-5½ (1.8)	4/12/25	0.2	0.00	0.20
HT	27	Cynthia ALBERT	FR	41.42m 135-11	4/5/25	0.85	0.00	0.85

INDIAN HILLS (IOWA) CC TFRI Team Total

111.25

20

Allen (Kan.) CC

Region 6



1

LW: 19

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
100m	9	Adetutu ALADELOYE	SO	11.49 (1.5)	3/28/25	14	1.20	15.20
100m	11	Ranayla MOTEN	FR	11.53w (2.4)	4/12/25	D 2	0.98	2.98
100m	25	Kayveonna JACKSON	SO	11.74 (1.9)	4/12/25	0.95	0.26	1.21
200m	7	Ranayla MOTEN	FR	23.69w (3.1)	3/28/25	18	1.13	19.13
200m	13	Adetutu ALADELOYE	SO	23.77w (3.1)	3/28/25	8	0.92	8.92
200m	50	Kayveonna JACKSON	SO	24.78 (1.8)	3/28/25	0.01	0.00	0.01
400m	7	Ranayla MOTEN	FR	54.86	4/5/25	18	1.13	19.13
400m	18	Ala' Jah BROOKS	SO	55.67	4/25/25	4	0.41	4.41
4x100	2	Kayveonna Jackson, Ranayla Moten, Ala' Jah Brooks, Adetutu Aladeloye		44.78	4/25/25	28	3.71	31.71
HJ	44	Leah WRIGHT	FR	1.41m 4-7½	4/5/25	0.15	0.00	0.15
TJ	20	Leah WRIGHT	FR	11.13mw 36-6¼ (2.8)	5/3/25	3	0.41	3.41
HEPT	24	Leah WRIGHT	FR	2,332	5/3/25	1	0.02	1.02

ALLEN (KAN.) CC TFRI Team Total

107.28



National TFRI Team Summary



WOMEN — 2025 Checkpoint #7, May 13

21

Paradise Valley (Ariz.) CC
Region 1

unch

LW: 21

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 200m	49	Sofia CARDOZO	JR	24.75 (-0.6)	3/29/25	0.025	0.00	0.03
▶ 1500m	31	Keira DAMRON	SO	4:46.46	3/29/25	0.65	0.00	0.65
▶ 1500m	41	Olivia COULSTON	SO	4:50.52	3/29/25	0.225	0.00	0.23
▶ 1500m	43	Laynee HOLLECH	FR	4:50.86	3/29/25	0.175	0.00	0.18
▶ 5000m	9	Keira DAMRON	SO	17:23.93	4/18/25	14	0.97	14.97
▶ 5000m	27	Laynee HOLLECH	FR	17:56.74	3/22/25	0.85	0.20	1.05
▶ 5000m	36	Olivia COULSTON	SO	18:23.07	3/22/25	0.4	0.00	0.40
▶ 4x800	13	Keira Damron, Olivia Coulston, Laynee Hollech, McKenna Martin		10:13.01	5/1/25	8	0.84	8.84
▶ HJ	38	Mackenzie ANDERSON	FR	1.43m 4-8¼	5/1/25	0.3	0.00	0.30
▶ PV	7	Mackenzie ANDERSON	FR	3.46m 11-4¼	5/1/25	18	1.56	19.56
▶ PV	13	Mikaila BARAN	FR	3.16m 10-4¼	3/20/25	8	1.03	9.03
▶ PV	22	Brakelle MCBRIDE	FR	2.56m 8-4¾	3/29/25	2	0.06	2.06
▶ SP	25	Carmen SPEAR	FR	11.38m 37-4	5/1/25	0.95	0.05	1.00
▶ DISC	36	Brinley LENSCH	FR	34.05m 111-9	5/1/25	0.4	0.00	0.40
▶ HT	17	Carmen SPEAR	FR	43.55m 142-11	5/1/25	4.5	0.37	4.87
▶ HT	43	Brinley LENSCH	FR	36.19m 118-9	5/1/25	0.175	0.00	0.18
▶ JAV	4	Jaeleigha ABALOS	FR	45.96m 150-10	5/1/25	24	2.43	26.43
▶ JAV	23	Chloe HANCOCK	FR	33.20m 108-11	3/28/25	1.5	0.18	1.68
▶ HEPT	19	Chloe HANCOCK	FR	3,359	5/1/25	3.5	0.79	4.29

PARADISE VALLEY (ARIZ.) CC TFRI Team Total 96.14

22

Meridian (Miss.) CC
Region 23

unch

LW: 22

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	41	Nakirsten HUGHES	FR	11.94w (3.7)	4/5/25	0.225	0.00	0.23
▶ 400m	35	Jakhia MARTIN	FR	56.79	4/25/25	0.45	0.00	0.45
▶ 400m	46	Cshanti PIERCE	SO	58.60	4/25/25	0.1	0.00	0.10
▶ 1500m	4	Nhamoinesu MABVUKA	FR	4:31.39	4/26/25	24	2.32	26.32
▶ 5000m	3	Nhamoinesu MABVUKA	FR	16:39.17	4/12/25	26	3.44	29.44
▶ 4x100	17	Nakirsten Hughes, Jakhia Martin, Mykala Carter, Yasmyne McCann		47.88	4/12/25	4.5	0.24	4.74
▶ 4x400	12	Cshanti Pierce, Taitiana Jones, Jakhia Martin, Mykala Carter		3:57.45	4/12/25	9	0.67	9.67
▶ LJ	50	Amirah NOCK	FR	5.22m 17-1½ (1.2)	4/5/25	0.01	0.00	0.01
▶ TJ	12	Ashanti PATTON	SO	11.68m 38-4 (1.3)	4/25/25	9	1.05	10.05

MERIDIAN (MISS.) CC TFRI Team Total 81.01

National TFRI Team Summary



as of 5/13/25 7:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #7, May 13

23

Garden City (Kan.) CC

unch

LW: 23

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	33	Mekhila SANDERS	FR	11.85 (0.3)	5/3/25	0.55	0.00	0.55
▶ 200m	10	Mekhila SANDERS	FR	23.72 (-0.7)	4/19/25	12	1.05	13.05
▶ 400m	34	Mekhila SANDERS	FR	56.74c (56.63A)	4/3/25	0.5	0.00	0.50
▶ 400H	7	Antonia Moultrie	FR	1:02.13	5/3/25	18	1.63	19.63
▶ 800m	46	Meryeme MAI	FR	2:21.53c (2:21.94A)	4/3/25	0.1	0.00	0.10
▶ Steeple	14	Reid HARVEY-MCKEAN	FR	11:37.37	4/12/25	7	0.68	7.68
▶ 5000m	29	Meryeme MAI	FR	18:03.95	5/3/25	0.75	0.04	0.79
▶ 10,000m	12	Meryeme MAI	FR	37:42.14	4/12/25	9	0.97	9.97
▶ 4x100	31	Mekhila Sanders, Antonia Moultrie, Jaylene Hernandez, Priscilla Wemba		51.05	4/12/25	0.65	0.00	0.65
▶ 4x400	21	Mekhila Sanders, Antonia Moultrie, Reid Harvey-McKean, Priscilla Wemba		4:07.73	5/3/25	2.5	0.00	2.50
▶ HJ	50	Abby GilLEN	FR	1.38m 4-6¼	5/3/25	0.01	0.00	0.01
▶ LJ	39	Antonia Moultrie	FR	5.37mw 17-7½ (2.4)	5/3/25	0.275	0.00	0.28
▶ SP	48	Taia VELASCO	SO	10.07m 33-½	3/29/25	0.05	0.00	0.05
▶ DISC	33	Taia VELASCO	SO	34.81m 114-3	3/22/25	0.55	0.00	0.55
▶ HT	22	Tomi GALL	SO	42.34m 138-11	5/3/25	2	0.15	2.15
▶ HT	34	Taia VELASCO	SO	39.04m 128-1	5/3/25	0.5	0.00	0.50

GARDEN CITY (KAN.) CC TFRI Team Total

58.95

24

Southern Idaho

Region 18

unch

LW: 24

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 800m	24	Isabella BEILKE	FR	2:17.07	4/17/25	1	0.21	1.21
► 800m	44	Kennedy KUNZ	FR	2:21.27	4/17/25	0.15	0.00	0.15
► 800m	45	Aubrie BARZEE	FR	2:21.45	4/5/25	0.125	0.00	0.13
► 800m	50	Madelyn GIRARDO	FR	2:21.71c (2:22.42A)	4/26/25	#####	0.00	TM-4
► 1500m	23	Laurie DAVIDSON	FR	4:43.38c (5:12.44A)	4/11/25	1.5	0.28	1.78
► 1500m	36	Sage LYON	FR	4:48.70c (5:18.31A)	4/11/25	0.4	0.00	0.40
► 1500m	38	Aubrie BARZEE	FR	4:49.86c (4:55.76A)	4/26/25	0.3	0.00	0.30
► Steeple	10	Rozzlyn CAZIER	SO	11:31.04	4/17/25	12	0.89	12.89
► Steeple	17	Laynee ROWLEY	SO	11:41.45	4/17/25	4.5	0.58	5.08
► Steeple	18	Aubrie BARZEE	FR	11:42.69c(11:59.27A)	4/11/25	4	0.55	4.55
► Steeple	21	Stephania HERNANDEZ	SO	11:46.67c(12:02.58A)	5/2/25	#####	0.00	TM-4
► Steeple	26	Kenia AINSWORTH	SO	12:20.52c(12:37.51A)	4/26/25	#####	0.00	TM-5
► Steeple	29	Elizabeth DRISCOLL	FR	12:47.54c(13:05.65A)	4/11/25	#####	0.00	TM-6
► 5000m	15	Lillian NEFF	SO	17:44.92c(18:10.74A)	5/2/25	6	0.47	6.47
► 5000m	25	Rozzlyn CAZIER	SO	17:55.93c(18:20.54A)	5/3/25	0.95	0.22	1.17
► 10,000m	7	Lillian NEFF	SO	37:15.74	4/17/25	18	1.33	19.33
► 10,000m	19	Sage LYON	FR	39:17.87	4/17/25	3.5	0.33	3.83
► 10,000m	35	Macie CHUGG	SO	42:27.77c(43:41.24A)	5/2/25	0.45	0.00	0.45
► 4x400	28	Madelyn Girardo, Kennedy Kunz, Laurie Davidson, Isabella Beilke		4:23.52c (4:23.08A)	4/26/25	0.8	0.00	0.80

SOUTHERN IDAHO TFRI Team Total

58.54



National TFRI Team Summary



WOMEN — 2025 Checkpoint #7, May 13

29

Richard Bland (Va.)

Region 10



3

LW: 32

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	38	Michaelyn FISHER	FR	11.88w (2.9)	5/6/25	0.3	0.00	0.30
▶ 100H	25	Anijah JAMES	FR	14.83 (-2.1)	5/6/25	0.95	0.10	1.05
▶ 100H	27	Jada HATCHER	FR	14.95 (1.4)	4/19/25	0.85	0.00	0.85
▶ 100H	29	Shyla COOPER	FR	15.04 (1.6)	3/29/25	0.75	0.00	0.75
▶ 400m	36	Jayla WERTS	SO	57.34	3/21/25	0.4	0.00	0.40
▶ 400m	48	J'Miaya MUSE	FR	58.74	4/26/25	0.05	0.00	0.05
▶ 400H	26	Shyla COOPER	FR	1:07.10	4/5/25	0.9	0.00	0.90
▶ 400H	36	Erin SMITH	SO	1:09.98	4/19/25	0.4	0.00	0.40
▶ 4x100	15	J'Miaya Muse, Michaelyn Fisher, Anijah James, Shyla Cooper		47.62	4/5/25	6	0.40	6.40
▶ 4x400	16	J'Miaya Muse, Breshauna Miller, Michaelyn Fisher, Shyla Cooper		4:03.12	3/21/25	5	0.20	5.20
▶ LJ	11	Michaelyn FISHER	FR	5.63mw 18-5¼ (2.9)	5/6/25	10	0.57	10.57
▶ LJ	26	Anijah JAMES	FR	5.49m 18-¼ (0.4)	3/21/25	0.9	0.06	0.96
▶ LJ	45	Ciarra MOORE	SO	5.31mw 17-5¼ (3.1)	4/19/25	0.125	0.00	0.13
▶ LJ	47	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	1.24	15.24
▶ TJ	21	Anijah JAMES	FR	11.04m 36-2¾ (-0.3)	3/21/25	2.5	0.30	2.80
▶ TJ	28	Erin SMITH	SO	10.56m 34-7¾ (0.3)	4/5/25	0.8	0.00	0.80

RICHARD BLAND (VA.) TFRI Team Total 46.79

30

Highland (Kan.) CC

Region 6



1

LW: 29

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	32	Shanteria WASHINGTON	SO	11.82w (2.4)	4/12/25	0.6	0.05	0.65
▶ 100H	16	DiaMonae THOMAS	SO	14.35w (2.2)	4/17/25	5	0.72	5.72
▶ 400m	45	J'Nya DEMMING	SO	58.49	4/26/25	0.125	0.00	0.13
▶ 400H	35	Berlynn BLACK	SO	1:09.89	3/29/25	0.45	0.00	0.45
▶ 4x100	10	DiaMonae Thomas, Shanteria Washington, Alexia Lewis, J'Na Demming		46.66	4/5/25	12	1.00	13.00
▶ HJ	14	Alyana WALLACE	SO	1.58m 5-2¼	5/3/25	7	0.84	7.84
▶ HJ	27	Berlynn BLACK	SO	1.50m 4-11	3/22/25	0.85	0.00	0.85
▶ PV	26	Danielle BEARS	FR	2.45m 8-½	4/26/25	0.9	0.00	0.90
▶ LJ	11	Alexia LEWIS	SO	5.63m 18-5¼ (0.3)	3/29/25	10	0.57	10.57
▶ SP	23	Alexis CLEMMONS	FR	11.54m 37-10½	3/29/25	1.5	0.15	1.65
▶ HT	38	Izabel GAIN	SO	37.71m 123-9	4/26/25	0.3	0.00	0.30
▶ JAV	45	Berlynn BLACK	SO	25.10m 82-4¼	5/3/25	0.125	0.00	0.13
▶ HEPT	21	Berlynn BLACK	SO	3,223	5/3/25	2.5	0.69	3.19

HIGHLAND (KAN.) CC TFRI Team Total 45.37

31

Essex County (N.J.)

Region 19



1

LW: 30

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	50	Kimberly BAKER	SO	12.01 (1.3)	3/29/25	0.01	0.00	0.01
▶ 100H	9	Kadina DEEBLE	FR	13.99 (1.5)	4/26/25	14	1.34	15.34
▶ 100H	17	Ma-Avian WILLIAMS	SO	14.36 (1.0)	4/19/25	4.5	0.71	5.21
▶ 400H	22	Paula ORUSEDE	SO	1:05.37	5/3/25	2	0.37	2.37
▶ 800m	22	Serena DOUGLAS	SO	2:16.42	4/19/25	2	0.31	2.31
▶ 4x100	13	Kimberly Baker, Ashia Martin, Ma-Avian Williams, Kadina Deeble		47.20	5/3/25	8	0.66	8.66
▶ 4x400	13	Serena Douglas, Kimberly Baker, Paula Orusede, Aaliyah Morgan		3:57.71	4/5/25	8	0.65	8.65

ESSEX COUNTY (N.J.) TFRI Team Total 42.54

National TFRI Team Summary



as of 5/13/25 7:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #7, May 13

32

Monroe-New Rochelle (N.Y.)

Region 15



1

LW: 31

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 200m	43	Kettia AMBROSE	SO	24.62 (1.4)	3/29/25	0.175	0.00	0.18
▶ 400m	10	Kettia AMBROSE	SO	55.09	4/4/25	12	0.92	12.92
▶ 400m	21	Kaliyah JONES	FR	55.78	4/4/25	2.5	0.36	2.86
▶ 800m	15	Attoya HARVEY	SO	2:13.84	5/3/25	6	0.72	6.72
▶ 800m	30	Tanesia GARDINER	FR	2:18.42	3/29/25	0.7	0.01	0.71
▶ 800m	31	Joy JEPLETING	FR	2:18.56	3/29/25	0.65	0.00	0.65
▶ 1500m	34	Attoya HARVEY	SO	4:47.15	4/12/25	0.5	0.00	0.50
▶ Steeple	37	Tanesia GARDINER	FR	13:45.87	4/12/25	0.35	0.00	0.35
▶ 4x400	10	Kaliyah Jones, Attoya Harvey, Tanesia Gardiner, Kettia Ambrose		3:48.46	4/12/25	12	1.54	13.54
▶ LJ	21	Brinel THOMAS	FR	5.53m 18-1¼ (0.2)	4/12/25	2.5	0.20	2.70
MONROE-NEW ROCHELLE (N.Y.) TFRI Team Total								41.12

33

Dodge City (Kan.) CC

Region 6

unch

LW: 33

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	23	Olivia LEATHERMAN	FR	14.59w (3.2)	4/12/25	1.5	0.41	1.91
▶ 400m	29	Bianca GLEIM	SO	56.30	4/12/25	0.75	0.12	0.87
▶ 400H	38	Olivia LEATHERMAN	FR	1:10.79	4/12/25	0.3	0.00	0.30
▶ Steeple	38	Daniela CERDA	FR	13:51.50	5/3/25	0.3	0.00	0.30
▶ 10,000m	22	Ivy WASHINGTON	SO	39:33.68	4/12/25	2	0.23	2.23
▶ 10,000m	32	Ava WASHINGTON	SO	41:30.32	4/4/25	0.6	0.00	0.60
▶ 10,000m	34	Daniela CERDA	FR	42:03.51	5/3/25	0.5	0.00	0.50
▶ 4x100	29	Caylee May, Bianca Gleim, Zyria Thompson, Olivia Leatherman		50.70	5/3/25	0.75	0.00	0.75
▶ 4x400	23	Caylee May, Bianca Gleim, Alexis Bradshaw, Sarai Chavez		4:13.43	5/3/25	1.5	0.00	1.50
▶ 4x800	10	Ava Washington, Ivy Washington, Caylee May, Sarai Chavez		9:57.37	5/3/25	12	1.28	13.28
▶ HJ	20	Olivia LEATHERMAN	FR	1.54m 5-½	5/3/25	3	0.33	3.33
▶ HJ	41	Sophia CALISTRO	FR	1.42m 4-7¾	3/29/25	0.225	0.00	0.23
▶ HJ	41	Camdyn CUNNINGHAM	FR	1.42m 4-7¾	3/29/25	0.225	0.00	0.23
▶ LJ	42	Bianca GLEIM	SO	5.32mw 17-5½ (2.8)	5/9/25	0.2	0.00	0.20
▶ JAV	50	Olivia LEATHERMAN	FR	23.90m 78-5	5/3/25	0.01	0.00	0.01
▶ HEPT	10	Olivia LEATHERMAN	FR	4,008	5/3/25	12	1.28	13.28
DODGE CITY (KAN.) CC TFRI Team Total								39.50

34

Bryant & Stratton (Va.)

Region 10

unch

LW: 34

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100m	29	Aniya SUKU	FR	11.79 (1.0)	5/3/25	0.75	0.13	0.88
▶ 100H	24	Alisha JACKSON	FR	14.76 (1.3)	5/3/25	1	0.19	1.19
▶ 200m	20	Aniya SUKU	FR	23.98 (1.6)	5/3/25	3	0.45	3.45
▶ 400H	32	Aniya SUKU	FR	1:09.36	3/29/25	0.6	0.00	0.60
▶ 400H	33	Alisha JACKSON	FR	1:09.39	3/29/25	0.55	0.00	0.55
▶ LJ	21	Alisha JACKSON	FR	5.53m 18-1¾ (0.2)	3/29/25	2.5	0.20	2.70
▶ TJ	3	Alisha JACKSON	FR	12.09m 39-8 (-0.7)	4/18/25	26	2.09	28.09
BRYANT & STRATTON (VA.) TFRI Team Total								37.45

National TFRI Team Summary



as of 5/13/25 7:28 AM ET

Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #7, May 13

41

Neosho County (Kan.) CC

Region 6

unch

LW: 41

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 400m	41	Vilorina TUILAWAKI	SO	57.72	4/19/25	0.225	0.00	0.23	
▶ 400H	21	Vilorina TUILAWAKI	SO	1:05.17	4/26/25	2.5	0.42	2.92	
▶ 400H	30	Rhea FLANDERS	FR	1:08.91	5/9/25	0.7	0.00	0.70	
▶ 800m	41	Melania TURAGA	FR	2:20.52	4/12/25	0.225	0.00	0.23	
▶ 4x100	23	Paula del Pozo, Vilorina Tuilawaki, Melania Turaga, Rhea Flanders		48.86	4/19/25	1.5	0.00	1.50	
▶ 4x400	15	Vilorina Tuilawaki, Melania Turaga, Rhea Flanders, Vaoileta Luka		4:01.35	5/3/25	6	0.34	6.34	
▶ 4x800	14	Vilorina Tuilawaki, Amy Styles, Melania Turaga, Katsiaryna Kalesnik		10:13.36	5/3/25	7	0.84	7.84	
▶ LJ	47	Vilorina TUILAWAKI	SO	5.26m	17-3¼ (0.5)	3/13/25	0.075	0.00	0.08
▶ DISC	29	Carmen FIELDS	SO	35.54m	116-7	4/12/25	0.75	0.00	0.75
NEOSHO COUNTY (KAN.) CC TFRI Team Total								20.58	

42

Ranger (Texas)

Region 5

unch

LW: 42

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 800m	23	Victaline MUTAI	FR	2:16.67	4/26/25	1.5	0.27	1.77
▶ 800m	33	Alfrenique KNOWLES	FR	2:18.59	4/26/25	0.55	0.00	0.55
▶ 800m	34	Macie MORALES	FR	2:19.18	4/26/25	0.5	0.00	0.50
▶ 1500m	20	Victaline MUTAI	FR	4:42.69c (4:46.11A)	4/3/25	3	0.34	3.34
▶ 1500m	44	Macie MORALES	FR	4:51.10	4/26/25	0.15	0.00	0.15
▶ 5000m	18	Victaline MUTAI	FR	17:48.61c(18:03.34A)	4/3/25	4	0.39	4.39
▶ 5000m	26	Stella LAGAT	FR	17:56.52	4/26/25	0.9	0.20	1.10
▶ 5000m	37	Macie MORALES	FR	18:23.69	4/12/25	0.35	0.00	0.35
▶ 4x100	14	Charity Rayford, Chasity Rayford, Ki'Sha Tyner, Tania Miles		47.45	4/12/25	7	0.51	7.51
▶ 4x400	29	Tania Miles, Alfrenique Knowles, Andrea Teruel, Emma Garcia		4:26.31	3/15/25	0.75	0.00	0.75
RANGER (TEXAS) TFRI Team Total								20.41

43

Southeast (Neb.) CC

Region 9

unch

LW: 43

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 1500m	50	Karen KIRATU	SO	4:51.97	5/9/25	0.01	0.00	0.01
▶ 5000m	23	Karen KIRATU	SO	17:51.83	4/25/25	1.5	0.31	1.81
▶ 10,000m	8	Karen KIRATU	SO	37:19.89	4/12/25	16	1.27	17.27
▶ DISC	31	Joslyn EBY	FR	34.99m 114-10	5/9/25	0.65	0.00	0.65
SOUTHEAST (NEB.) CC TFRI Team Total								19.74

44

Hawkeye (Iowa) CC

Region 11

unch

LW: 44

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL	
Scored bests come from CURRENT qualifying season									
▶ 400H	28	Melody KREMER	JR	1:07.96	4/5/25	0.8	0.00	0.80	
▶ 800m	49	Mallori JONES	FR	2:21.65	5/4/25	0.025	0.00	0.03	
▶ 4x100	26	Rylee Steffen, Alyssa Wondercheck, Halima Biggs, Tasha Williams		50.12	3/28/25	0.9	0.00	0.90	
▶ 4x400	24	Halima Biggs, Mallori Jones, Melody Kremer, Alyssa Wondercheck		4:16.84	5/4/25	1	0.00	1.00	
▶ HJ	20	Halima BIGGS	FR	1.54m	5-½	4/18/25	3	0.33	3.33
▶ HJ	27	Tasha WILLIAMS	JR	1.50m	4-11	3/28/25	0.85	0.00	0.85
▶ LJ	33	Alyssa WONDERCHECK	FR	5.44m	17-10¼ (1.9)	5/4/25	0.55	0.00	0.55
▶ SP	12	Kailan MCEWEN	FR	12.77m	41-10¾	4/18/25	9	0.88	9.88
▶ DISC	25	Breanna SWABY	FR	37.18m	122-0	5/4/25	0.95	0.00	0.95
▶ JAV	35	Kailan MCEWEN	FR	29.83m	97-10½	4/12/25	0.45	0.00	0.45
HAWKEYE (IOWA) CC TFRI Team Total								18.74	



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

WOMEN — 2025 Checkpoint #7, May 13

50

North Iowa Area CC

Region 11

unch
LW: 50

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
▶ 100H	33	Taja CONLEY	SO	15.25 (0.6)	5/4/25	0.55	0.00	0.55
▶ 400H	25	Taja CONLEY	SO	1:06.83	4/11/25	0.95	0.00	0.95
▶ Steeple	31	Olivia SPURLING	FR	12:59.46	5/4/25	0.65	0.00	0.65
▶ Steeple	40	Cloey USHER	SO	14:07.31	4/25/25	0.25	0.00	0.25
▶ 4x100	28	#Type!		50.42	4/19/25	0.8	0.00	0.80
▶ 4x800	17	Cloey Usher, Bridget Canton, Juliana Droll, Olivia Spurling		10:57.86	5/4/25	4.5	0.00	4.50
▶ SP	30	Hannah BRINKMAN	FR	11.01m 36-1½	5/4/25	0.7	0.00	0.70
▶ DISC	41	Hannah BRINKMAN	FR	32.26m 105-10	5/4/25	0.225	0.00	0.23
▶ DISC	44	Kit BYARS	SO	31.89m 104-8	3/28/25	0.15	0.00	0.15
▶ HT	44	Kit BYARS	SO	36.07m 118-4	5/4/25	0.15	0.00	0.15
NORTH IOWA AREA CC TFRI Team Total								8.93

51

Muskegon (Mich.) CC

unch
LW: 51

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 4x400	27	Olivia Urban, Natalie Erickson, Brianna Smith, Lauren Lee		4:19.37	3/29/25	0.85	0.00	0.85
► HJ	33	Steffanie MCGUFFEY	SO	1.46m	4-9½	0.55	0.00	0.55
► DISC	15	Gaby REEVE	SO	39.04m	128-1	6	0.29	6.29
► DISC	42	Brooke BERRY	SO	32.14m	105-6	0.2	0.00	0.20
► HT	39	Gaby REEVE	SO	37.46m	122-11	0.275	0.00	0.28
MUSKEGON (MICH.) CC TFRI Team Total								8.17

52

UA Rich Mountain (Ark.)

unch
LW: 52

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 800m	25	Sharon STRYDOM	SO	2:17.47	5/9/25	0.95	0.15	1.10
► Steeple	15	Darcy VINEYARD	FR	11:37.70	4/19/25	6	0.68	6.68
UA RICH MOUNTAIN (ARK.) TFRI Team Total								7.77

53

Carroll (Md.) CC

unch
LW: 53

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► Steeple	41	Caroline VOGELSANG	FR	14:07.75	4/26/25	0.225	0.00	0.23
► HJ	35	Carrie MOORE	SO	1.45m 4-9	4/4/25	0.45	0.00	0.45
► PV	17	Kat CROCHUNIS	FR	3.05m 10-0	4/4/25	4.5	0.86	5.36
► TJ	42	Carrie MOORE	SO	3.86m 27-5¼ (2.0)	4/26/25	0.2	0.00	0.20
► DISC	47	Brooke PRIBULICK	SO	30.65m 100-7	3/29/25	0.075	0.00	0.08
CARROLL (MD.) CC TFRI Team Total								6.31

54

Southeastern (Iowa) CC

unch
LW: 54

Event	NQR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 10,000m	45	Ella SCHROEDER	SO	57:06.29	5/4/25	0.125	0.00	0.13
► 4x400	34	#Type!		5:15.08	4/5/25	0.5	0.00	0.50
► 4x800	16	Paetyn Wiegand, Rylee Olsen, Arianna Pedrin, Aubrey Kuntz		10:49.87	5/4/25	5	0.12	5.12
SOUTHEASTERN (IOWA) CC TFRI Team Total								5.75

55

Jacksonville (Texas)

Region 14

unch
LW: 55

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 4x400	22	Brittany Danas, Alaila Jones, Bryanna Danas, Ilyana Wilhite		4:12.77	3/15/25	2	0.00	2.00
► HJ	27	A'Kevia WEAVER	FR	1.50m 4-11	4/5/25	0.85	0.00	0.85
JACKSONVILLE (TEXAS) TFRI Team Total								2.85

56

North Central Texas

Region 5

unch
LW: 56

Event	NOR	Athlete	Yr	Season Qual. Best	Date	Pl. Pts.	Bonus	TOTAL
Scored bests come from CURRENT qualifying season								
► 800m	26	Glorie KABUIN	SO	2:17.63	4/26/25	0.9	0.12	1.02
NORTH CENTRAL TEXAS TFR1 Team Total								1.02



Only those who score >0.01 pts are shown

D denotes multiple-event rule in affect

65

Region 1

unch

LW: 65

Scored bests come from CURRENT qualifying season

PHOENIX (ARIZ.) TFRI Team Total

0.10