



National TFRI Event Summary

Women's 60 Meters — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance		Meet
1	Kandace THOMAS	SR	Adams State	24.35	C	7.22c	(7.18)	2/22/19 RMAC Indoor Championships
2	Dianna JOHNSON	SR	Adams State	21.85	C	7.26c	(7.22)	2/22/19 RMAC Indoor Championships
3	Rene MEDLEY	JR	Lincoln (Mo.)	17.82	C	7.43		2/22/19 MIAA Indoor Championships
4	Angelica FLOYD	SO	Grand Valley State	15.36	C	7.47		2/23/19 GLIAC Indoor Championships
4	Ma'Kyia GAYDEN	SO	Winston-Salem State	15.36	C	7.47		2/16/19 USC Indoor Open
6	Jasmine DECKARD	SO	Missouri Southern	11.01	C	7.50		2/22/19 MIAA Indoor Championships
7	Valexsia DROUGHN	SO	Cal State LA	8.92	C	7.51c	(7.47)	1/11/19 NAU Friday Night Duals
8	Valda KABIA	SR	West Texas A&M	7.76	C	7.53c	(7.51)	2/16/19 Lone Star Indoor Championsh
9	Kayla ZINK	SO	UC-Colorado Springs	6.69	C	7.54c	(7.50)	2/8/19 Colorado Running Company
9	Ombretta MINKUE MEYE	JR	Academy of Art	6.69	C	7.54		2/24/19 Boston University Last Chanc
11	Zawadi BROWN	SR	Limestone	4.61	C	7.55		2/17/19 Conference Carolinas Indoor
11	Eboni COBY	SR	Texas A&M-Commerce	4.61	C	7.55c	(7.53)	2/16/19 Lone Star Indoor Championsh
13	Nicole SREENAN	SO	Grand Valley State	2.53	C	7.56		12/7/18 Grand Valley State Holiday Op
13	Khenadi JONES	SO	Minnesota State	2.53	C	7.56		2/22/19 NSIC Indoor Championships
13	Darria MATTHIAS	FR	Academy of Art	2.53	C	7.56c	(7.54)	12/6/18 Mines Alumni Classic
16	Kayla WILSON	JR	West Texas A&M	1.18	C	7.58c	(7.56)	2/16/19 Lone Star Indoor Championsh



National TFRI Event Summary

Women's 200 Meters — 2019 Week #7, March 4

NPR	Athlete	Institution (Team Rank)	Team Pts.		Scored Performance		Meet
1	Kandace THOMAS	SR Adams State	23.91	C	23.41c	(23.63)	2/22/19 RMAC Indoor Championships
2	Rene MEDLEY	JR Lincoln (Mo.)	20.11	C	23.85		2/22/19 MIAA Indoor Championships
3	Dianna JOHNSON	SR Adams State	17.79	C	23.93c	(24.16)	2/22/19 RMAC Indoor Championships
4	Jasmine DECKARD	SO Missouri Southern	15.32	C	24.05		2/22/19 MIAA Indoor Championships
4	Alexis HENRY	SR SF State	15.32	C	24.05c	(23.98)	2/1/19 New Mexico Classic
6	Renea AMBERSLEY	JR Lincoln (Mo.)	11.28	C	24.06		2/22/19 MIAA Indoor Championships
7	CeCe TELFER	SR Franklin Pierce	9.20	C	24.08c	(24.45)	2/16/19 Northeast-10 Indoor Champio
8	Ariel JACKSON	SR Lindenwood	8.09	C	24.11		2/22/19 MIAA Indoor Championships
8	Shannon KALAWAN	SO Saint Augustine's	8.09	C	24.11c	(24.48)	2/10/19 CIAA Indoor Championships
10	Danielle KOHLWEY	SR Minnesota Duluth	5.97	C	24.14c	(24.51)	2/22/19 NSIC Indoor Championships
11	Grace HARTMAN	SO Minnesota State	4.72	C	24.22c	(24.59)	2/22/19 NSIC Indoor Championships
12	Begotty LAROCHE	SO Southern Connecticut	3.62	C	24.26		2/24/19 Boston University Last Chanc
13	Valda KABIA	SR West Texas A&M	2.54	C	24.29c	(24.22)	2/16/19 Lone Star Indoor Championsh
14	Jazmine SMITH	SO SF State	1.43	C	24.33		2/24/19 Boston University Last Chanc
15	Allie HEINZER	JR Lewis	1.27	C	24.36		2/8/19 Grand Valley State Big Meet
16	Christine MOSS	JR Lincoln (Mo.)	1.11	C	24.40c	(24.78)	11/30/18 Bob Timmons Challenge
17	Venice STEWART	SO Bemidji State	1.00	C	24.41c	(24.79)	2/22/19 NSIC Indoor Championships
18	Monisha LEWIS	JR SF State	0.85	C	24.45c	(24.38)	2/1/19 New Mexico Classic
19	Danee BUSTOS	SR Eastern New Mexico	0.72	C	24.47c	(24.40)	2/16/19 Lone Star Indoor Championsh
20	Brittany SCHYVINCK	SR Winona State	0.61	C	24.52c	(24.90)	2/22/19 NSIC Indoor Championships



National TFRI Event Summary

Women's 400 Meters — 2019 Week #7, March 4

NPR	Athlete	Institution (Team Rank)	Team Pts.		Scored Performance	Meet
1	Shannon KALAWAN	SO Saint Augustine's	24.63	C	52.71	1/31/19 Carolina Challenge
2	Renea AMBERSLEY	JR Lincoln (Mo.)	21.61	C	53.27	2/22/19 MIAA Indoor Championships
3	Hanna WILLIAMS	SO Missouri Western	17.66	C	54.37	2/8/19 Bearcat Invitational
4	Abbey ZASTROW	SO U-Mary	15.08	C	54.71c (55.43)	2/22/19 NSIC Indoor Championships
5	Kissi-Ann BROWN	JR Lincoln (Mo.)	13.01	C	54.75	2/22/19 MIAA Indoor Championships
6	Nele HEINRICH	JR West Texas A&M	10.87	C	54.83	2/24/19 Boston University Last Chanc
7	Timarya BAYNARD	JR SF State	8.80	C	54.87c (54.76)	1/18/19 Martin Luther King, Jr. Invitati
8	Cameka WITTER	SO Oklahoma Baptist	7.79	C	54.88	2/8/19 Gorilla Classic
9	Alexis HENRY	SR SF State	6.75	C	54.90	2/8/19 Grand Valley State Big Meet
10	Shereen VALLABOY	FR Winona State	5.67	C	54.96c (55.69)	2/22/19 NSIC Indoor Championships
11	Minna SVEARD	SO Texas A&M-Commerce	4.64	C	54.99c (54.88)	2/16/19 Lone Star Indoor Championsh
12	Nicole SREENAN	SO Grand Valley State	3.63	C	55.00	1/11/19 Bob Eubanks Open
13	Mckae MITCHELL	SR Oklahoma Baptist	2.62	C	55.01	2/8/19 Gorilla Classic
14	Jazmine SMITH	SO SF State	1.57	C	55.05	2/24/19 Boston University Last Chanc
15	Tianna MCKINNEY	SR West Texas A&M	1.42	C	55.10c (54.99)	2/16/19 Lone Star Indoor Championsh
16	Semoy HEMMINGS	JR Findlay	1.28	C	55.13c (55.86)	2/22/19 G-MAC Indoor Championships
17	Amanda CRAWFORD	JR Saint Augustine's	1.16	C	55.15	2/16/19 USC Indoor Open
18	Tawana ALLEN	FR Fayetteville State	0.80	C	55.38c (56.11)	2/10/19 CIAA Indoor Championships



National TFRI Event Summary

Women's 800 Meters — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance	Meet
1	Kristen METCALFE	SR	Embry-Riddle (Fla.)	24.07	C	2:03.59	2/24/19 Boston University Last Chanc
2	Skylyn WEBB	SR	UC-Colorado Springs	21.89	C	2:03.87c (2:04.68)	1/31/19 Colorado Indoor Invitational
3	Rachael WALTERS	SR	Grand Valley State	18.61	C	2:05.93	2/23/19 GLIAC Indoor Championships
4	Addy TOWNSEND	JR	Simon Fraser	15.24	C	2:08.70	1/25/19 Washington Invitational
5	Carsyn KOCH	SR	Cedarville	13.15	C	2:08.93	2/8/19 Grand Valley State Big Meet
6	Olivia WOODS	SR	Western Oregon	10.98	C	2:09.35	2/8/19 Grand Valley State Big Meet
7	Bailey SHARON	JR	Western Colorado	8.89	C	2:09.60	2/8/19 Grand Valley State Big Meet
8	Monique MCPHERSON	SR	U-Mary	7.88	C	2:09.62c (2:11.11)	2/22/19 NSIC Indoor Championships
8	Quincy MCSWEENEY	SR	McKendree	7.88	C	2:09.62	12/8/18 Crimson & Gold Invitational
10	Shayla HUEBNER	SR	Northern Michigan	5.67	C	2:10.17	2/23/19 GLIAC Indoor Championships
11	Danielle MCCORMICK	SR	Alaska Anchorage	4.49	C	2:10.63	2/23/19 Seattle Pacific Last Chance In
12	Jessica CUSICK	JR	Western Colorado	3.45	C	2:10.73c (2:14.04)	2/22/19 RMAC Indoor Championships
13	Ashleigh MACLEOD	SO	Lewis	2.40	C	2:10.86	2/1/19 Meyo Invitational
14	Sophie DODD	SR	Simon Fraser	1.36	C	2:10.99	2/23/19 Seattle Pacific Last Chance In
15	Abbie PORTER	SO	Hillsdale	1.22	C	2:11.23	2/8/19 Grand Valley State Big Meet
16	Dawnel COLLYMORE	JR	Benedict	1.05	C	2:11.57	2/16/19 USC Indoor Open
17	Haleigh REINDEL	FR	Minnesota Duluth	0.94	C	2:11.60c (2:13.11)	2/22/19 NSIC Indoor Championships
18	Bianca BRYANT	SR	SF State	0.84	C	2:11.62	2/8/19 Grand Valley State Big Meet



National TFRI Event Summary

Women's Mile — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance		Meet	
1	Roisin FLANAGAN	SR	Adams State	24.18	C	4:39.34c	(4:46.32)	1/31/19	Colorado Indoor Invitational
2	Kristen METCALFE	SR	Embry-Riddle (Fla.)	20.52	C	4:45.00		2/16/19	USC Indoor Open
3	Stephanie COTTER	FR	Adams State	17.67	C	4:48.01c	(5:03.67)	2/22/19	RMAC Indoor Championships
4	Allie LUDGE	JR	Grand Valley State	15.59	C	4:48.31		2/1/19	Meyo Invitational
5	Stefanie PARSONS	SO	Edinboro	13.53	C	4:48.51		2/8/19	Grand Valley State Big Meet
6	Tiffany CHRISTENSEN	JR	Adams State	11.35	C	4:49.15c	(4:56.38)	1/31/19	Colorado Indoor Invitational
7	Andra LEHOTAY	JR	Walsh	9.21	C	4:49.67c	(4:52.53)	2/22/19	G-MAC Indoor Championships
8	Chloe COOK	SR	Colo. School of Mines	7.97	C	4:50.54c	(4:57.80)	1/31/19	Colorado Indoor Invitational
9	Heloise DUFFIE DE TASSIGNY	SR	Flagler	6.95	C	4:50.60c	(4:53.47)	2/15/19	JDL DMR Invitational
10	Elysia BURGOS	FR	Southwest Baptist	5.91	C	4:50.74		2/8/19	Grand Valley State Big Meet
11	Nancy JEPTOO	FR	Alaska Anchorage	4.83	C	4:51.09		2/23/19	Seattle Pacific Last Chance In
12	Allysen EADS	SR	Hillsdale	3.65	C	4:52.10		2/8/19	Grand Valley State Big Meet
13	Kate LILLY	JR	Seattle Pacific	2.63	C	4:52.21		2/23/19	Seattle Pacific Last Chance In
14	Kara BURTON	JR	Colo. School of Mines	1.49	C	4:52.97c	(5:08.90)	2/22/19	RMAC Indoor Championships
15	Bree ERICKSON	JR	U-Mary	1.17	C	4:54.89c	(4:57.80)	2/22/19	NSIC Indoor Championships
16	Anna ROGAHN	JR	Winona State	1.07	C	4:54.91c	(4:57.82)	2/22/19	NSIC Indoor Championships



National TFRI Event Summary

Women's 3000 Meters — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance	Meet
1	Caroline KURGAT	SR	Alaska Anchorage	24.31	C	9:07.05	1/12/19 Washington Indoor Preview
2	Roisin FLANAGAN	SR	Adams State	20.83	C	9:18.24	2/8/19 Husky Classic
3	Allie LUDGE	JR	Grand Valley State	18.13	C	9:23.70	12/7/18 Grand Valley State Holiday Op
4	Eilish FLANAGAN	SR	Adams State	15.83	C	9:26.08c (9:42.23)	1/31/19 Colorado Indoor Invitational
5	Leah HANLE	JR	Mount Olive	13.54	C	9:28.44c (9:33.31)	2/1/19 Camel City Invitational
6	Gina PATTERSON	SR	Grand Valley State	11.41	C	9:29.44	12/7/18 Grand Valley State Holiday Op
7	Tiffany CHRISTENSEN	JR	Adams State	9.09	C	9:33.39	2/8/19 Husky Classic
8	Eileen STRESSLING	SR	Azusa Pacific	7.65	C	9:38.69	1/25/19 Washington Invitational
9	Hannah THOMPSON	SR	Malone	6.54	C	9:40.06	2/8/19 Grand Valley State Big Meet
10	Kaylee BOGINA	JR	Adams State	5.49	C	9:40.72c (9:57.28)	1/31/19 Colorado Indoor Invitational
10	Chloe COOK	SR	Colo. School of Mines	5.49	C	9:40.72c (10:15.35)	2/22/19 RMAC Indoor Championships
12	Hanna GROEBER	JR	Grand Valley State	3.46	C	9:41.11	2/8/19 Grand Valley State Big Meet
13	Malena GROVER	SR	Adams State	2.44	C	9:41.29c (9:57.87)	1/31/19 Colorado Indoor Invitational
14	Jessica GOCKLEY	SO	Grand Valley State	1.43	C	9:41.40	2/8/19 Grand Valley State Big Meet
15	Alexa SHINDRUK	SR	Central Washington	1.27	C	9:42.19	1/25/19 Washington Invitational
16	Jaiden SCHUETTE	SR	U-Mary	1.09	C	9:43.23c (9:48.23)	2/22/19 NSIC Indoor Championships
17	Kennedy RUFENER	SR	Western Colorado	0.90	C	9:44.36c (10:19.21)	2/22/19 RMAC Indoor Championships
18	Emily ROBERTS	SR	U-Mary	0.78	C	9:44.65c (9:49.66)	2/1/19 NDSU Bison Open (indoor)
19	Ida NARBUVOLL	JR	U-Mary	0.67	C	9:44.90c (9:49.91)	2/22/19 NSIC Indoor Championships
20	Stacey METZGER	JR	Grand Valley State	0.61	C	9:45.02	2/8/19 Grand Valley State Big Meet



National TFRI Event Summary

Women's 5000 Meters — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance	Meet
1	Caroline KURGAT	SR	Alaska Anchorage	26.11	C	15:28.46	1/25/19 Washington Invitational
2	Eilish FLANAGAN	SR	Adams State	20.14	C	16:19.45	2/8/19 Husky Classic
3	Leah HANLE	JR	Mount Olive	17.84	C	16:23.52	12/7/18 Grand Valley State Holiday Op
4	Hanna GROEBER	JR	Grand Valley State	15.66	C	16:25.99	12/7/18 Grand Valley State Holiday Op
5	Emily ROBERTS	SR	U-Mary	12.92	C	16:37.74	2/8/19 SDSU Classic
6	Malena GROVER	SR	Adams State	10.86	C	16:38.88	2/8/19 Husky Classic
7	Kennedy RUFENER	SR	Western Colorado	8.84	C	16:39.26	2/8/19 Husky Classic
8	Kaylee BOGINA	JR	Adams State	7.77	C	16:40.74	2/8/19 Husky Classic
9	Gina PATTERSON	SR	Grand Valley State	6.69	C	16:42.50	2/8/19 Grand Valley State Big Meet
10	Eileen STRESSLING	SR	Azusa Pacific	5.65	C	16:43.33	1/25/19 Washington Invitational
11	Jessica GOCKLEY	SO	Grand Valley State	4.64	C	16:43.63	2/23/19 GLIAC Indoor Championships
12	Hannah THOMPSON	SR	Malone	3.63	C	16:43.68	12/7/18 Grand Valley State Holiday Op
13	Malea TEERMAN	SO	Grand Valley State	2.54	C	16:45.57	2/23/19 GLIAC Indoor Championships
14	Stacey METZGER	JR	Grand Valley State	1.43	C	16:48.06	12/7/18 Grand Valley State Holiday Op
15	Alexa SHINDRUK	SR	Central Washington	1.31	C	16:48.43	2/8/19 Husky Classic
16	Madison GOEN	JR	Grand Valley State	1.04	C	16:53.46	2/8/19 Grand Valley State Big Meet
17	Allison DORR	SR	Saginaw Valley State	0.93	C	16:53.60	2/8/19 Grand Valley State Big Meet
18	Ida NARBUVOLL	JR	U-Mary	0.81	C	16:54.38	2/8/19 SDSU Classic
19	Lauren BAILEY	SO	Indianapolis	0.69	C	16:55.44	2/8/19 Grand Valley State Big Meet



National TFRI Event Summary

Women's 60 Meter Hurdles — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance	Meet
1	Monisha LEWIS	JR	SF State	23.94	C	8.21	2/8/19 Grand Valley State Big Meet
2	Danielle KOHLWEY	SR	Minnesota Duluth	20.99	C	8.30	2/22/19 NSIC Indoor Championships
3	CeCe TELFER	SR	Franklin Pierce	18.68	C	8.33	12/1/18 UMass Boston Indoor Open
4	Morgan SMITH	SR	Missouri Southern	15.63	C	8.44	2/22/19 MIAA Indoor Championships
5	Alexis SMITH	SR	Minnesota State	13.57	C	8.45	2/22/19 NSIC Indoor Championships
6	Leah MOLTER	SR	Oklahoma Baptist	11.16	C	8.51	2/22/19
7	Erin HODGE	SR	Lindenwood	9.09	C	8.52	2/22/19 MIAA Indoor Championships
8	Julia HAMMERSCHMIDT	SR	U-Mary	7.89	C	8.55	2/22/19 NSIC Indoor Championships
8	Oweneika WATSON	JR	Adams State	7.89	C	8.55c (8.51)	12/7/18 Adams State Early Grizzly Ope
10	Jordan HAMMOND	JR	Northwest Missouri	5.76	C	8.57	2/22/19 MIAA Indoor Championships
11	Tiara WIGGINS	SR	Grand Valley State	4.56	C	8.60	2/23/19 GLIAC Indoor Championships
12	Mariyah VONGSAVENG	SR	Central Washington	3.43	C	8.62	2/23/19 Seattle Pacific Last Chance In
13	Lexi TUBBS	JR	Northwest Nazarene	2.37	C	8.63	2/15/19 GNAC Indoor Championships
13	Markaaisha RICHARDSON	SO	Texas A&M-Commerce	2.37	C	8.63c (8.61)	2/16/19 Lone Star Indoor Championsh
13	Madison THETFORD	JR	West Texas A&M	2.37	C	8.63	2/22/19
16	Jordan NASH	SR	Angelo State	1.08	C	8.65c (8.63)	2/1/19 Texas Tech Open



National TFRI Event Summary

Women's 4x400 Relay — 2019 Week #7, March 4

NPR	Relay Squad	Institution (Team Rank)	Team Pts.		Scored Performance	Meet
1	Shanice Clarke (SR), Rene: Ambersley (JR), Kissi-Ann Brown (JR), Christine Moss (JR)	Lincoln (Mo.)	23.28	C	3:40.76	12/7/18 Mel Tjeerdsma Classic
2	Amanda Crawford (JR), Davia Smith (JR), Danielle Scantlebury (FR), Shannon Kalawan (SO)	Saint Augustine's	19.64	C	3:42.01	1/31/19 Carolina Challenge
3	Alexis Henry (SO), Timary: Baynard (JR), Devanique Brown (SR), Jazmine Smith (SO)	SF State	16.51	C	3:42.28c (3:41.84)	1/18/19 Martin Luther King, Jr. Invitati
4	Abbey Zastrow (SO), Nicolyn Brown (SR), Julia Hammerschmidt (SR), Monique McPherson (SR)	U-Mary	13.11	C	3:43.08c (3:46.04)	2/1/19 NDSU Bison Open (indoor)
4	Jessica Eby (SO), Sarah Beulla (JR), Heather Johnson (SR), Rachael Walters (SR)	Grand Valley State	13.11	C	3:43.08	2/23/19 GLIAC Indoor Championships
6	Tianna McKinney (SR), Arlene Crossan (SO), Valda Kabia (SR), Nele Heinrich (JR)	West Texas A&M	8.02	C	3:43.25c (3:42.81)	2/8/19 Don Kirby Collegiate Elite
7	Mckae Mitchell (SR), JoziRose Mayfield (JR), Sherine Van Der Westhuizen (SO), Cameka Witter (SO)	Oklahoma Baptist	5.44	C	3:44.43	2/8/19 Gorilla Classic
8	Sydney McPeters (JR), Lynsey Collins (SR), Paige Dutcher (SR), Shayla Huebner (SR)	Northern Michigan	4.31	C	3:44.77c (3:47.75)	2/16/19 UW-Oshkosh Titan Challenge
9	Kalley Harris (SO), Brooklyn Schyvinck (FR), Brittany Schyvinck (SR), Shereen Vallabouy (FR)	Winona State	3.28	C	3:44.87c (3:47.85)	2/15/19 Maverick Invite
10	Atiana Alexander (FR), Ro'Nisha Simpson (SO), Eboni Coby (SR), Minna Sveard (SO)	Texas A&M-Commerce	1.49	C	3:47.55c (3:47.11)	2/16/19 Lone Star Indoor Championsh
11	Latavia Hawkins (SO), Hava Turner (FR), Mia Avila (FR), Ombretta Minkue Mey (JR)	Academy of Art	1.34	C	3:47.84	2/24/19 Boston University Last Chanc
12	Kaitlyn Matthews (SO), Faith Roberson (SO), Kayla Gilbert (SO), Taylor Hall (SR)	Angelo State	1.17	C	3:48.31c (3:47.87)	2/16/19 Lone Star Indoor Championsh



National TFRI Event Summary

Women's Distance Medley Relay — 2019 Week #7, March 4

NPR	Relay Squad	Institution (Team Rank)	Team Pts.		Scored Performance	Meet
1	Ruth Cvancara (SO), Vanessa Aniteye (JR), Danielle McCormick (SR), Caroline Kurgat (SR)	Alaska Anchorage	23.80	C	11:23.47	2/15/19 GNAC Indoor Championships
2	Eilish Flanagan (SR), HaLeigh Hunter-Galvan (JR), Stephanie Cotter (FR), Roisin Flanagan (SR)	Adams State	20.24	C	11:26.52c (11:54.83)	2/22/19 RMAC Indoor Championships
3	Rachael Walters (SR), Heather Johnson (SR), Abby Crouch (JR), Allie Ludge (JR)	Grand Valley State	17.10	C	11:27.31	2/9/19 Grand Valley State Big Meet II
4	Paige Nock (SR), Renate Bluschke (SO), Sophie Dodd (SR), Addy Townsend (JR)	Simon Fraser	12.69	C	11:35.62	1/25/19 Washington Invitational
5	Stephanie Penticuff (JR), Tamia Rayford (SO), Oluwabukola Pereira (SR), Elysia Burgos (FR)	Southwest Baptist	9.51	C	11:37.16	2/9/19 Grand Valley State Big Meet II
6	Hailey Streff (SO), Tatiann Clanton (SR), Yasmine Hernandez (SO), Nicole Bouma (SO)	CSU-Pueblo	7.42	C	11:37.93	2/9/19 Grand Valley State Big Meet II
7	Sarah Hoffman (SR), Oliviz Hoffman (FR), Rachel Sweeney (SO), Carsyn Koch-Johnson (SR)	Cedarville	5.09	C	11:40.77c (11:48.27)	2/22/19 G-MAC Indoor Championships
8	Celine Ritter (SO), Jacqueline Thring (FR), Shona Blades (SR), Leah Hanle (JR)	Mount Olive	3.99	C	11:41.62c (11:49.13)	2/15/19 JDL DMR Invitational
9	Maia Austin (JR), Dejah Glover (SO), Layla Almasri (SO), Skylyn Webb (SR)	UC-Colorado Springs	2.98	C	11:41.65c (12:05.05)	2/8/19 Colorado Running Company
10	Hope Willenbrink (SR), Brittany Schyvinck (SR), Allison Johnson (SR), Anna Rogahn (JR)	Winona State	1.80	C	11:43.21c (11:50.74)	2/15/19 Maverick Invite
11	Alexa Leppelmeier (SO), Jetaiya Smith (SR), Megan Soehnlén (SO), Andra Lehotay (JR)	Walsh	1.64	C	11:43.70	2/9/19 Grand Valley State Big Meet II
12	Jasmine Penrod (SO), Rebekah Carr (JR), Katie Grimes (SR), Hannah Thompson (SR)	Malone	1.45	C	11:44.54	2/9/19 Grand Valley State Big Meet II



National TFRI Event Summary

Women's High Jump — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance		Meet	
1	Yashira RHYMER-STUART	SR	Bellarmine	23.88	C	1.80m	5-10¾	1/18/19	Indianapolis Collegiate Challe
1	Skyler RUSZKOWSKI	SR	Missouri S&T	23.88	C	1.80m	5-10¾	2/8/19	Gorilla Classic
3	Ellie JINDRA	JR	Ashland	18.11	C	1.76m	5-9¼	2/23/19	GLIAC Indoor Championships
4	Marisa GWINNER	FR	Tiffin	15.67	C	1.75m	5-8¾	2/22/19	G-MAC Indoor Championships
4	Vanisha WILSHIRE	SR	Wingate	15.67	C	1.75m	5-8¾	12/2/18	JDL Early Bird Duals
6	Meleah RIDENOUR	SO	Southwest Baptist	11.26	C	1.74m	5-8½	12/8/18	Crimson & Gold Invitational
6	Chinenye AGINA	FR	Azusa Pacific	11.26	C	1.74m	5-8½	12/8/18	Colorado Running Company
8	Maddie TAYLOR	JR	Western Washington	7.96	C	1.73m	5-8	1/12/19	Washington Indoor Preview
9	Victoria MAJOR	JR	Adelphi	6.66	C	1.72m	5-7¾	2/1/19	NYU Invitational
9	Madison PLANTE	SO	Lake Erie	6.66	C	1.72m	5-7¾	1/25/19	Tom Hathaway Distance Carni
11	Michelle JUERGEN	SR	Northern Michigan	4.41	C	1.71m	5-7¼	2/16/19	UW-Oshkosh Titan Challenge
11	Heaven POWELL	SR	Northwood (Mich.)	4.41	C	1.71m	5-7¼	1/18/19	Conference Crossover (G-MAC
11	LaGae BRIGANCE	SR	Texas A&M-Kingsville	4.41	C	1.71m	5-7¼	2/8/19	Gorilla Classic
14	Skyler SAUNDERS	FR	Washburn	1.26	C	1.70m	5-7	12/7/18	Mel Tjeerdsma Classic
14	Jade JORDAN	SO	Virginia State	1.26	C	1.70m	5-7	12/2/18	JDL Early Bird Duals
14	Paola BRENA	FR	Franklin Pierce	1.26	C	1.70m	5-7	12/1/18	UMass Boston Indoor Open



National TFRI Event Summary

Women's Pole Vault — 2019 Week #7, March 4

NPR	Athlete	Institution (Team Rank)	Team Pts.		Scored Performance			Meet	
1	Haven LANDER	SO Pittsburg State	23.61	C	4.10m	13-5¼	2/8/19	Gorilla Classic	
2	Ellianne KIMES	SO Grand Valley State	21.02	C	4.07m	13-4¼	2/8/19	Grand Valley State Big Meet	
3	Erica KEEBLE	SO South Dakota Mines	18.63	C	4.05m	13-3½	2/15/19	Stinger Open	
4	Anna MASSA	SO Wheeling Jesuit	16.04	C	4.02m	13-2¼	2/1/19	Youngstown State National In	
5	Samantha PETRY	SO Missouri Southern	13.45	C	3.98m	13-¾	2/15/19	Arkansas Qualifier	
6	Jordyn HUNEKE	SO Black Hills State	11.32	C	3.97m	13-¼	2/1/19	NDSU Bison Open (indoor)	
6	Allexis MENGHINI	SR Washburn	11.32	C	3.97m	13-¼	2/8/19	Bearcat Invitational	
8	Courtney MCQUAIDE	SR Slippery Rock	8.05	C	3.95m	12-11½	2/23/19	PSAC Indoor Championships	
9	Halle IRVINE	JR Central Washington	6.79	C	3.93m	12-10¾	12/8/18	Jacksons Open	
10	Minna SVEARD	SO Texas A&M-Commerce	5.46	C	3.90m	12-9½	2/1/19	Texas Tech Open	
11	Lauren SUTHERNLAND	FR Missouri Southern	4.26	C	3.87m	12-8¼	2/22/19	MIAA Indoor Championships	
11	Renee RHODES	SR Pittsburg State	4.26	C	3.87m	12-8¼	2/22/19	MIAA Indoor Championships	
11	Callie RUFFENER	JR Central Missouri	4.26	C	3.87m	12-8¼	2/22/19	MIAA Indoor Championships	
11	Elena BISOTTO	SO Missouri Southern	4.26	C	3.87m	12-8¼	2/22/19	MIAA Indoor Championships	
11	Rachael MAYBERRY	SO Washburn	4.26	C	3.87m	12-8¼	2/22/19	MIAA Indoor Championships	
11	Scout CAI	JR Seattle Pacific	4.26	C	3.87m	12-8¼	2/23/19	Seattle Pacific Last Chance In	
11	Anna PARADEE	SR Western Washington	4.26	C	3.87m	12-8¼	2/23/19	Seattle Pacific Last Chance In	
18	Carly LIVINGSTON	SO Grand Valley State	0.79	C	3.86m	12-8	2/23/19	GLIAC Indoor Championships	
18	Sara OVERBEEK	JR Grand Valley State	0.79	C	3.86m	12-8	2/23/19	GLIAC Indoor Championships	
20	Madeline MARSHALL	JR Slippery Rock	0.57	C	3.85m	12-7½	2/23/19	PSAC Indoor Championships	



National TFRI Event Summary

Women's Long Jump — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance			Meet
1	Kandace THOMAS	SR	Adams State	24.44	C	6.32m	20-9	2/22/19	RMAC Indoor Championships
2	Cierra PULLIAM	SR	Lewis	20.75	C	6.16m	20-2½	12/1/18	St. Ambrose Frigid Bee Invite
3	Sarah HERRON	SR	Concordia (Calif.)	18.64	C	6.15m	20-2¼	2/8/19	Grand Valley State Big Meet
4	Fatim AFFESSI	JR	West Texas A&M	16.43	C	6.13m	20-1½	2/1/19	Texas Tech Open
5	Caroline LEWIS	SO	West Chester	13.50	C	6.02m	19-9	1/11/19	Golden Bear Invitational
6	Peace IGBONAGWAM	FR	Seattle Pacific	11.21	C	5.98m	19-7½	2/15/19	GNAC Indoor Championships
7	Kaija CROWE	SO	UC-Colorado Springs	8.86	C	5.93m	19-5½	2/22/19	RMAC Indoor Championships
7	Lauren FAIRCHILD	JR	CSU-Pueblo	8.86	C	5.93m	19-5½	2/15/19	Colorado Mines Triangular
9	Hannah MEEK	SO	UC-Colorado Springs	6.57	C	5.89m	19-4	12/8/18	Colorado Running Company
9	Mercedes ISAACSON-COVER	JR	Northwest Missouri	6.57	C	5.89m	19-4	2/22/19	MIAA Indoor Championships
11	Angelica FLOYD	SO	Grand Valley State	4.50	C	5.88m	19-3½	2/8/19	Grand Valley State Big Meet
12	Zarria WILLIAMS	JR	Shippensburg	3.43	C	5.87m	19-3¼	2/15/19	Kutztown Last Chance Qualifi
12	Diana CAULDWELL	SR	Lincoln (Mo.)	3.43	C	5.87m	19-3¼	2/16/19	Missouri Collegiate Challenge
14	Jada CARR	SR	UC-Colorado Springs	1.32	C	5.84m	19-2	2/22/19	RMAC Indoor Championships
15	Alexis DUNCAN	SR	Grand Valley State	1.18	C	5.83m	19-1½	2/15/19	Grand Valley State Tune-Up
16	Meleah RIDENOUR	SO	Southwest Baptist	1.01	C	5.81m	19-¾	2/8/19	Gorilla Classic



National TFRI Event Summary

Women's Triple Jump — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance			Meet		
1	Cierra PULLIAM	SR	Lewis	24.60	C	13.10m	42-11¾	12/1/18	St. Ambrose Frigid Bee Invite		
2	Fatim AFFESSI	JR	West Texas A&M	21.40	C	12.88m	42-3¾	2/8/19	Don Kirby Collegiate Elite		
3	Diana CAULDWELL	SR	Lincoln (Mo.)	18.80	C	12.77m	41-10¾	2/22/19	MIAA Indoor Championships		
4	Camille JOUANNO	JR	Academy of Art	15.59	C	12.50m	41-¼	2/24/19	Boston University Last Chanc		
5	Abby WAGNER	SR	Shippensburg	13.44	C	12.46m	40-10½	2/2/19	Sykes-Sabock Challenge Cup		
6	Annie TOPAL	SO	New Mexico Highlands	11.18	C	12.39m	40-7¾	2/22/19	RMAC Indoor Championships		
7	Rusheda BLAKE	SO	Lincoln (Mo.)	8.78	C	12.28m	40-3½	2/22/19	MIAA Indoor Championships		
8	Olivia NASH	JR	Azusa Pacific	7.67	C	12.25m	40-2¼	12/8/18	Colorado Running Company		
9	Kirsten O'MALLEY	SR	Bloomsburg	6.63	C	12.24m	40-2	12/7/18	Houghton December Classic		
10	Trenadey SCOTT	JR	Angelo State	5.56	C	12.22m	40-1¼	2/16/19	Lone Star Indoor Championsh		
11	Tsitsi MAHACHI	SO	McKendree	4.34	C	12.16m	39-10¾	12/8/18	Crimson & Gold Invitational		
11	D'Andra MORRIS	SO	U-Mary	4.34	C	12.16m	39-10¾	2/1/19	NDSU Bison Open (indoor)		
13	Elizabeth BRUNNER	JR	Minnesota State	2.30	C	12.15m	39-10½	2/22/19	NSIC Indoor Championships		
14	Meleah RIDENOUR	SO	Southwest Baptist	1.27	C	12.14m	39-10	2/8/19	Gorilla Classic		
15	Mercedes ISAACSON- COVER	JR	Northwest Missouri	1.13	C	12.13m	39-9¾	1/11/19	Graduate Classic		
15	Rohey SINGHATEH	JR	Fort Hays State	1.13	C	12.13m	39-9¾	2/22/19	MIAA Indoor Championships		
17	Dahsia MIDDLEBROOKS	JR	American International	0.89	C	12.11m	39-8¾	2/24/19	Boston University Last Chanc		
17	Reagan ANDREWS	SO	CSU-Pueblo	0.89	C	12.11m	39-8¾	2/22/19	RMAC Indoor Championships		
19	Hannah MEEK	SO	UC-Colorado Springs	0.63	C	12.08m	39-7¾	12/8/18	Colorado Running Company		
19	Kristi SPRINGER	SO	Winona State	0.63	C	12.08m	39-7¾	2/22/19	NSIC Indoor Championships		



National TFRI Event Summary

Women's Shot Put — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance			Meet		
1	Lindsay BAKER	FR	Ashland	24.50	C	16.73m	54-10¾	12/1/18	Tiffin Alumni Open		
2	Ashlan BURTON	SO	Central Missouri	20.35	C	16.01m	52-6½	2/22/19	MIAA Indoor Championships		
3	Sunflower GREENE	SR	Millersville	18.32	C	16.00m	52-6	2/8/19	Fastrack National Invitational		
4	Desirea BUERGE	JR	Missouri Southern	15.96	C	15.88m	52-1¼	1/26/19	Pittsburg State Invitational		
5	Katie MONK	SR	Indianapolis	13.60	C	15.72m	51-7	2/8/19	Hoosier Hills		
6	Nicole BERRY	FR	Tiffin	11.44	C	15.64m	51-3¾	2/16/19	Kent State Tune-Up		
7	Payton ROBERTS	JR	Missouri Southern	9.40	C	15.62m	51-3	1/19/19	Northwest Open		
8	Zada SWOOPES	SO	West Texas A&M	8.03	C	15.44m	50-8	2/16/19	Lone Star Indoor Championsh		
9	Jena BLACK	SR	Pittsburg State	7.01	C	15.43m	50-7½	12/8/18	Crimson & Gold Invitational		
10	Ashley ELDER	SR	Southern New Hampshire	5.56	C	15.13m	49-7¾	2/16/19	Northeast-10 Indoor Champio		
11	Daisy OSAKUE	JR	Angelo State	4.46	C	15.04m	49-4¼	2/16/19	Lone Star Indoor Championsh		
12	Brenda JOHNSON	JR	Tiffin	3.37	C	14.95m	49-¾	12/1/18	Tiffin Alumni Open		
13	Norma CUNIGAN	SR	West Texas A&M	2.25	C	14.83m	48-8	2/16/19	Lone Star Indoor Championsh		
13	Emma HERTZ	SO	Sioux Falls	2.25	C	14.83m	48-8	2/15/19	SDSU Last Chance		
15	Tiara SCHMIDT	SO	Neb.-Kearney	1.07	C	14.76m	48-5¼	1/24/19	Concordia (Neb.) Alumni Class		
16	Destiny MACK-TALALEMOTU	SO	SF State	0.95	C	14.74m	48-4½	2/24/19	Boston University Last Chanc		
17	Gabby SCHULTZ	SR	Queens (N.C.)	0.81	C	14.70m	48-2¾	1/25/19	Finn Pincus Invitational		
18	Heather BUCKLER	SR	Minnesota State	0.65	C	14.64m	48-½	2/22/19	NSIC Indoor Championships		
19	Jadin WAGNER	SO	Wayne State (Neb.)	0.53	C	14.62m	47-11¾	1/25/19	Mark Schuck Open and Multi		
20	Jeia GILLIAM	SO	Virginia State	0.45	C	14.59m	47-10½	2/10/19	CIAA Indoor Championships		



National TFRI Event Summary

Women's Weight Throw — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance			Meet		
1	Katie MONK	SR	Indianapolis	23.75	C	20.56m	67-5½	1/18/19	Indianapolis Collegiate Challe		
2	Hilary PAXSON	SR	Indianapolis	21.26	C	20.34m	66-8¾	2/23/19	GLVC Indoor Championships		
3	Natalie HELENTAL	SR	Ashland	18.23	C	19.88m	65-2¾	1/25/19	Penn State National		
4	Sunflower GREENE	SR	Millersville	15.98	C	19.77m	64-10½	1/18/19	NYC Gotham Cup		
5	Ashton HALLSTED	JR	Chadron State	13.87	C	19.72m	64-8½	12/6/18	Mines Alumni Classic		
6	Bobbie GOODWIN	JR	Grand Valley State	11.56	C	19.54m	64-1¼	2/15/19	Grand Valley State Tune-Up		
7	Rachael SOMOYE	SR	Texas A&M-Kingsville	9.23	C	19.32m	63-4¾	12/8/18	Crimson & Gold Invitational		
8	Destiny MACK-TALALEMOTU	SO	SF State	7.85	C	19.07m	62-6¾	2/24/19	Boston University Last Chanc		
9	Brianna COOKS	JR	Pittsburg State	6.83	C	19.06m	62-6½	2/22/19	MIAA Indoor Championships		
10	MacKenzie LEIGH	SR	Ashland	5.77	C	19.02m	62-5	2/16/19	Kent State Tune-Up		
11	Gina COLEMAN	SO	Colo. School of Mines	4.49	C	18.79m	61-7¾	1/25/19	CSM DII Invite		
12	Brinn GRUNDER	JR	Upper Iowa	3.43	C	18.72m	61-5	2/22/19	NSIC Indoor Championships		
13	Lane KADLEC	SR	Lewis	2.21	C	18.44m	60-6	2/8/19	Pat Heenan Invitational		
14	Rebecca MANTEUFFEL	SO	Southwest Minnesota Stat	1.19	C	18.41m	60-4¾	2/15/19	SDSU Last Chance		
15	Mckenzie SCHEIL	FR	Wayne State (Neb.)	1.04	C	18.35m	60-2½	2/2/19	South Dakota Alumni Meet		
15	Emily WALETZKO	SR	MSU Moorhead	1.04	C	18.35m	60-2½	1/25/19	North Dakota Indoor Open		
17	Lindsay BAKER	FR	Ashland	0.77	C	18.26m	59-11	2/8/19	Grand Valley State Big Meet		



National TFRI Event Summary

Women's Pentathlon — 2019 Week #7, March 4

NPR	Athlete		Institution (Team Rank)	Team Pts.		Scored Performance	Meet
1	Trace MOSBY	FR	Pittsburg State	24.44	C	3,848	2/22/19 MIAA Indoor Championships
2	Brianna SCHMITZ	SR	Emporia State	22.12	C	3,837	2/22/19 MIAA Indoor Championships
3	Scout CAI	JR	Seattle Pacific	19.46	C	3,815	2/15/19 GNAC Indoor Championships
4	Kaija CROWE	SO	UC-Colorado Springs	16.21	C	3,770	12/6/18 Mines Alumni Classic
5	Olivia MONTEZ BROWN	JR	Augustana (S.D.)	13.66	C	3,734	2/22/19 NSIC Indoor Championships
6	HarLee ORTEGA	SR	Central Washington	11.58	C	3,729	11/30/18 Candy Cane Invitational
7	Lauren HUEBNER	JR	Saginaw Valley State	8.57	C	3,663	12/7/18 Saginaw Valley State Holiday
8	Camille BAKER	SR	Missouri S&T	7.56	C	3,662	12/7/18 Boo Rogers Combined Events
9	Caroline LEWIS	SO	West Chester	6.42	C	3,653	12/7/18 Fast Times at Lehigh
10	Claire LUALLEN	FR	Missouri Southern	5.39	C	3,651	2/22/19 MIAA Indoor Championships
11	Jordan HAMMOND	JR	Northwest Missouri	4.38	C	3,650	2/22/19 MIAA Indoor Championships
12	Abigail JONES	SR	Assumption	3.21	C	3,639	12/6/18 Rhode Island Combined Event
13	Devanique BROWN	SR	SF State	2.00	C	3,609	1/31/19 Colorado Indoor Invitational
14	Chelsea BONE	SR	Concordia (Ore.)	1.00	C	3,607	2/15/19 GNAC Indoor Championships