



# NCAA Division III - Top 10 Seeds by Event as of April 2



## Men

### 100 Meters

1	Justin FREEMAN	JR Hope	10.56w	(2.7)	Mar 23
2	Jamal WATKINS	SR Birmingham-Southern	10.60w	(2.3)	Mar 16
3	Carson KETTER	JR Pacific Lutheran	10.64	(1.4)	Mar 24
4	Dominic NDA	SR UMass Boston	10.67w	(3.6)	Mar 16
5	Luke BOHLINGER	JR Redlands	10.71w	(2.7)	Mar 3
6	Christian SAULSBURY	FR Wesley	10.72	(1.2)	Mar 31
7	Vernon LOTT	SR George Fox	10.75	(0.1)	Mar 22
8	Paris FOSTER	SO Texas Lutheran	10.77w	(3.1)	Mar 31
9	Joshua FRANCIS	SR La Verne	10.81	(1.5)	Mar 24
9	Corbin BETHUREM	JR Claremont-Mudd-Scripps	10.81w	(2.6)	Mar 16

### 200 Meters

1	Jamal WATKINS	SR Birmingham-Southern	21.25w	(3.4)	Mar 16
2	Vernon LOTT	SR George Fox	21.53	(0.3)	Mar 10
3	Nick HENDRIX	SO Middlebury	21.54	(1.6)	Mar 24
4	Joshua FRANCIS	SR La Verne	21.61	(1.2)	Mar 3
5	Zion HOWARD	FR Moravian	21.65	(1.7)	Mar 31
6	Carson KETTER	JR Pacific Lutheran	21.67w	(2.4)	Mar 24
7	Byron JONES	JR Sul Ross State	21.74	(1.6)	Mar 31
8	Corey CARTER	FR Principia	21.75w	(3.2)	Mar 23
9	Eli SAUCIER	SR Hamilton	21.78	(0.2)	Mar 23
9	Jimmy MARTINEZ	JR Middlebury	21.78	(1.6)	Mar 24

### 400 Meters

1	Patrick MIKEL	SO Loras	47.72		Mar 28
2	Marquis BROWN	SR Texas Lutheran	47.75		Mar 22
3	Jimmy MARTINEZ	JR Middlebury	47.78		Mar 24
4	Zach RICHARDSON	JR UT Tyler	48.34		Mar 30
5	Andrew DIMAITI	SR Tufts	48.46		Mar 17
6	Rio CHIBA	JR Occidental	48.49		Mar 31
7	Jordan WASHECHECK	SO Redlands	48.54		Mar 31
8	Erran GREENE	JR Methodist	48.62		Mar 23
9	Chris POLK	JR George Fox	48.86		Mar 17
10	Josh HENNIG	SR Rose-Hulman	48.99		Mar 30

### 800 Meters

1	Matt MOLINARO	SR Ohio Northern	1:50.42		Mar 30
2	Kevin SERRAO	SR Middlebury	1:51.96		Mar 31
3	Kevin LAFLECHE	SO Williams	1:52.62		Mar 31
4	Donson COOK-GALLARDO	SR Carleton	1:52.92		Mar 17
5	Alvin JACOBS	SO Piedmont	1:52.95		Mar 30
6	Cavanaugh MCGAW	SO Christopher Newport	1:53.03		Mar 31
7	Jack AMMON	FR George Fox	1:53.07		Mar 30
8	James MULLIKEN	SR Middlebury	1:53.74		Mar 31
9	Nathan POTTS	SR Greenville	1:53.98		Mar 31
10	Ousman FAAL	FR Oglethorpe	1:54.25		Mar 23

### 1500 Meters

1	Nick MATTEUCCI	SO Washington (Mo.)	3:51.93		Mar 31
2	Donson COOK-GALLARDO	SR Carleton	3:53.82		Mar 17
3	Dylan GEARINGER	JR Haverford	3:54.08		Mar 30
4	Brad HODKINSON	JR Pacific Lutheran	3:54.30		Mar 24
5	Elvir SARAJLIC	SR Washington (Mo.)	3:55.87		Mar 31
6	Peter DAVIS	JR Pomona-Pitzer	3:56.28		Mar 3
7	Carter FLOYD	FR Pomona-Pitzer	3:56.40		Mar 31
8	Michael ANDERSON	JR North Central (Ill.)	3:56.63		Mar 31
9	Brody BARKAN	JR Occidental	3:56.67		Mar 3
10	Andy REISCHLING	JR Pomona-Pitzer	3:56.81		Mar 24

### Steeplechase

1	Daniel ROSEN	SO Pomona-Pitzer	9:05.48		Mar 30
2	Thomas D'ANIERI	SO Claremont-Mudd-Scripps	9:06.64		Mar 23
3	Dan O'KEEFE	SR North Central (Ill.)	9:22.62		Mar 31
4	Grant SHEELY	JR Oberlin	9:23.57		Mar 22
5	Jacob THOMPSON	SO Otterbein	9:26.27		Mar 30
6	Samuel BOYD	SR Ohio Northern	9:27.51		Mar 30
7	Marco QUARONI	SO Washington (Mo.)	9:29.64		Mar 31
8	Daniel CRETNEY	SO Christopher Newport	9:30.45		Mar 23
9	Matthew WILKINSON	FR Carleton	9:30.62		Mar 23
10	Jacob HADDEN	FR Oglethorpe	9:32.39		Mar 23

### 5000 Meters

1	Thomas D'ANIERI	SO Claremont-Mudd-Scripps	14:21.04		Mar 10
2	Andy REISCHLING	JR Pomona-Pitzer	14:23.87		Mar 10
3	Logan MCKENZIE	SO Berea (Ky.)	14:32.27		Mar 15
4	Mason TOPE	SR Loras	14:34.73		Mar 28
5	Jeffrey DOVER	JR Christopher Newport	14:35.06		Mar 31
6	Spencer FIELDS	JR Rhodes	14:35.72		Mar 31
7	Zach MATTHIESEN	SR Principia	14:35.95		Mar 31
8	Matt ANDREWS	SR John Carroll	14:36.07		Mar 31
9	Greg MORGAN	JR Haverford	14:37.02		Mar 30
10	Zach HIRD	SR North Central (Ill.)	14:37.14		Mar 31

### 10,000 Meters

1	Dhruvil PATEL	JR North Central (Ill.)	29:52.83		Mar 31
2	Matthew NORVELL	JR North Central (Ill.)	30:02.05		Mar 31
3	Nolan MCKENNA	JR North Central (Ill.)	30:03.68		Mar 31
4	Al BALDONADO	SO North Central (Ill.)	30:04.01		Mar 31
5	Matt OSMULSKI	SO North Central (Ill.)	30:05.32		Mar 31
6	Will MCDERMOTT	SR Widener	30:13.41		Mar 30
7	Harley MOYER	JR Washington & Jefferson	30:25.24		Mar 30
8	Andy REISCHLING	JR Pomona-Pitzer	30:28.99		Mar 30
9	David O'GARA	SR Washington (Mo.)	30:34.37		Mar 31
10	Steven SISMELECH	SR North Central (Ill.)	30:36.63		Mar 31



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## Men

### 110 Meter Hurdles

1	Bobby COOKS	SR Rowan	14.24w	(2.2)	Mar 15
2	Cody HALL	SR Trinity (Texas)	14.51w	(3.6)	Mar 31
3	Roland ATTOH-OKINE	SR Wesley	14.53w	(2.5)	Mar 31
4	Alex DIMON	FR Marietta	14.59	(1.9)	Mar 23
5	Brandon SHADE	JR Otterbein	14.62	(1.5)	Mar 30
6	Peter GIRARDI	SR St. John Fisher	14.63w	(2.6)	Mar 28
7	Paris FOSTER	SO Texas Lutheran	14.66w	(2.5)	Mar 23
7	Mason PLANT	SO Mount Union	14.66	(-0.3)	Mar 30
9	Dylan KALINAY	SR Simpson (Iowa)	14.70	(0.7)	Mar 28
10	Matt WELLS	SO Puget Sound	14.77	(-1.2)	Mar 31

### 400 Meter Hurdles

1	Peter GIRARDI	SR St. John Fisher	51.62		Mar 28
2	Connor FAINT	SR Eastern Mennonite	51.89		Mar 30
3	Andrew DIMAITI	SR Tufts	52.95		Mar 24
4	Chris MESIANO	JR Rowan	53.02		Mar 30
5	Anthony SALEMO	SR Rowan	53.04		Mar 30
6	Josh YAMAMOTO	SR Augustana (Ill.)	53.08		Mar 29
7	Hasanai CHANRIANG	JR Hardin-Simmons	54.03		Mar 28
8	Pierce BURNAM	SR Wilmington (Ohio)	54.08		Mar 30
9	Sage BAILIN	SO Colby	54.11		Mar 30
10	John-Robert WOOLLEY	SR Whitworth	54.12		Mar 17

### 4x100 Relay

1	Hyatt, Lott, May, Polk	George Fox	41.38		Mar 31
2	Dudley, Norfleet, Ardila, Ard	Virginia Wesleyan	41.67		Mar 31
3	Johnson, Scheel, Hittner, Ketter	Pacific Lutheran	41.90		Mar 24
4	Weirich, Ward, McIlvaine, Snow	John Carroll	41.91		Mar 30
5	Derr, Harinda, Howard, Freeman	Hope	41.92		Mar 16
6	Holmes, Chanriang, Reed, Sparks-Moffett	Hardin-Simmons	42.00		Mar 23
7	Webb, Chiba, Marks, Pegan	Occidental	42.04		Mar 3
8	Bohlinger, Burchett, Champion, Wheeler	Redlands	42.09		Mar 31
8	Miriyoga, Nda, Amedoadzi, Powell	UMass Boston	42.09		Mar 16
10	Kalinay, Wetterling, Tupper, Vittetoe	Simpson (Iowa)	42.14		Mar 28

### 4x400 Relay

1	Salemo, Jackson, Mesiano, Bishop	Rowan	3:17.43		Mar 30
2	Wendel, Thompson, Wong, Augusta	Texas Lutheran	3:18.01		Mar 31
3	Yamamoto, Hucker, LaMendola, Swanson	Augustana (Ill.)	3:18.21		Mar 29
4	Wintergalen, Fleming, Whitaker, Wagner	Washington (Mo.)	3:18.47		Mar 31
5	Farrell, Martinez, Robertson, Mulliken	Middlebury	3:18.51		Mar 31
6	May, Ammon, Lott, Polk	George Fox	3:18.97		Mar 22
7	Waller, McGaw, Monahan, Berry	Christopher Newport	3:19.32		Mar 31
8	Burchett, Cargile, Murray, Washecheck	Redlands	3:19.34		Mar 31
9	O'Flaherty, Muellers, Fong, LaFleche	Williams	3:19.36		Mar 31
10	Stanley, Findlay, Nordman, Piron	North Central (Ill.)	3:19.43		Mar 31

### High Jump

1	Kyle ROLLINS	FR St. John Fisher	2.12m	6-11½	Mar 31
2	Justin LEWIS	SO Worcester State	2.11m	6-11	Mar 31
3	Alec REDUKER	SO MIT	2.10m	6-10¾	Mar 31
3	Jeffrey Jon TUCKER	SR Rowan	2.10m	6-10¾	Mar 15
5	Jacoby WOLFE	JR George Fox	2.07m	6-9½	Mar 22
6	Robert EASON	SR Rhodes	2.05m	6-8¾	Mar 24
6	Henry BALDWIN	JR Colorado College	2.05m	6-8¾	Mar 16
6	Harrison ESCOFFERY	SR Rowan	2.05m	6-8¾	Mar 15
9	Collin GRAY	SR Wheaton (Ill.)	2.02m	6-7½	Mar 29
9	David DANEK	SO Mary Washington	2.02m	6-7½	Mar 30

### Pole Vault

1	Luke WINDER	SR North Central (Ill.)	5.35m	17-6½	Mar 31
2	Dan EVERS	SR Monmouth (Ill.)	5.25m	17-2¾	Mar 31
3	Matt KEIM	SO Mount Union	5.00m	16-4¾	Mar 30
4	Noah ZASTROW	FR UW-Stout	4.95m	16-2¾	Mar 16
5	Colton SORENSEN	SR UW-River Falls	4.88m	16-0	Mar 29
6	Zackary BILES	JR East Texas Baptist	4.86m	15-11½	Mar 23
7	Dylan KUIPERS	SR North Central (Ill.)	4.80m	15-9	Mar 31
8	James KOVATCH	SO Marietta	4.75m	15-7	Mar 23
8	Kolby NIKOLAISEN	SO Pacific (Ore.)	4.75m	15-7	Mar 24
10	Austin PARRISH	FR LeTourneau	4.70m	15-5	Mar 10
10	Gabe MAKIN	FR Bluffton	4.70m	15-5	Mar 16
10	Alex HINDMAN	FR LeTourneau	4.70m	15-5	Mar 10



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## Men

### Long Jump

1	Mark VANMARTER	SR St. John Fisher	7.30mw	23-11½ (3.8)	Mar 28
2	Cody HALL	SR Trinity (Texas)	7.24m	23-9 (1.5)	Mar 31
3	Cody BENTON	FR UT Tyler	7.19mw	23-7¼ (2.8)	Mar 30
4	Hayden SNOW	SO John Carroll	7.12m	23-4¼ (-0.1)	Mar 30
5	Gabriel SPIVEY	JR Concordia Texas	7.11mw	23-4 (3.8)	Mar 23
6	Jermaine STEVENS	SR Sul Ross State	7.04mw	23-1¼ (2.4)	Mar 31
7	George ALEXANDRIS	SR Montclair State	6.99m	22-11¼ (-0.1)	Mar 31
8	Kyle AMBAT	JR La Verne	6.94m	22-9¼ (1.4)	Mar 31
9	Keaton BECKMANN	FR Willamette	6.93m	22-9 (1.3)	Mar 10
10	Ethan HARDACRE	SO Pomona-Pitzer	6.86m	22-6¼ (-0.1)	Mar 31
10	Jack DEVINE	SR WPI	6.86m	22-6¼ (0.9)	Mar 31
10	Alex CANCHOLA	SR George Fox	6.86m	22-6¼ (1.0)	Mar 22

### Triple Jump

1	Baboucar SALLAH-MOHAMMED	SO Bethany (W.Va.)	14.68m	48-2 (-1.3)	Mar 31
2	Wyatt PANNABECKER	SR Redlands	14.52m	47-7¼ (1.9)	Mar 31
3	Cameron WILLIAMSON	SR Bridgewater State	14.38m	47-2¼ (-0.1)	Mar 31
4	Tre' JOHNSON	FR Wesley	14.34mw	47-¾ (2.2)	Mar 31
5	William RUSCHEL	SR MIT	14.32m	46-11¼ (1.1)	Mar 31
6	Logan ALLISON	SR Capital	14.20m	46-7¼ (1.1)	Mar 30
7	Donovan BECKETT-SIMMS	FR Salisbury	14.18mw	46-6¼ (3.4)	Mar 15
8	David CARTER	JR Denison	14.16m	46-5½ (-0.1)	Mar 16
9	Grant AMOATENG	JR Eastern Mennonite	14.08m	46-2¼ (0.0)	Mar 30
10	Jephte JEAN CLAUDE	JR Albion	14.07m	46-2 (1.1)	Mar 9

### Shot Put

1	Ethan EHLERS	SR Augustana (Ill.)	17.03m	55-10½	Mar 29
2	Sam ELSNER	SR UW-Stout	16.95m	55-7½	Mar 16
3	Ted ACHLADIS	SO Baldwin Wallace	16.08m	52-9¼	Mar 17
3	Garrett GARZA	JR Texas Lutheran	16.08m	52-9¼	Mar 22
5	Josh HIMES	SR Rose-Hulman	15.96m	52-4¼	Mar 17
6	Travis JACOBSON	SR Hamline	15.92m	52-2¼	Mar 16
7	Daniel FORJAN	SR Mary Washington	15.75m	51-8¼	Mar 23
8	Jeff BURKHOLDER	SR Muskingum	15.72m	51-7	Mar 30
9	Michael HENSCH	JR Gustavus Adolphus	15.71m	51-6¼	Mar 30
10	Eric DOLS	JR Hamline	15.61m	51-2¾	Mar 16

### Discus

1	Caleb DALZELL	JR George Fox	53.98m	177-1	Mar 31
2	Sam ELSNER	SR UW-Stout	52.86m	173-5	Mar 16
3	Brendon BURROWS	SR Christopher Newport	50.81m	166-8	Mar 31
4	Matt LOVE	SR Trinity (Texas)	50.67m	166-3	Mar 23
5	Ted ACHLADIS	SO Baldwin Wallace	49.40m	162-1	Mar 23
6	Nick COLBY	JR John Carroll	48.96m	160-7	Mar 17
7	Marcus VIEIRA	JR Worcester State	48.74m	159-11	Mar 31
8	Legend HAYES	SR Christopher Newport	48.66m	159-7	Mar 31
9	Anton PROKSCH	SR UW-Stout	47.82m	156-10	Mar 16
10	Richard BRATTEN	SR MIT	47.78m	156-9	Mar 31

### Hammer

1	Jared LOUF-WOODS	SR UMass Dartmouth	62.45m	204-10	Mar 31
2	Sam ELSNER	SR UW-Stout	59.71m	195-10	Mar 16
3	Cody WHEELER	JR Augustana (Ill.)	59.08m	193-10	Mar 29
4	Kameren MORGAN	JR Birmingham-Southern	58.77m	192-9	Mar 23
5	Eric DOLS	JR Hamline	57.95m	190-1	Mar 16
6	Duncan FERRIN	SR Salisbury	56.87m	186-7	Mar 31
7	Jacob SCHOFEL	SR Carnegie Mellon	55.82m	183-1	Mar 31
8	Marcus VIEIRA	JR Worcester State	55.73m	182-10	Mar 23
9	Brandon PICHEN	SR Aurora	54.98m	180-4	Mar 29
10	Michael HENSCH	JR Gustavus Adolphus	54.93m	180-2	Mar 30

### Javelin

1	Andrew BLOOM	SR Whitworth	67.35m	220-11	Mar 3
2	Jordan ENTWISTLE	SO UMass Dartmouth	66.34m	217-8	Mar 31
3	Seth NONNENMACHER	SR George Fox	65.42m	214-7	Mar 2
4	Christian PAVLOVICH	SR Messiah	64.27m	210-10	Mar 30
5	Cameron STALTERS	JR Fitchburg State	62.95m	206-6	Mar 30
6	Steven JERNEE	FR Stockton	62.29m	204-4	Mar 31
7	Rob MELILLO	JR Montclair State	61.59m	202-1	Mar 31
8	Ryan KRUSE	SR Central (Iowa)	61.23m	200-10	Mar 29
9	Evan SING	SO Widener	59.01m	193-7	Mar 30
10	Matthew GODWIN	SR UT Tyler	58.38m	191-6	Mar 30

### Decathlon

1	Alex CANCHOLA	SR George Fox	6752		Mar 22
2	Tobias MUELLERS	SR Williams	6670		Mar 22
3	Keaton WOOD	FR Linfield	6374		Mar 22
4	Tommy RILEY	SR Williams	6348		Mar 22
5	Keaton BECKMANN	FR Willamette	6184		Mar 15
6	Matt WELLS	SO Puget Sound	6148		Mar 22
7	Nicholas MCGILL	SO Whitworth	6078		Mar 22
8	Thomas HUGHES	JR George Fox	5835		Mar 22
9	Chris BUTCHER	FR Pacific (Ore.)	5787		Mar 27
10	Jon PROCTOR	SR George Fox	5763		Mar 22



# NCAA Division III - Top 10 Seeds by Event as of April 2



## Women

### 100 Meters

1	Tyra ABRAHAM	SR Claremont-Mudd-Scipio	11.65	(2.0)	Mar 24
2	Karmin SHUTE	SR Birmingham-Southern	11.82	(0.8)	Mar 30
3	Dani BLAND	JR Emory	11.89	(1.3)	Mar 23
4	Sara TURNER	FR George Fox	12.13	(0.1)	Mar 22
5	Kennedy TAUBE	FR George Fox	12.20	(0.1)	Mar 22
6	LaShauna PORTER	SO Occidental	12.21	(-1.0)	Mar 31
7	Nkolika NWEKE	SR Trinity (Texas)	12.23w	(2.8)	Mar 28
8	Kennedy GREEN	JR Williams	12.25	(1.4)	Mar 24
9	Hannah WILLHITE	SO Augustana (Ill.)	12.26	(0.0)	Mar 29
10	Quinn HARLAN	FR Roanoke	12.28	(-0.1)	Mar 23
10	Sarah KING	JR George Fox	12.28	(0.8)	Mar 31

### 200 Meters

1	Wadeline JONATHAS	SO UMass Boston	23.29	(0.8)	Mar 16
2	Karmin SHUTE	SR Birmingham-Southern	24.42	(-0.2)	Mar 23
3	Dani BLAND	JR Emory	24.66w	(3.1)	Mar 30
4	Tyra ABRAHAM	SR Claremont-Mudd-Scipio	24.72	(1.9)	Mar 31
5	Sarah KING	JR George Fox	24.76	(0.2)	Mar 31
6	Kennedy TAUBE	FR George Fox	25.07	(0.0)	Mar 22
7	Sara TURNER	FR George Fox	25.10	(0.0)	Mar 22
8	Jamie FARLEY	JR Salisbury	25.13w	(3.9)	Mar 15
9	Hannah WILLHITE	SO Augustana (Ill.)	25.22	(0.9)	Mar 29
10	Katherine MARLOW-BENEDICK	SO Trinity (Conn.)	25.24	(1.8)	Mar 31

### 400 Meters

1	Wadeline JONATHAS	SO UMass Boston	53.18		Mar 29
2	Sarah KING	JR George Fox	55.78		Mar 22
3	Erica GOLDMAN	SR Emory	56.13		Mar 23
4	Kate MCCLUSKEY	SR Middlebury	56.18		Mar 31
5	Emily RICHARDS	SR Ohio Northern	56.60		Mar 23
6	Megan POWELL	SO Williams	56.62		Mar 31
7	Christina COOK	SR Thomas More (Ky.)	57.06		Mar 31
8	Annalise WAGNER	SR Washington (Mo.)	57.33		Mar 31
9	Lilah DRAFTS-JOHNSON	SR Oberlin	57.41		Mar 22
10	Karmin SHUTE	SR Birmingham-Southern	57.44		Mar 23

### 800 Meters

1	Emily RICHARDS	SR Ohio Northern	2:03.63		Mar 30
2	Sydney PACKARD	SO WPI	2:09.34		Mar 16
3	Natalie DEACON	SO Lynchburg	2:11.78		Mar 23
4	Anna WILLIG	SO Middlebury	2:12.73		Mar 31
5	Ashley RYNARD	SO Texas Lutheran	2:13.70		Mar 22
6	Lea STRANGIO	SR WPI	2:14.09		Mar 16
7	Bryn MCKILLOP	SR Claremont-Mudd-Scipio	2:15.21		Mar 3
8	Lilly PRICE	SO Swarthmore	2:15.23		Mar 30
9	Carly DANOSKI	SO Moravian	2:15.34		Mar 31
10	Anna PASSANNANTE	SO Williams	2:15.43		Mar 31

### 1500 Meters

1	Emily RICHARDS	SR Ohio Northern	4:15.77		Mar 30
2	Bryn MCKILLOP	SR Claremont-Mudd-Scipio	4:26.72		Mar 24
3	Claire LAMB	JR Otterbein	4:30.43		Mar 15
4	Natalie DEACON	SO Lynchburg	4:32.69		Mar 30
5	Heather SANDVIK	JR Otterbein	4:35.78		Mar 15
6	Emily FORNER	JR Allegheny (Pa.)	4:35.86		Mar 23
7	Therese OLSHANSKI	FR Johns Hopkins	4:36.00		Mar 30
8	Kayla LELAND	SR Whitworth	4:36.83		Mar 17
9	Hannah SWANSON	SR Willamette	4:37.65		Mar 24
10	Helen GUO	SO Pomona-Pitzer	4:37.73		Mar 31

### Steeplechase

1	Hannah SWANSON	SR Willamette	10:49.91		Mar 15
2	Emily SUNDQUIST	SR Williams	10:52.59		Mar 31
3	Danielle KULPINS	SR Case Western Reserve	10:57.07		Mar 30
4	Olivia MAMULA	SR Allegheny (Pa.)	10:59.09		Mar 23
5	Molly MCCULLOUGH	JR Trinity (Texas)	11:03.48		Mar 28
6	Ellen BERKLEY	SR Claremont-Mudd-Scipio	11:04.14		Mar 10
7	Ellie HAWTHORNE	SR Wheaton (Ill.)	11:07.48		Mar 29
8	Ellery HAYDEN	SR Rhodes	11:08.68		Mar 31
9	Marissa MOUNT	SO Whitworth	11:09.22		Mar 22
10	Kayla LELAND	SR Whitworth	11:11.53		Mar 17

### 5000 Meters

1	Helen GUO	SO Pomona-Pitzer	16:51.30		Mar 10
2	Emily BRYSON	JR Brandeis	16:54.33		Mar 30
3	Taryn CORDANI	SR Ithaca	16:56.22		Mar 31
4	Kayla LELAND	SR Whitworth	17:04.28		Mar 31
5	Kate MACCARY	JR Middlebury	17:13.03		Mar 24
6	Ellie CLAWSON	JR Johns Hopkins	17:13.81		Mar 30
7	Kaitlyn MOONEY	FR Coast Guard	17:24.02		Mar 31
8	Sophie WATTERSON	SO Washington (Mo.)	17:26.33		Mar 31
9	Khia KURTENBACH	SR Chicago	17:29.55		Mar 29
10	Kaelia NEAL	SR Linfield	17:30.24		Mar 17

### 10,000 Meters

1	Brittany BOWMAN	SR Tufts	34:51.07		Mar 31
2	Paige LAWLER	SO Washington (Mo.)	35:20.53		Mar 31
3	Aly WAYNE	SR Washington (Mo.)	35:26.38		Mar 31
4	Kayla LELAND	SR Whitworth	36:03.02		Mar 22
5	Jessica IRIBE	SR Whittier	36:12.80		Mar 10
6	Emily HAMILTON	JR Hope	36:48.10		Mar 16
7	Julissa TOBIAS	SR Whittier	36:52.05		Mar 10
8	Allison SNYDER	SR Albion	37:02.99		Mar 31
9	Grace HELLER	JR Hamilton	37:14.37		Mar 31
10	Lauren STANISLAW	SR Claremont-Mudd-Scipio	37:14.84		Mar 10





# NCAA Division III - Top 10 Seeds by Event as of April 2



## Women

### 100 Meter Hurdles

1	Annie WOOLLEY	SR Fitchburg State	14.44w	(2.2)	Mar 30
2	Catalina LEE KIM	SR La Verne	14.45w	(2.5)	Mar 16
3	Nicole BARTOLETTA	SR Geneva	14.50	(2.0)	Mar 24
4	Sophie STOKES CERKVENIK	JR Colby	14.51w	(3.4)	Mar 30
5	Aspen MCMILLAN	JR Rowan	14.61w	(2.3)	Mar 15
6	Erin MACDOUGALL	JR SUNY Geneseo	14.62w	(2.4)	Mar 31
7	Chyenne KIMBLE	SO Redlands	14.71w	(2.5)	Mar 16
8	Jessica FIELDS	SO Redlands	14.73w	(2.5)	Mar 16
9	Amber EDWARDS	SR Ithaca	14.75	(2.0)	Mar 31
10	Shayna HELD	JR SUNY Geneseo	14.79	(2.0)	Mar 31
10	Raevyn FONTAINE	SR Wheaton (Mass.)	14.79w	(2.5)	Mar 16

### 400 Meter Hurdles

1	Lilah DRAFTS- JOHNSON	SR Oberlin	1:01.23		Mar 22
2	Kate KENNEDY	JR Williams	1:01.65		Mar 24
3	Hannah CHEN	SR MIT	1:02.31		Mar 31
4	Kayley MCGONAGLE	SR Williams	1:03.00		Mar 24
5	Dilys OSEI	JR Emory	1:03.08		Mar 23
6	Isabelle DUNNE	SR Occidental	1:03.39		Mar 31
7	Julia GRAHAM	SO Piedmont	1:03.50		Mar 30
8	Erin LUKENS	JR Millikin	1:03.58		Mar 30
9	Jewell SPARKS	SR Willamette	1:03.60		Mar 24
10	Bella SOLIS	JR Loras	1:03.81		Mar 28

### 4x100 Relay

1	King, Taube, Turner, Miller	George Fox	46.89		Mar 22
2	Pratt, Honan, Jones Mitchell, Abraham	Claremont-Mudd-Scripps	47.50		Mar 3
3	Eastburn, Willhite, Zaragoza, Peterson	Augustana (Ill.)	47.87		Mar 29
4	Osei, Bland, Leventhal, Bondi	Emory	48.38		Mar 23
5	Albrecht, Fields, Kimble, Romani	Redlands	48.49		Mar 31
6	Rembetsy-Brown, DePalo, Stokes Cerkveni, Friedland	Colby	48.60		Mar 30
7	D'ippolito, Warner, Wright, Bonanno	Otterbein	48.65		Mar 15
8	Ezewuzie, Dansdill, Heath, Brown	Wheaton (Ill.)	48.68		Mar 29
9	Grisson, DeLuca, Gorman, Celestin	TCNJ	48.70		Mar 31
10	Green, Powell, Isley, Innis	Williams	48.71		Mar 24

### 4x400 Relay

1	Osei, Bland, Leonard, Goldman	Emory	3:47.35		Mar 30
2	McGonagle, Kennedy, Collison, Powell	Williams	3:51.26		Mar 31
3	Rasubala, Calavan, James, King	George Fox	3:52.42		Mar 31
4	Grigaux, Althoff, Mesiano, Wagner	Washington (Mo.)	3:56.30		Mar 31
5	Schubert, Miller, Saluan, Powell	John Carroll	3:57.06		Mar 30
6	Aguiar, Subrahmanian, Dibrindisi, Peartree	Wesleyan (Conn.)	3:58.66		Mar 31
7	Fugate, St Cyr, Capel, Bergquist	Rhodes	3:59.63		Mar 31
8	Bedell, Acosta, Warner, Rogiers	Otterbein	3:59.64		Mar 30
9	Friedland, DePalo, Leonard, Stokes Cerkveni	Colby	3:59.88		Mar 30
10	McCluskey, Lang, Willig, Holly	Middlebury	4:00.28		Mar 24

### High Jump

1	Emma EGAN	SO Williams	1.73m	5-8	Mar 22
2	Mara BRIGGS	JR Roanoke	1.70m	5-7	Mar 30
3	Vanessa BLANCHARD	SR Redlands	1.67m	5-5½	Mar 31
4	Stacy KOZLOWSKI	SO George Fox	1.66m	5-5½	Mar 22
5	Erica BLACKETT- THOMAS	FR Carleton	1.65m	5-5	Mar 17
6	Helene HALL	SR Williams	1.63m	5-4½	Mar 31
6	Jaclyn SETINA	SR Rose-Hulman	1.63m	5-4½	Mar 17
8	Estelle YEDYNAK	SO Ithaca	1.62m	5-3½	Mar 31
8	Laura PULLINS	FR Marietta	1.62m	5-3½	Mar 23
8	Lauren WILSON	FR Pacific Lutheran	1.62m	5-3½	Mar 24

### Pole Vault

1	Katherine PITMAN	SR Ithaca	4.22m	13-10	Mar 31
2	Harmony KOLLING	SR Otterbein	3.90m	12-9½	Mar 30
3	Madison REED	JR Ohio Northern	3.75m	12-3½	Mar 30
4	Melissa BRAUN	JR Occidental	3.70m	12-1½	Mar 31
5	Erin TRIMPE	JR Hanover	3.66m	12-0	Mar 17
6	Michelle KARABIN	SO Carnegie Mellon	3.65m	11-11½	Mar 16
7	Hailey HALL	SR Westminster (Pa.)	3.60m	11-9¾	Mar 24
7	Heidi NASSOS	JR Washington (Mo.)	3.60m	11-9¾	Mar 31
9	Zoe RUBINSTEIN	SR Smith	3.55m	11-7¾	Mar 31
9	Gabriella GOULD	SO Redlands	3.55m	11-7¾	Mar 31
9	Ashley CRAIG	SR Westfield State	3.55m	11-7¾	Mar 31
9	Maggie MURPHY	JR Williams	3.55m	11-7¾	Mar 31
9	Jacqueline AHRENS	FR MIT	3.55m	11-7¾	Mar 31



# NCAA Division III - Top 10 Seeds by Event as of April 2



## Women

### Long Jump

1	Amelia GLUECK	SR Illinois Wesleyan	5.82mw	19-1½ (2.4)	Mar 16
2	Kaylee PRATHER	SR UT Tyler	5.80mw	19-½ (2.7)	Mar 23
3	Cortnee PRIOUR	JR Texas Lutheran	5.74mw	18-10 (3.6)	Mar 31
4	Britney SULLIVAN	SR Trinity (Texas)	5.71mw	18-9 (2.2)	Mar 23
5	Izabelle ITH	FR Williams	5.67m	18-7¼ (0.0)	Mar 22
6	Dakota BUHLER	SR George Fox	5.65m	18-6½ (-0.0)	Mar 22
7	Kendra MEREDITH	SR Gettysburg	5.62m	18-5½ (1.6)	Mar 31
8	Catalina LEE KIM	SR La Verne	5.61m	18-5 (0.5)	Mar 3
9	Adela KALILWA	SO Southern Maine	5.58m	18-3½ (1.6)	Mar 30
9	Camille WUTZ	SR SUNY Geneseo	5.58m	18-3½ (0.8)	Mar 31

### Triple Jump

1	Taylor DRIGGERS	SR UMass Boston	12.01m	39-5 (1.7)	Mar 16
2	Brea BLACKWELL	FR Millikin	11.75m	38-6¼ (2.0)	Mar 30
3	Adela KALILWA	SO Southern Maine	11.74mw	38-6¼ (2.4)	Mar 30
4	Britney SULLIVAN	SR Trinity (Texas)	11.71mw	38-5 (2.6)	Mar 31
5	Becca DUP	JR Saint Mary's (Minn.)	11.65m	38-2¼ (0.0)	Mar 24
6	Dakota BUHLER	SR George Fox	11.52m	37-9¼ (0.9)	Mar 31
7	Kayla BRASE	SR Whitworth	11.49m	37-8¼ (0.0)	Mar 17
7	Jasmine JIN	SO MIT	11.49m	37-8¼ (1.0)	Mar 31
9	Catalina LEE KIM	SR La Verne	11.46m	37-7¼ (-1.0)	Mar 3
10	Nia THOMAS	JR Albion	11.45m	37-6¼ (0.0)	Mar 9

### Shot Put

1	Victoire KOTHOR	SR Brockport	15.76m	51-8½	Mar 31
2	Koko MENSAH	SO Connecticut College	13.39m	43-11¼	Mar 31
3	Addisen KNETZER	SR Waynesburg	13.35m	43-9¼	Mar 31
4	Erica OAWSTER	JR UW-Eau Claire	13.34m	43-9¼	Mar 23
5	Naeisha MCCLAIN	SO Oberlin	13.33m	43-9	Mar 22
6	Emmani ROBINSON	SR Colby-Sawyer	13.24m	43-5¼	Mar 31
7	Reyna TA'AMU	SR Redlands	13.12m	43-½	Mar 16
8	Audrey MILLER	SR Brockport	13.01m	42-8¼	Mar 31
9	Sarah JOHNSON	JR Christopher Newport	13.00m	42-8	Mar 31
10	Hannah MEAGER	SR Aurora	12.99m	42-7½	Mar 29

### Discus

1	Erica OAWSTER	JR UW-Eau Claire	46.48m	152-6	Mar 23
2	Hope DUENAS	SO Willamette	44.86m	147-2	Mar 24
3	Emily FINNEGAN	JR Otterbein	44.04m	144-6	Mar 15
4	Lydia MEIER	SR UW-Stout	43.77m	143-7	Mar 16
5	Hannah MEAGER	SR Aurora	43.16m	141-7	Mar 29
6	Arlesha COSPY	SR Denison	42.74m	140-2	Mar 16
7	Emily SENATORE	JR Connecticut College	41.80m	137-1	Mar 31
8	Karen DU	JR Pacific (Ore.)	41.42m	135-10	Mar 16
9	Hannah KIPP	FR Texas Lutheran	41.31m	135-6	Mar 31
10	Ariela SLUTSKY	SR MIT	41.25m	135-4	Mar 31

### Hammer

1	Lydia MEIER	SR UW-Stout	58.95m	193-5	Mar 16
2	Emily BASSETT	SR Claremont-Mudd-Scripps	58.90m	193-3	Mar 31
3	Karly GOODMAN	SR Illinois Wesleyan	51.37m	168-6	Mar 16
4	Kayla PABST	SR UW-Stout	50.97m	167-2	Mar 16
5	Victoire KOTHOR	SR Brockport	50.79m	166-7	Mar 31
6	Chelsea YANG	FR Rhode Island College	50.46m	165-6	Mar 31
7	Allison REUTER	JR Widener	50.35m	165-2	Mar 30
8	Kara ECK	SR Trine	50.16m	164-7	Mar 31
9	Ariela SLUTSKY	SR MIT	49.76m	163-3	Mar 31
10	Destinee BARRETT	SR Rhode Island College	49.51m	162-5	Mar 31

### Javelin

1	Lia NEGRA	SR Montclair State	42.41m	139-1	Mar 31
2	Machaela GRADDY	SR Pacific Lutheran	41.98m	137-8	Mar 31
3	Allison ROZELL	SO Calvin	41.67m	136-8	Mar 23
4	Katy MCCLELLAN	JR Smith	40.62m	133-3	Mar 31
5	Kylie ORNDORF	JR Juniata	40.18m	131-10	Mar 31
5	Annie WRIGHT	JR George Fox	40.18m	131-10	Mar 22
7	Isabel CLARK	JR Whitworth	39.82m	130-7	Mar 17
8	Dana BROOKS	FR Linfield	39.68m	130-2	Mar 24
9	Karly GOODMAN	SR Illinois Wesleyan	39.48m	129-6	Mar 31
10	Sabrina DEGNAN	JR Occidental	38.98m	127-10	Mar 31

### Heptathlon

1	Annie WRIGHT	JR George Fox	4772		Mar 22
2	Isabel CLARK	JR Whitworth	4703		Mar 22
3	Caitlin UBL	JR Williams	4466		Mar 22
4	Alissa SWILLEY	SO George Fox	4345		Mar 22
5	Emma EGAN	SO Williams	4312		Mar 22
6	Sarah COOL	SO Whitworth	4280		Mar 22
7	Maddie SHIRLEY	JR Linfield	4129		Mar 22
8	Izabelle ITH	FR Williams	4095		Mar 22
8	Mary GRAY	FR Central (Iowa)	4095		Mar 29
10	Mehana SABADO-HALPERN	JR Linfield	4002		Mar 22