

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023**Chadron State University****Chadron, Nebraska****Results****Event 1 Women 100 Meter Dash****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

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 RMAC Meet: R 11.42 5/9/2017 Sunayna Wahi, Adams State

NCAA Prov: P 11.85 2023

| Name | Year School | Prelims | Wind | H# |
|----------------------------|---------------------|----------|------|----|
| ===== | | | | |
| Preliminaries | | | | |
| 1 Arceneaux, Sierra | SR Colorado Mesa | P 11.68Q | -0.3 | 2 |
| 2 Bloomquist, Audrey | JR Uc-Colo. Spgs. | 11.89Q | -0.5 | 1 |
| 3 Fuller, Breanne | SR Black Hills St. | 11.92Q | 0.7 | 3 |
| 4 Sartain, Alese | SO Adams State | 11.96Q | 0.7 | 3 |
| 5 Bolton, Keyanda | SO Uc-Colo. Spgs. | 12.07Q | -0.3 | 2 |
| 6 Lattimore, Jaivion | SR Msu Denver | 12.10Q | -0.5 | 1 |
| 7 Dantzler, Myia | SO Western Colorado | 12.09q | -0.3 | 2 |
| 8 Farinas, Victoria | SO Uc-Colo. Spgs. | 12.15q | -0.5 | 1 |
| 9 Collier, Charlie | JR Chadron State | 12.17 | 0.7 | 3 |
| 10 Hummel, Claire | SR Msu Denver | 12.19 | 0.7 | 3 |
| 11 George, Hannah | JR Colo. Christian | 12.22 | -0.3 | 2 |
| 12 Hobson, Jessica | FR Msu Denver | 12.38 | 0.7 | 3 |
| 13 Moreni, Missy | SO Uc-Colo. Spgs. | 12.46 | -0.5 | 1 |
| 14 Horton, Gaby | FR Colorado Mesa | 12.50 | -0.5 | 1 |
| 15 Burnett-Perry, Serenity | SO Colorado Mesa | 12.57 | -0.5 | 1 |
| 16 Kennison, Avry | FR Colorado Mesa | 12.64 | -0.3 | 2 |
| 17 Schemling, Madeline | SO Colo. Christian | 13.02 | -0.3 | 2 |
| -- Fuchs, Brittany | SR Uc-Colo. Spgs. | DNS | 0.7 | 3 |

Event 5 Women 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

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 RMAC Meet: R 52.80 2014 Kayon Robinson, Adams State

NCAA Prov: P 56.00 2023

| Name | Year School | Prelims | H# |
|---------------------|---------------------|---------|----|
| ===== | | | |
| 1 Burnett, Jordan | SO Colorado Mesa | 56.36Q | 1 |
| 2 Nelson, Amena | SR Colo. Mines | 56.81Q | 2 |
| 3 Smoker, Tara | SO Colo. Christian | 57.10Q | 3 |
| 4 Romero, Allyssa | JR Msu Denver | 57.35Q | 4 |
| 5 Davis, Amber | SO Uc-Colo. Spgs. | 57.11q | 3 |
| 6 Donald, Cemore | JR NM Highlands | 57.37q | 2 |
| 7 Rose, Nadine | JR NM Highlands | 57.46q | 1 |
| 8 Galvin, Grace | SO Colo. Mines | 57.54q | 4 |
| 9 Dikken, Emma | SO Colorado Mesa | 58.40 | 4 |
| 10 Lapp, Kiarra | FR Western Colorado | 58.68 | 3 |
| 11 Harrison, Lucia | JR NM Highlands | 58.83 | 1 |
| 12 Higashi, Randi | SR Colo. Mines | 58.84 | 4 |
| 13 Lopez, Alyssa | SO Uc-Colo. Spgs. | 59.31 | 2 |
| 14 Arcand, Elaina | FR Colorado Mesa | 59.34 | 3 |
| 15 Groth, Caydince | SO Chadron State | 59.35 | 1 |
| 16 Garand, Teagan | SR Msu Denver | 59.62 | 2 |
| 17 Sowell, Naleia | SO Msu Denver | 59.97 | 2 |
| 18 Tracy, Mikayla | JR Black Hills St. | 1:01.52 | 1 |
| 19 Ivins, Raygen | SO Msu Denver | 1:03.09 | 3 |
| 20 Wulff, Cassandra | FR Chadron State | 1:03.41 | 4 |
| 21 Wilson, Adeline | JR S.D. Mines | 1:03.55 | 1 |
| 22 Swinney, Kassyl | FR Chadron State | 1:04.71 | 2 |

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023**Chadron State University****Chadron, Nebraska****Results****Event 9 Women 1500 Meter Run****12 Advance: Top 4 Each Heat plus Next 4 Best Times**

| RMAC Meet: R 4:21.41 1996 | | Elva Martinez-Dryer, Western S | |
|---------------------------|---------------------|--------------------------------|---------------------|
| NCAA Prov: P 4:32.09 2023 | | | |
| Name | Year School | Prelims | H# |
| 1 McAlindon, Courtney | SR Westminster (Ut) | P 4:28.10Q | 1 |
| 54.473 (54.473) | 2:07.506 (1:13.033) | 3:20.186 (1:12.681) | 4:28.099 (1:07.914) |
| 2 Hedlund, Kate | JR Uc-Colo. Spgs. | 4:39.23Q | 2 |
| 58.790 (58.790) | 2:17.654 (1:18.864) | 3:30.455 (1:12.802) | 4:39.227 (1:08.772) |
| 3 Lawrence, Nicole | JR Adams State | P 4:28.30Q | 1 |
| 54.608 (54.608) | 2:07.657 (1:13.050) | 3:20.719 (1:13.062) | 4:28.296 (1:07.577) |
| 4 Fankhouser, Katie | JR Fort Lewis | 4:39.33Q | 2 |
| 58.916 (58.916) | 2:17.755 (1:18.839) | 3:30.615 (1:12.861) | 4:39.330 (1:08.716) |
| 5 Taylor, Leah | FR Western Colorado | P 4:30.00Q | 1 |
| 54.741 (54.741) | 2:07.775 (1:13.034) | 3:21.014 (1:13.239) | 4:29.998 (1:08.985) |
| 6 Fauske, Anna | SO Uc-Colo. Spgs. | 4:39.48Q | 2 |
| 59.119 (59.119) | 2:17.981 (1:18.862) | 3:30.994 (1:13.014) | 4:39.473 (1:08.479) |
| 7 Beasley, Allison | FR Western Colorado | P 4:30.17Q | 1 |
| 54.247 (54.247) | 2:07.271 (1:13.025) | 3:20.502 (1:13.232) | 4:30.162 (1:09.660) |
| 8 McCleskey, Maggie | FR Adams State | 4:39.49Q | 2 |
| 59.054 (59.054) | 2:17.921 (1:18.867) | 3:30.304 (1:12.384) | 4:39.482 (1:09.178) |
| 9 Kjellsen, Emma | FR Western Colorado | P 4:31.09q | 1 |
| 54.989 (54.989) | 2:08.038 (1:13.049) | 3:21.692 (1:13.655) | 4:31.088 (1:09.396) |
| 10 MacGill, Kira | SO Colorado Mesa | 4:32.29q | 1 |
| 54.867 (54.867) | 2:07.892 (1:13.026) | 3:21.528 (1:13.636) | 4:32.289 (1:10.762) |
| 11 Herr, Alexis | FR Colo. Mines | 4:37.35q | 1 |
| 55.101 (55.101) | 2:08.054 (1:12.953) | 3:22.054 (1:14.001) | 4:37.349 (1:15.295) |
| 12 Dorion, Amalia | SO Adams State | 4:40.14q | 2 |
| 59.219 (59.219) | 2:18.201 (1:18.982) | 3:30.769 (1:12.569) | 4:40.133 (1:09.364) |
| 13 Miller, Molly | JR Colo. Christian | 4:40.88 | 2 |
| 59.349 (59.349) | 2:18.117 (1:18.769) | 3:32.343 (1:14.226) | 4:40.874 (1:08.532) |
| 14 Curley, Angel | SR Fort Lewis | 4:47.06 | 1 |
| 55.504 (55.504) | 2:10.758 (1:15.254) | 3:31.481 (1:20.723) | 4:47.054 (1:15.573) |
| 15 Graff, Kelsey | JR Uc-Colo. Spgs. | 4:54.60 | 2 |
| 59.748 (59.748) | 2:18.527 (1:18.780) | 3:36.161 (1:17.635) | 4:54.600 (1:18.440) |
| 16 Holland, Taylor | SO Csu-Pueblo | 4:55.65 | 1 |
| 54.631 (54.631) | 2:07.849 (1:13.218) | 3:26.249 (1:18.401) | 4:55.643 (1:29.394) |
| 17 Ketner, Callie | JR Colo. Christian | 4:57.20 | 1 |
| 55.277 (55.277) | 2:11.116 (1:15.839) | 3:34.014 (1:22.898) | 4:57.193 (1:23.180) |
| 18 Peterson, Claire | FR Fort Lewis | 4:59.37 | 2 |
| 59.963 (59.963) | 2:19.636 (1:19.673) | 3:42.202 (1:22.567) | 4:59.361 (1:17.159) |
| 19 Carlos, Dulce | SO Western Colorado | 4:59.65 | 2 |
| 1:00.044 (1:00.044) | 2:19.273 (1:19.229) | 3:39.857 (1:20.585) | 4:59.642 (1:19.785) |
| 20 Robinson, Xiomara | SR Black Hills St. | 5:01.24 | 2 |
| 59.403 (59.403) | 2:18.034 (1:18.632) | 3:33.685 (1:15.651) | 5:01.232 (1:27.547) |
| 21 Breuer, Molly | FR Uc-Colo. Spgs. | 5:03.61 | 2 |
| 59.662 (59.662) | 2:18.993 (1:19.331) | 3:41.517 (1:22.525) | 5:03.606 (1:22.089) |
| 22 Wieman, Alissa | SO Chadron State | 5:03.86 | 1 |
| 55.745 (55.745) | 2:15.110 (1:19.365) | 3:40.277 (1:25.168) | 5:03.852 (1:23.575) |
| 23 Mena, Sophia | SO Fort Lewis | 5:05.37 | 2 |
| 59.776 (59.776) | 2:19.405 (1:19.629) | 3:41.879 (1:22.475) | 5:05.370 (1:23.492) |
| 24 Castilleja, Marisol | FR Fort Lewis | 5:05.96 | 1 |
| 56.391 (56.391) | 2:17.718 (1:21.327) | 3:43.555 (1:25.837) | 5:05.955 (1:22.401) |

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023

Chadron State University

Chadron, Nebraska

Results

Event 15 Women 10000 Meter Run

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RMAC Meet: R 35:59.10 2001 Jodi Day, Western State
 NCAA Prov: P 36:28.87 2023

Name Year School Finals Points

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Finals

| | | | | |
|---|----------------------|----------------------|----------------------|----------------------|
| 1 | Anderson, Saydi | SR Westminster (Ut) | 36:46.92 | 10 |
| | 1:33.527 (1:33.527) | 3:07.710 (1:34.184) | 4:39.012 (1:31.303) | 6:07.727 (1:28.715) |
| | 7:36.614 (1:28.887) | 9:03.851 (1:27.238) | 10:31.253 (1:27.402) | 11:58.924 (1:27.672) |
| | 13:27.107 (1:28.183) | 14:55.742 (1:28.636) | 16:23.371 (1:27.629) | 17:51.166 (1:27.796) |
| | 19:18.916 (1:27.751) | 20:46.795 (1:27.879) | 22:15.867 (1:29.072) | 23:45.431 (1:29.564) |
| | 25:14.155 (1:28.724) | 26:43.420 (1:29.265) | 28:12.486 (1:29.067) | 29:41.490 (1:29.005) |
| | 31:10.023 (1:28.533) | 32:38.673 (1:28.651) | 34:00.082 (1:21.410) | 35:26.019 (1:25.937) |
| | 36:46.914 (1:20.896) | | | |
| 2 | Read, Abi | JR Msu Denver | 36:58.79 | 8 |
| | 1:30.297 (1:30.297) | 3:05.816 (1:35.520) | 4:36.960 (1:31.144) | 6:04.937 (1:27.977) |
| | 7:33.426 (1:28.490) | 9:02.920 (1:29.495) | 10:30.024 (1:27.105) | 11:57.921 (1:27.897) |
| | 13:26.090 (1:28.170) | 14:54.693 (1:28.604) | 16:22.245 (1:27.553) | 17:50.275 (1:28.030) |
| | 19:18.607 (1:28.333) | 20:46.618 (1:28.011) | 22:15.561 (1:28.944) | 23:45.156 (1:29.595) |
| | 25:13.874 (1:28.719) | 26:43.103 (1:29.230) | 28:12.226 (1:29.123) | 29:41.211 (1:28.985) |
| | 31:09.785 (1:28.574) | 32:38.509 (1:28.724) | 34:06.608 (1:28.099) | 35:35.254 (1:28.647) |
| | 36:58.781 (1:23.527) | | | |
| 3 | Strongman, Grace | FR Colo. Mines | 37:25.09 | 6 |
| | 1:31.936 (1:31.936) | 3:06.416 (1:34.481) | 4:37.679 (1:31.263) | 6:05.216 (1:27.538) |
| | 7:33.712 (1:28.497) | 9:03.205 (1:29.493) | 10:30.325 (1:27.120) | 11:58.203 (1:27.879) |
| | 13:26.360 (1:28.158) | 14:54.954 (1:28.594) | 16:22.569 (1:27.615) | 17:50.583 (1:28.014) |
| | 19:19.199 (1:28.617) | 20:47.003 (1:27.804) | 22:16.152 (1:29.150) | 23:45.736 (1:29.585) |
| | 25:14.494 (1:28.758) | 26:44.291 (1:29.797) | 28:17.042 (1:32.752) | 29:48.856 (1:31.814) |
| | 31:21.659 (1:32.803) | 32:54.722 (1:33.064) | 34:26.451 (1:31.729) | 36:00.127 (1:33.676) |
| | 37:25.088 (1:24.962) | | | |
| 4 | Ray, Brandy | JR Fort Lewis | 37:38.74 | 5 |
| | 1:31.451 (1:31.451) | 3:06.148 (1:34.697) | 4:37.423 (1:31.275) | 6:06.145 (1:28.723) |
| | 7:34.016 (1:27.871) | 9:03.514 (1:29.499) | 10:30.703 (1:27.189) | 11:58.499 (1:27.796) |
| | 13:26.627 (1:28.128) | 14:55.234 (1:28.608) | 16:22.925 (1:27.691) | 17:50.883 (1:27.959) |
| | 19:19.472 (1:28.589) | 20:46.972 (1:27.501) | 22:16.456 (1:29.484) | 23:46.297 (1:29.842) |
| | 25:15.539 (1:29.242) | 26:49.162 (1:33.623) | 28:22.483 (1:33.322) | 29:55.330 (1:32.847) |
| | 31:29.492 (1:34.162) | 33:04.171 (1:34.680) | 34:38.251 (1:34.080) | 36:11.694 (1:33.443) |
| | 37:38.739 (1:27.046) | | | |
| 5 | Kaiser, Olivia | FR Western Colorado | 37:58.24 | 4 |
| | 1:31.707 (1:31.707) | 3:06.668 (1:34.961) | 4:37.870 (1:31.203) | 6:06.625 (1:28.755) |
| | 7:36.452 (1:29.827) | 9:04.586 (1:28.135) | 10:34.522 (1:29.936) | 12:06.021 (1:31.499) |
| | 13:37.248 (1:31.228) | 15:09.424 (1:32.177) | 16:41.802 (1:32.378) | 18:16.205 (1:34.403) |
| | 19:47.255 (1:31.051) | 21:18.146 (1:30.891) | 22:51.263 (1:33.117) | 24:24.114 (1:32.851) |
| | 25:56.859 (1:32.746) | 27:28.490 (1:31.631) | 29:00.516 (1:32.027) | 30:33.970 (1:33.454) |
| | 32:07.730 (1:33.760) | 33:40.157 (1:32.428) | 35:12.329 (1:32.172) | 36:40.937 (1:28.608) |
| | 37:58.233 (1:17.297) | | | |
| 6 | Renberg, Sarah | FR Csu-Pueblo | 38:00.45 | 3 |
| | 1:32.043 (1:32.043) | 3:06.946 (1:34.904) | 4:38.163 (1:31.217) | 6:06.908 (1:28.746) |
| | 7:36.690 (1:29.782) | 9:04.866 (1:28.177) | 10:34.781 (1:29.915) | 12:06.204 (1:31.424) |
| | 13:37.501 (1:31.298) | 15:09.656 (1:32.156) | 16:42.130 (1:32.474) | 18:16.384 (1:34.255) |
| | 19:45.093 (1:28.709) | 21:14.753 (1:29.660) | 22:45.590 (1:30.838) | 24:18.071 (1:32.481) |
| | 25:50.848 (1:32.777) | 27:23.231 (1:32.384) | 28:56.737 (1:33.507) | 30:29.997 (1:33.260) |
| | 32:03.457 (1:33.460) | 33:36.487 (1:33.031) | 35:09.229 (1:32.742) | 36:38.169 (1:28.940) |
| | 38:00.443 (1:22.274) | | | |

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023**Chadron State University****Chadron, Nebraska****Results****....Event 15 Women 10000 Meter Run**

| | | | | |
|----|-------------------------|----------------------|----------------------|----------------------|
| 7 | Madrid, Jessica | FR Uc-Colo. Spgs. | 38:02.47 | 2 |
| | 1:33.027 (1:33.027) | 3:08.036 (1:35.009) | 4:39.246 (1:31.210) | 6:08.297 (1:29.051) |
| | 7:37.263 (1:28.966) | 9:05.660 (1:28.398) | 10:35.272 (1:29.612) | 12:06.423 (1:31.152) |
| | 13:37.695 (1:31.272) | 15:09.840 (1:32.145) | 16:42.022 (1:32.183) | 18:16.427 (1:34.405) |
| | 19:46.822 (1:30.395) | 21:15.148 (1:28.327) | 22:45.876 (1:30.728) | 24:18.303 (1:32.428) |
| | 25:51.069 (1:32.767) | 27:23.602 (1:32.534) | 28:57.010 (1:33.408) | 30:30.220 (1:33.210) |
| | 32:03.783 (1:33.563) | 33:36.230 (1:32.448) | 35:09.448 (1:33.218) | 36:38.475 (1:29.028) |
| | 38:02.467 (1:23.992) | | | |
| 8 | Rohrer-Fitzhugh, Hannah | SR Westminster (Ut) | 38:02.86 | 1 |
| | 1:32.401 (1:32.401) | 3:07.857 (1:35.456) | 4:39.164 (1:31.307) | 6:08.017 (1:28.853) |
| | 7:36.945 (1:28.929) | 9:04.150 (1:27.205) | 10:34.150 (1:30.000) | 12:05.971 (1:31.821) |
| | 13:37.849 (1:31.879) | 15:10.042 (1:32.193) | 16:42.437 (1:32.396) | 18:16.850 (1:34.413) |
| | 19:47.352 (1:30.503) | 21:18.392 (1:31.040) | 22:48.484 (1:30.092) | 24:19.909 (1:31.426) |
| | 25:52.983 (1:33.074) | 27:25.897 (1:32.915) | 28:59.247 (1:33.350) | 30:31.906 (1:32.659) |
| | 32:06.255 (1:34.350) | 33:39.208 (1:32.953) | 35:10.058 (1:30.851) | 36:37.540 (1:27.482) |
| | 38:02.858 (1:25.318) | | | |
| 9 | Schmitz, Halle | FR Csu-Pueblo | 38:36.23 | |
| | 1:32.801 (1:32.801) | 3:08.195 (1:35.394) | 4:39.694 (1:31.500) | 6:09.186 (1:29.493) |
| | 7:37.812 (1:28.626) | 9:06.181 (1:28.369) | 10:35.738 (1:29.558) | 12:07.041 (1:31.303) |
| | 13:38.122 (1:31.082) | 15:10.104 (1:31.982) | 16:42.310 (1:32.206) | 18:16.670 (1:34.361) |
| | 19:47.581 (1:30.911) | 21:17.412 (1:29.832) | 22:51.703 (1:34.291) | 24:24.653 (1:32.950) |
| | 25:57.411 (1:32.758) | 27:31.761 (1:34.350) | 29:09.026 (1:37.266) | 30:44.339 (1:35.314) |
| | 32:19.448 (1:35.109) | 33:55.951 (1:36.504) | 35:30.936 (1:34.985) | 37:06.668 (1:35.733) |
| | 38:36.229 (1:29.561) | | | |
| 10 | Kunz, Lacey | FR Western Colorado | 38:40.63 | |
| | 1:33.276 (1:33.276) | 3:08.096 (1:34.821) | 4:39.517 (1:31.421) | 6:08.917 (1:29.401) |
| | 7:37.573 (1:28.656) | 9:06.501 (1:28.928) | 10:36.748 (1:30.248) | 12:07.618 (1:30.870) |
| | 13:38.566 (1:30.948) | 15:10.633 (1:32.068) | 16:42.967 (1:32.334) | 18:17.181 (1:34.214) |
| | 19:48.397 (1:31.217) | 21:20.032 (1:31.635) | 22:54.538 (1:34.507) | 24:30.318 (1:35.780) |
| | 26:07.034 (1:36.716) | 27:43.659 (1:36.626) | 29:20.798 (1:37.139) | 30:57.838 (1:37.040) |
| | 32:32.264 (1:34.427) | 34:08.783 (1:36.520) | 35:44.032 (1:35.249) | 37:17.530 (1:33.499) |
| | 38:40.629 (1:23.099) | | | |
| 11 | Ingallinera, Mason | SO Uc-Colo. Spgs. | 38:44.73 | |
| | 1:33.016 (1:33.016) | 3:08.310 (1:35.295) | 4:39.355 (1:31.045) | 6:08.528 (1:29.174) |
| | 7:37.290 (1:28.762) | 9:05.933 (1:28.643) | 10:35.249 (1:29.317) | 12:06.271 (1:31.023) |
| | 13:37.488 (1:31.217) | 15:09.508 (1:32.021) | 16:41.919 (1:32.412) | 18:16.220 (1:34.302) |
| | 19:47.031 (1:30.811) | 21:16.210 (1:29.179) | 22:47.641 (1:31.432) | 24:20.453 (1:32.813) |
| | 25:55.738 (1:35.285) | 27:29.502 (1:33.765) | 29:06.899 (1:37.397) | 30:44.271 (1:37.373) |
| | 32:19.689 (1:35.418) | 33:57.177 (1:37.488) | 35:36.692 (1:39.515) | 37:14.488 (1:37.796) |
| | 38:44.727 (1:30.240) | | | |
| 12 | Loe, Ashleigh | FR Colo. Mines | 38:49.02 | |
| | 1:32.327 (1:32.327) | 3:07.514 (1:35.188) | 4:38.713 (1:31.199) | 6:07.440 (1:28.727) |
| | 7:37.102 (1:29.663) | 9:05.111 (1:28.010) | 10:35.017 (1:29.907) | 12:06.472 (1:31.455) |
| | 13:37.960 (1:31.489) | 15:09.782 (1:31.822) | 16:42.221 (1:32.440) | 18:16.578 (1:34.357) |
| | 19:47.049 (1:30.472) | 21:16.500 (1:29.451) | 22:49.236 (1:32.736) | 24:24.393 (1:35.157) |
| | 25:57.708 (1:33.316) | 27:31.312 (1:33.605) | 29:09.251 (1:37.939) | 30:45.788 (1:36.538) |
| | 32:23.674 (1:37.887) | 33:59.891 (1:36.217) | 35:38.887 (1:38.996) | 37:16.110 (1:37.224) |
| | 38:49.014 (1:32.904) | | | |

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023

Chadron State University

Chadron, Nebraska

Results

....Event 15 Women 10000 Meter Run

| | | |
|----------------------|----------------------|----------------------|
| 13 Shoemaker, Maddy | SR Fort Lewis | 40:41.94 |
| 1:33.301 (1:33.301) | 3:08.559 (1:35.259) | 4:39.646 (1:31.087) |
| 6:09.459 (1:29.814) | 7:38.440 (1:28.981) | 9:09.653 (1:31.214) |
| 10:45.375 (1:35.723) | 12:21.484 (1:36.109) | 13:58.790 (1:37.307) |
| 15:37.552 (1:38.763) | 17:16.220 (1:38.669) | 18:54.122 (1:37.902) |
| 20:34.097 (1:39.975) | 22:13.197 (1:39.101) | 23:54.260 (1:41.064) |
| 25:35.667 (1:41.408) | 27:17.023 (1:41.356) | 28:58.390 (1:41.367) |
| 30:38.808 (1:40.419) | 32:18.738 (1:39.931) | 34:00.582 (1:41.844) |
| 35:42.377 (1:41.796) | 37:23.954 (1:41.578) | 39:05.481 (1:41.528) |
| 40:41.932 (1:36.451) | | |
| 14 Leslie, Jewels | SO NM Highlands | 41:00.48 |
| 1:32.731 (1:32.731) | 3:08.535 (1:35.805) | 4:39.948 (1:31.413) |
| 6:09.752 (1:29.804) | 7:39.754 (1:30.003) | 9:13.742 (1:33.988) |
| 10:51.187 (1:37.446) | 12:29.636 (1:38.449) | 14:10.092 (1:40.457) |
| 15:49.269 (1:39.177) | 17:29.641 (1:40.372) | 19:10.937 (1:41.297) |
| 20:46.871 (1:35.934) | 22:25.575 (1:38.705) | 24:09.400 (1:43.826) |
| 25:51.354 (1:41.954) | 27:29.651 (1:38.298) | 29:12.762 (1:43.111) |
| 30:56.595 (1:43.833) | 32:36.080 (1:39.486) | 34:19.283 (1:43.203) |
| 36:01.879 (1:42.596) | 37:43.691 (1:41.813) | 39:24.501 (1:40.810) |
| 41:00.480 (1:35.980) | | |
| 15 Johnson, Madisen | JR Fort Lewis | 42:48.27 |
| 1:33.642 (1:33.642) | 3:08.806 (1:35.164) | 4:44.499 (1:35.693) |
| 6:25.877 (1:41.378) | 8:08.413 (1:42.537) | 9:50.522 (1:42.109) |
| 11:33.527 (1:43.006) | 13:15.453 (1:41.927) | 14:58.971 (1:43.519) |
| 16:40.954 (1:41.983) | 18:24.875 (1:43.922) | 20:07.500 (1:42.625) |
| 21:49.683 (1:42.183) | 23:34.458 (1:44.776) | 25:20.098 (1:45.640) |
| 27:05.264 (1:45.167) | 28:51.181 (1:45.917) | 30:35.462 (1:44.282) |
| 32:20.043 (1:44.581) | 34:03.203 (1:43.161) | 35:50.217 (1:47.014) |
| 37:36.059 (1:45.842) | 39:20.146 (1:44.087) | 41:07.147 (1:47.001) |
| 42:48.265 (1:41.119) | | |
| -- Cornell, Caitlin | JR Msu Denver | DNF |
| 1:31.745 (1:31.745) | 3:07.222 (1:35.478) | 4:38.429 (1:31.207) |
| 6:07.158 (1:28.730) | 7:36.918 (1:29.760) | 9:05.360 (1:28.442) |
| 10:35.487 (1:30.128) | 12:06.765 (1:31.279) | 13:38.171 (1:31.407) |
| 15:10.351 (1:32.180) | 16:42.597 (1:32.246) | 18:16.923 (1:34.327) |
| 19:47.878 (1:30.955) | 21:18.721 (1:30.844) | 22:51.973 (1:33.252) |
| 24:24.905 (1:32.932) | | |

Event 21 Women 400 Meter Hurdles

8 Advance: Top 3 Each Heat plus Next 2 Best Times

=====
 RMAC Meet: R 58.52 5/9/2017 Jessica Scherrer, Adams State
 NCAA Prov: P 1:02.33 2023

| | | | |
|------|-------------|---------|----|
| Name | Year School | Prelims | H# |
|------|-------------|---------|----|

=====
 Preliminaries

| | | | |
|---------------------|---------------------|----------|---|
| 1 Firor, Kaiya | SO Western Colorado | 1:02.39Q | 1 |
| 2 Portis, Kelia | SO Western Colorado | 1:03.06Q | 2 |
| 3 Brotherson, Katie | SR Westminster (Ut) | 1:03.33Q | 2 |
| 4 Martinez, Leyah | FR Uc-Colo. Spgs. | 1:04.01Q | 1 |
| 5 Hawk, Skylar | FR Uc-Colo. Spgs. | 1:04.09Q | 2 |
| 6 Comer, Allison | SO Colo. Mines | 1:04.56Q | 1 |
| 7 Armijo, Beatrice | SR NM Highlands | 1:05.29q | 2 |
| 8 Griffith, Averie | JR Colorado Mesa | 1:05.72q | 1 |
| 9 Scully, Kamryn | JR S.D. Mines | 1:06.15 | 2 |
| 10 Williams, Lexie | SO Colorado Mesa | 1:06.51 | 1 |
| 11 Curtis, Sophie | JR Black Hills St. | 1:06.56 | 2 |
| 12 Rader, Danae | SO Chadron State | 1:07.60 | 1 |
| 13 Tietjen, Kendall | FR Black Hills St. | 1:07.69 | 2 |
| 14 Harris, Ella | FR Csu-Pueblo | 1:07.78 | 1 |
| 15 Mannes, Laine | FR S.D. Mines | 1:11.25 | 2 |
| 16 Tuti, Clara | SO Western Colorado | 1:14.27 | 1 |

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023**Chadron State University****Chadron, Nebraska****Results****Event 31 Women Long Jump**

RMAC Meet: R 6.38m 2015 Shanice McPherson, NM Highlands

NCAA Prov: P 5.83m 2023

| Name | Year | School | Finals | Wind | H# | Points |
|-----------------------|------|------------------|---|------|----------|------------|
| Finals | | | | | | |
| 1 Bloomquist, Audrey | JR | Uc-Colo. Spgs. | 5.77m | 2.2 | 18-11.25 | 2 10 |
| | | | 5.72m(3.2) 5.64m(2.3) 5.51m(1.0) 5.51m(3.4) 5.77m(2.2) 5.63m(2.6) | | | |
| 2 Obioha, Chisom | JR | NM Highlands | 5.64m | 1.8 | 18-06.00 | 2 8 |
| | | | 5.64m(1.8) FOUL(2.0) 5.44m(1.1) FOUL(3.4) 5.57m(1.3) FOUL(1.9) | | | |
| 3 Brockman, Jordan | SO | Colorado Mesa | J5.64m | 1.2 | 18-06.00 | 2 6 |
| | | | 5.32m(1.3) 5.47m(3.1) FOUL(1.9) 5.22m(2.0) 5.40m(3.6) 5.64m(1.2) | | | |
| 4 Novess, Faith | JR | Uc-Colo. Spgs. | 5.53m | 2.7 | 18-01.75 | 1 5 |
| | | | 5.20m(3.0) FOUL(5.5) 5.53m(2.7) FOUL(1.0) 5.04m(3.8) 5.45m(0.6) | | | |
| 5 Donohoe, Eireann | SO | Western Colorado | 5.42m | 0.2 | 17-09.50 | 2 4 |
| | | | 3.71m(-1.9) FOUL(2.0) 5.22m(2.0) 5.35m(2.4) 5.42m(0.2) FOUL(2.3) | | | |
| 6 Olson, Cora | SR | Western Colorado | 5.31m | 1.3 | 17-05.25 | 2 3 |
| | | | 5.22m(0.6) 5.08m(1.1) 5.22m(-0.9) 5.31m(1.3) FOUL(1.4) 5.03m(1.8) | | | |
| 7 Trumper, Taeryn | SO | Colorado Mesa | J5.31m | 3.7 | 17-05.25 | 2 2 |
| | | | FOUL(2.1) FOUL(2.5) 5.31m(3.7) FOUL(1.6) FOUL(3.2) FOUL(0.4) | | | |
| 8 Bailey, Christine | JR | Uc-Colo. Spgs. | 5.19m | 4.2 | 17-00.50 | 2 1 |
| | | | 5.13m(3.0) 5.19m(4.2) 5.04m(1.5) 4.96m(2.9) FOUL(1.3) FOUL(2.1) | | | |
| 9 Arceneaux, Kierra | SR | Colorado Mesa | 5.15m | 2.7 | 16-10.75 | 2 |
| | | | 5.00m(2.1) 5.15m(2.7) 5.13m(1.8) FOUL(1.1) FOUL(1.5) FOUL(2.9) | | | |
| 10 Remsberg, Maggie | JR | Uc-Colo. Spgs. | 5.12m | 1.9 | 16-09.75 | 1 |
| | | | 5.00m(1.8) 4.93m(2.1) 5.12m(1.9) | | | |
| 11 Jackson, Kiana | SR | Colorado Mesa | 5.10m | 2.1 | 16-08.75 | 1 |
| | | | 5.10m(2.1) FOUL(0.6) 5.04m(2.0) | | | |
| 12 Carroll, Kathryn | FR | Uc-Colo. Spgs. | 5.07m | 4.6 | 16-07.75 | 1 |
| | | | 5.07m(4.6) 4.88m(2.1) 5.04m(3.4) | | | |
| 13 Nieslanik, Lily | SO | Colorado Mesa | 5.03m | 1.1 | 16-06.00 | 2 |
| | | | 4.55m(0.1) 5.03m(1.1) FOUL(1.2) | | | |
| 14 Weber, Taylor | FR | Msu Denver | 4.95m | 1.5 | 16-03.00 | 1 |
| | | | FOUL(2.4) 4.95m(1.5) FOUL(2.8) | | | |
| 15 Baloun, Megan | FR | Chadron State | 4.86m | 1.7 | 15-11.50 | 1 |
| | | | FOUL(2.0) 4.86m(1.7) 4.57m(2.3) | | | |
| 16 Robinson, Tierney | JR | S.D. Mines | 4.40m | 4.0 | 14-05.25 | 1 |
| | | | 4.30m(2.8) 4.40m(4.0) FOUL(2.0) | | | |
| 17 Hanson, Tatum | FR | S.D. Mines | 4.34m | 2.4 | 14-03.00 | 1 |
| | | | 4.28m(1.7) FOUL(2.2) 4.34m(2.4) | | | |
| -- Mathieu, Katherine | SR | S.D. Mines | FOUL | | | 1 |
| | | | FOUL(2.2) FOUL(2.1) FOUL(2.4) | | | |
| -- Walshaw, Sidney | FR | Colo. Mines | DQ | NWI | | 2 |
| | | | | | | Rule 5-2.2 |
| -- Wood, Lexye | JR | Colo. Mines | DNS | NWI | | 2 |
| | | | | | | |
| -- Gomez, Caelyn | JR | Adams State | DNS | NWI | | 1 |
| | | | | | | |

Event 37 Women Hammer Throw

RMAC Meet: R 63.62m 5/7/2017 Mel Herl, Chadron State

NCAA Prov: P 52.34m 2023

| Name | Year | School | Finals | H# | Points |
|-----------------|------|---------------|---|--------|--------|
| 1 Sawvell, Kyla | SR | Chadron State | 57.28mP | 187-11 | 2 10 |
| | | | 53.79m 53.65m 53.54m 57.28m 56.53m 53.12m | | |

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023

Chadron State University

Chadron, Nebraska

Results

....Event 37 Women Hammer Throw

| | | | | | | |
|----|---|---------------------|--------|--------|---|---|
| 2 | Aldrich, Ali | JR Western Colorado | 52.22m | 171-04 | 2 | 8 |
| | FOUL 50.05m 50.19m FOUL 52.22m 51.58m | | | | | |
| 3 | Scott, Kaitlyn | JR NM Highlands | 50.39m | 165-04 | 2 | 6 |
| | 50.39m 48.02m FOUL 49.92m FOUL 48.80m | | | | | |
| 4 | Holland, Anna | JR Uc-Colo. Spgs. | 50.37m | 165-03 | 2 | 5 |
| | 44.45m FOUL FOUL 49.96m 49.35m 50.37m | | | | | |
| 5 | Mikaelian, Olivia | SO Csu-Pueblo | 49.72m | 163-01 | 2 | 4 |
| | 45.43m 41.54m 44.89m 46.97m 47.15m 49.72m | | | | | |
| 6 | Sayler, Jenna | JR S.D. Mines | 48.43m | 158-11 | 2 | 3 |
| | 44.68m 46.52m 48.43m FOUL FOUL 46.06m | | | | | |
| 7 | Lynn Bonner, Cassie | JR Uc-Colo. Spgs. | 48.00m | 157-06 | 2 | 2 |
| | 44.83m 48.00m 46.29m 44.25m 44.20m 43.10m | | | | | |
| 8 | Smith, Courtney | JR Chadron State | 47.03m | 154-03 | 2 | 1 |
| | FOUL 44.84m 47.03m FOUL 44.82m 46.73m | | | | | |
| 9 | Wortham, Krystal | SO Western Colorado | 45.68m | 149-10 | 2 | |
| | FOUL 44.49m FOUL 45.68m FOUL FOUL | | | | | |
| 10 | Schliep, Madyson | JR Chadron State | 44.15m | 144-10 | 1 | |
| | 44.15m 42.56m FOUL | | | | | |
| 11 | Brackenbury, Chloe | FR Western Colorado | 42.54m | 139-07 | 2 | |
| | 42.54m FOUL FOUL | | | | | |
| 12 | Higgins, Katherine | SO Csu-Pueblo | 42.47m | 139-04 | 1 | |
| | 42.47m FOUL 41.94m | | | | | |
| 13 | Hancock, Augustine | FR Colorado Mesa | 42.46m | 139-04 | 1 | |
| | 41.43m 42.46m FOUL | | | | | |
| 14 | Sullivan, Hanah | FR Black Hills St. | 41.75m | 137-00 | 1 | |
| | FOUL FOUL 41.75m | | | | | |
| 15 | Jurens, Olivia | SR S.D. Mines | 41.41m | 135-10 | 1 | |
| | FOUL 39.43m 41.41m | | | | | |
| 16 | Solarin, Grace | FR Msu Denver | 41.31m | 135-06 | 1 | |
| | 41.29m FOUL 41.31m | | | | | |
| 17 | Robinson, Tierney | JR S.D. Mines | 41.25m | 135-04 | 1 | |
| | 38.77m 39.34m 41.25m | | | | | |
| 18 | Chrisawn, Trinity | JR Chadron State | 41.22m | 135-03 | 1 | |
| | 41.22m 40.90m 40.87m | | | | | |
| 19 | Van Ruler, Abbie | SO S.D. Mines | 40.74m | 133-08 | 1 | |
| | 40.74m FOUL 40.68m | | | | | |
| 20 | Osterfelt, Lindsey | FR Western Colorado | 37.12m | 121-09 | 1 | |
| | FOUL 35.22m 37.12m | | | | | |
| 21 | Frank, Kitrie | SO Black Hills St. | 35.88m | 117-08 | 1 | |
| | 35.88m 35.72m FOUL | | | | | |
| 22 | Jorgens, Savannah | FR Uc-Colo. Spgs. | 32.25m | 105-10 | 1 | |
| | 32.25m FOUL FOUL | | | | | |
| -- | Jarnagin, Jennifer | SO Colo. Mines | FOUL | | 2 | |
| | FOUL FOUL FOUL | | | | | |
| -- | Rupar, Kitt | SO Colo. Mines | FOUL | | 2 | |
| | FOUL FOUL FOUL | | | | | |

Event 39 Women Javelin Throw

=====
 RMAC Meet: R 48.36m 4/29/2018 Sharon Toako, NM Highlands

NCAA Prov: P 42.03m 2023

=====
 Name Year School Finals H# Points
 =====

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023

Chadron State University

Chadron, Nebraska

Results

....Event 39 Women Javelin Throw

| | | | | | | |
|----|----------------------|----------------------|--------|--------|---|----|
| 1 | Stubbs, Jaycie | JR S.D. Mines | 40.92m | 134-03 | 2 | 10 |
| | 39.01m 40.92m 38.88m | | | | | |
| 2 | Wessels, Febe | FR Csú-Pueblo | 40.88m | 134-01 | 2 | 8 |
| | 38.85m 36.56m 40.88m | 39.51m FOUL FOUL | | | | |
| 3 | Graves, Bailey | FR Csú-Pueblo | 40.29m | 132-02 | 2 | 6 |
| | 28.72m 32.76m 37.53m | 37.64m 40.29m 39.61m | | | | |
| 4 | Clarke, Patreece | FR NM Highlands | 38.90m | 127-07 | 2 | 5 |
| | 30.74m 33.41m 35.90m | 31.75m 38.29m 38.90m | | | | |
| 5 | Frank, Kitrie | SO Black Hills St. | 38.33m | 125-09 | 2 | 4 |
| | 34.14m 38.33m 32.76m | 37.35m 36.03m FOUL | | | | |
| 6 | Jones, Brooklynn | FR Msú Denver | 38.03m | 124-09 | 2 | 3 |
| | 36.55m 37.73m 36.55m | 35.09m 34.29m 38.03m | | | | |
| 7 | Bohlken, Kamryn | JR Uc-Colo. Spgs. | 36.40m | 119-05 | 2 | 2 |
| | 35.24m 33.89m 36.40m | 31.83m 35.22m 34.77m | | | | |
| 8 | Walters, Caroline | SO Uc-Colo. Spgs. | 36.39m | 119-05 | 2 | 1 |
| | 36.39m 32.34m 35.96m | 33.99m 33.25m 32.68m | | | | |
| 9 | Remsberg, Maggie | JR Uc-Colo. Spgs. | 35.10m | 115-02 | 1 | |
| | 33.36m 30.58m 35.10m | PASS PASS PASS | | | | |
| 10 | Baldner, Linnea | FR Western Colorado | 34.30m | 112-06 | 2 | |
| | 34.30m 33.48m 29.93m | | | | | |
| 11 | Thornton, Devyn | FR Chadron State | 33.26m | 109-01 | 1 | |
| | 33.26m 30.07m FOUL | | | | | |
| 12 | Castillio, Nicole | FR Uc-Colo. Spgs. | 32.54m | 106-09 | 1 | |
| | 32.54m 31.93m 32.01m | | | | | |
| 13 | Schenck, Adisyn | FR S.D. Mines | 31.53m | 103-05 | 2 | |
| | 31.53m 30.55m FOUL | | | | | |
| 14 | Castaneda, Lamara | FR Chadron State | 31.35m | 102-10 | 1 | |
| | 29.00m 29.20m 31.35m | | | | | |
| 15 | Harrison, Lucia | JR NM Highlands | 31.14m | 102-02 | 1 | |
| | 28.37m 31.14m 30.45m | | | | | |
| 16 | Korbe, Jocelyn | JR Msú Denver | 31.03m | 101-10 | 1 | |
| | 30.09m 31.03m 27.27m | | | | | |
| 17 | Sawvell, Kyla | SR Chadron State | 30.33m | 99-06 | 1 | |
| | 27.81m 27.22m 30.33m | | | | | |
| 18 | Sims, Sydney | FR Westminster (Ut) | 30.19m | 99-00 | 1 | |
| | 28.81m 30.19m 28.72m | | | | | |
| 19 | Jarnagin, Jennifer | SO Colo. Mines | 29.94m | 98-03 | 1 | |
| | 27.21m 28.15m 29.94m | | | | | |
| 20 | Garand, Teagan | SR Msú Denver | 29.61m | 97-02 | 1 | |
| | 27.61m 28.06m 29.61m | | | | | |
| 21 | Dickinson, Megan | SO Csú-Pueblo | 29.46m | 96-08 | 2 | |
| | 29.00m 26.22m 29.46m | | | | | |
| 22 | Osterfelt, Lindsey | FR Western Colorado | 29.22m | 95-10 | 2 | |
| | 29.22m FOUL 25.88m | | | | | |
| 23 | Marvel, Jade | FR Msú Denver | 25.55m | 83-10 | 1 | |
| | 24.55m 24.73m 25.55m | | | | | |
| -- | Hilbert, Myles | SR Western Colorado | DNS | | 1 | |

Event 43 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

| Name | Year School | Finals | Wind | H# | Points |
|--------------------|-------------------|--------|------|----|--------|
| 1 Brockman, Jordan | SO Colorado Mesa | 14.71 | 1.9 | 3 | 880 |
| 2 Remsberg, Maggie | JR Uc-Colo. Spgs. | 14.75 | 1.9 | 3 | 875 |
| 3 Novess, Faith | JR Uc-Colo. Spgs. | 14.81 | 1.9 | 3 | 867 |

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023

Chadron State University

Chadron, Nebraska

Results

....Event 43 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

| | | | | | | |
|----|----------------|------------------|-------|-----|---|-----|
| 4 | Jenrette, Mica | JR Colorado Mesa | 14.81 | 1.9 | 3 | 867 |
| 5 | Wright, Avery | FR Colo. Mines | 15.41 | 0.9 | 2 | 788 |
| 6 | Thomson, Katie | FR Colorado Mesa | 15.83 | 0.9 | 2 | 735 |
| 7 | Korbe, Jocelyn | JR Msu Denver | 16.41 | 1.4 | 1 | 665 |
| 8 | Marvel, Jade | FR Msu Denver | 16.46 | 0.9 | 2 | 659 |
| 9 | Scoggins, Mary | FR Csu-Pueblo | 17.06 | 1.4 | 1 | 590 |
| 10 | Krumpus, Abby | SO S.D. Mines | 18.41 | 1.4 | 1 | 447 |

Event 43 Heptathlon: #2 Women High Jump Heptathlon

| Name | Year | School | Finals | | | | | | | | | | Points | | | |
|--------------------|------|----------------|--------|---------|------|------|------|------|------|------|------|------|--------|------|------|------|
| 1 Wright, Avery | FR | Colo. Mines | 1.61m | 5-03.25 | | | | | | | | | | | 747 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | 1.40 | 1.43 | 1.46 | 1.49 | 1.52 | 1.55 | 1.58 | 1.61 | 1.64 |
| | P | P | P | P | P | P | P | O | P | O | O | O | O | O | XXO | XXX |
| 2 Remsberg, Maggie | JR | Uc-Colo. Spgs. | 1.55m | 5-01.00 | | | | | | | | | | | 678 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | 1.40 | 1.43 | 1.46 | 1.49 | 1.52 | 1.55 | 1.58 | | |
| | P | P | P | P | P | P | P | P | P | P | P | XXO | XXO | XXX | | |
| 2 Novess, Faith | JR | Uc-Colo. Spgs. | 1.55m | 5-01.00 | | | | | | | | | | | 678 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | 1.40 | 1.43 | 1.46 | 1.49 | 1.52 | 1.55 | 1.58 | | |
| | P | P | P | P | P | P | P | P | P | P | P | PXO | O | XXX | | |
| 2 Jenrette, Mica | JR | Colorado Mesa | 1.55m | 5-01.00 | | | | | | | | | | | 678 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | 1.40 | 1.43 | 1.46 | 1.49 | 1.52 | 1.55 | 1.58 | | |
| | P | P | P | P | P | P | P | P | P | XO | XO | XXO | XO | XXX | | |
| 5 Brockman, Jordan | SO | Colorado Mesa | 1.52m | 4-11.75 | | | | | | | | | | | 644 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | 1.40 | 1.43 | 1.46 | 1.49 | 1.52 | 1.55 | | | |
| | P | P | P | P | P | P | P | P | P | XO | XO | XO | XXX | | | |
| 6 Thomson, Katie | FR | Colorado Mesa | 1.49m | 4-10.50 | | | | | | | | | | | 610 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | 1.40 | 1.43 | 1.46 | 1.49 | 1.52 | | | | |
| | P | P | P | P | P | P | P | XXO | XO | O | XO | XXX | | | | |
| 7 Scoggins, Mary | FR | Csu-Pueblo | 1.43m | 4-08.25 | | | | | | | | | | | 544 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | 1.40 | 1.43 | 1.46 | | | | | | |
| | P | P | P | P | P | P | O | O | XO | XXX | | | | | | |
| 7 Korbe, Jocelyn | JR | Msu Denver | 1.43m | 4-08.25 | | | | | | | | | | | 544 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | 1.40 | 1.43 | 1.46 | | | | | | |
| | P | P | P | P | P | O | O | O | XO | XXX | | | | | | |
| 9 Marvel, Jade | FR | Msu Denver | 1.40m | 4-07.00 | | | | | | | | | | | 512 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | 1.40 | 1.43 | | | | | | | |
| | P | P | P | P | P | O | XXO | O | XXX | | | | | | | |
| 10 Krumpus, Abby | SO | S.D. Mines | 1.34m | 4-04.75 | | | | | | | | | | | 449 | |
| | 1.19 | 1.22 | 1.25 | 1.28 | 1.31 | 1.34 | 1.37 | | | | | | | | | |
| | O | O | XO | XO | O | XO | XXX | | | | | | | | | |

Event 43 Heptathlon: #3 Women Shot Put Heptathlon

| Name | Year | School | Finals | | Points |
|------------------|--------|----------------|--------|----------|--------|
| 1 Wright, Avery | FR | Colo. Mines | 10.69m | 35-01.00 | 575 |
| | 10.26m | 10.35m | 10.69m | | |
| 2 Jenrette, Mica | JR | Colorado Mesa | 10.62m | 34-10.25 | 570 |
| | 9.41m | 10.32m | 10.62m | | |
| 3 Novess, Faith | JR | Uc-Colo. Spgs. | 10.56m | 34-07.75 | 566 |
| | 9.88m | 9.94m | 10.56m | | |

2023 RMAC Outdoor Championships - 4/28/2023 to 4/30/2023

Chadron State University

Chadron, Nebraska

Results

....Event 43 Heptathlon: #3 Women Shot Put Heptathlon

| | | | | | |
|----|---------------------|-------------------|--------|----------|-----|
| 4 | Korbe, Jocelyn | JR Msu Denver | 10.38m | 34-00.75 | 554 |
| | 9.39m 10.25m 10.38m | | | | |
| 5 | Marvel, Jade | FR Msu Denver | 10.28m | 33-08.75 | 548 |
| | 9.99m 10.28m 9.62m | | | | |
| 6 | Remsberg, Maggie | JR Uc-Colo. Spgs. | 9.54m | 31-03.75 | 499 |
| | 9.46m 9.54m 9.46m | | | | |
| 7 | Thomson, Katie | FR Colorado Mesa | 9.44m | 30-11.75 | 493 |
| | 8.99m 9.10m 9.44m | | | | |
| 8 | Brockman, Jordan | SO Colorado Mesa | 8.90m | 29-02.50 | 458 |
| | 8.90m 8.37m 8.31m | | | | |
| 9 | Scoggins, Mary | FR Csu-Pueblo | 8.88m | 29-01.75 | 456 |
| | 8.88m 8.71m 8.55m | | | | |
| 10 | Krumpus, Abby | SO S.D. Mines | 8.13m | 26-08.25 | 408 |
| | 6.43m FOUL 8.13m | | | | |

Event 43 Heptathlon: #4 Women 200 Meter Dash Heptathlon

| Name | Year School | Finals | Wind | H# | Points |
|--------------------|-------------------|--------|------|----|--------|
| 1 Wright, Avery | FR Colo. Mines | 25.28 | 0.9 | 2 | 861 |
| 2 Jenrette, Mica | JR Colorado Mesa | 25.35 | 0.9 | 2 | 855 |
| 3 Brockman, Jordan | SO Colorado Mesa | 25.85 | 0.9 | 2 | 810 |
| 4 Remsberg, Maggie | JR Uc-Colo. Spgs. | 26.49 | 0.9 | 2 | 755 |
| 5 Novess, Faith | JR Uc-Colo. Spgs. | 26.60 | 0.9 | 2 | 745 |
| 6 Thomson, Katie | FR Colorado Mesa | 26.80 | 0.9 | 2 | 729 |
| 7 Marvel, Jade | FR Msu Denver | 26.85 | +0.0 | 1 | 724 |
| 8 Scoggins, Mary | FR Csu-Pueblo | 27.27 | +0.0 | 1 | 690 |
| 9 Korbe, Jocelyn | JR Msu Denver | 27.55 | 0.9 | 2 | 667 |
| 10 Krumpus, Abby | SO S.D. Mines | 30.12 | +0.0 | 1 | 474 |

Women - Team Rankings - 4 Events Scored

| | | | |
|---------------------|----|---------------------|----|
| 1) UC-Colo. Spgs. | 28 | 2) CSU-Pueblo | 21 |
| 3) Western Colorado | 19 | 3) NM Highlands | 19 |
| 5) S.D. Mines | 13 | 6) MSU Denver | 11 |
| 6) Westminster (UT) | 11 | 6) Chadron State | 11 |
| 9) Colorado Mesa | 8 | 10) Colo. Mines | 6 |
| 11) Fort Lewis | 5 | 12) Black Hills St. | 4 |