

Tickets to tonight's meet must be purchased online at the link below. They can also be purchased at the gate via credit or debit card. NO CASH will be accepted. Please share with your fans.

State Qualifying Meet Tickets

<https://www.iahsaa.org/tickets/>

Below is a link for AthleticNET to get live results during the State Qualifying Meet tomorrow night.

State Qualifying Live Results

<https://live.athletic.net/meets/37499>



State Qualifying Meet

Thursday, May 9



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Hannah Harris			
Kamden Bruhn			
Alejandra Cardenas			
Charlotte Schrum			
Total			1:59.72

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kyia Clark			
Piomo Okwer			
Lauryn Turin			
Lola Mendlik			
Total			4:27.32

200 Meter Dash			
	Time	Place	PR
Lauryn Turin			28.33
Alexa Santos			31.26

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			11:20.05

400 Meter Dash			
Name	Time	Place	PR
Rylan Ipsen			1:19.92
Anna Galvin			1:20.89

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:05.80
Alexa Tremblay			5:33.87

4 X 800 Meter Relay			
Name	Split	Place	PR
Alexa Tremblay			
Annaluisa Cruz Nieto			
Rylan Ipsen			
Anna Galvin			
Total			10:46.35

4 X 200 Meter Relay			
Name	Split	Place	PR
Hannah Harris			
Kamden Bruhn			
Alexa Santos			
Atong Agang			
Total			1:57.53

4 X 100 Relay			
Name	Split	Place	PR
Hannah Harris			
Lauryn Turin			
Emily Gehlsen			
Kyia Clark			
Total			55.34

Shuttle Hurdle Relay			
Name	Split	Place	PR
Kamden Bruhn			
Alejandra Cardenas			
Kysa Neddermeyer			
Avery Bock			
Total			1:15.36

100 Meter Hurdles			
Name	Time	Place	PR
Avery Bock			17.57
Alejandra Cardenas			19.15

4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum			
Atong Agang			
Kysa Neddermeyer			
Piomo Okwer			
Total			4:23.75

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			12.78
Alexa Santos			14.29

800 Meter Run			
	Time	Place	PR
Analuisa Cruz Nieto			3:02.55

Long Jump			
Name	Distance	Place	PR
Avery Bock			17-00

Shot Put			
Name	Distance	Place	PR
Mayah Slater			34-10.75
Emily Gehlsen			31-11

Discus			
Name	Distance	Place	PR
Mayah Slater			105-10
Emily Gehlsen			97-8

No static (standing) stretches

Jogging
 Toe Walk <10-15m x2
 Toe Walk In <10-15m x2
 Toe Walk Out <10-15m x2
 Heel Walk <10-15m x2
 Heel Walk Sides <10-15m x2
 Skip <20m x2
 Skip Arm Circles Forward <20m x2
 Skip Arm Circles Backward <20m x2
 Side Jacks Right <20m x2
 Side Jacks Left <20m x2
 High Knee Carioca Right <20m x2
 High Knee Carioca Left <20m x2
 Leg Swings Right Toe Up x10
 Leg Swings Left Toe Up x10
 Ankle Pops <10-15m x2
 A Skip <10-15m x2
 B Skip Paw <10-15m x2
 High Knee/Butt Kicks <10-15m x2
 Build Ups (Straight/Curve) <50m 80%,90%,100%
 Block Starts <30m
 Finish 10 minutes before race -- continue moving, jogging

Meet Schedule

Field Events 4:00 PM

High Jump (Girls First)
 Discus (Boys First)
 Shot Put (Girls First)
 Long Jump (Boys First)

Running Events 4:45 PM

800 M Sprint Medley Relay
 3000 Meter Run
 4 X 800 Relay

30 Minute Break

Shuttle Hurdle Relay

100 Meter Dash
 1600 Distance Medley Relay
 400 Meter Dash
 4 X 200 Meter Relay

100 Meter Hurdles
 800 Meter Run

20 Minute Break

200 Meter Dash
 400 Meter Hurdles

1500 Meter Run
 4 X 100 Meter Relay
 4 X 400 Meter Relay