



2024 Meet Schedule

Friday, March 15th

Field Events

3:30	Long Jump	Girls (Boys to Follow)
3:30	High Jump	Boys (Girls to Follow)
3:30	Shot put	Boys and Girls (2 Rings)

Track Events

4:00	Shuttle Hurdle Relay	Girls
4:10	Shuttle Hurdle Relay	Boys
4:25	Distance Medley Relay	Girls
4:40	Distance Medley Relay	Boys
5:05	4 x 800m Relay	Girls
5:25	4 x 800m Relay	Boys
5:45	60m Hurdles (Final)	Girls
5:55	60m Hurdles (Final)	Boys
6:05	60m Dash (Final)	Girls
6:15	60m Dash (Final)	Boys
6:25	4 x 200m Relay	Girls
6:40	4 x 200m Relay	Boys
6:55	1500m Run	Girls
7:10	Mile Run	Boys
7:25	400m Dash	Girls
7:40	400m Dash	Boys
7:55	800m Run	Girls
8:10	800m Run	Boys
8:25	200m Dash	Girls
8:45	200m Dash	Boys
9:05	4 x 400m Relay	Girls
9:30	4 x 400m Relay	Boys

Saturday, March 16th

Field Events

10:00	Long Jump	Girls (Boys to Follow)
10:00	High Jump	Boys (Girls to Follow)
10:00	Shot Put	Boys and Girls (2 Rings)

Track Events

10:15	Shuttle Hurdle Relay	Girls
10:30	Shuttle Hurdle Relay	Boys
10:40	Distance Medley Relay	Girls
11:05	Distance Medley Relay	Boys
11:20	4 x 800m Relay	Girls
11:35	4 x 800m Relay	Boys
11:45	60m Hurdles (Final)	Girls
12:05	60m Hurdles (Final)	Boys
12:20	60m Dash (Final)	Girls
12:40	60m Dash (Final)	Boys
1:00	4 x 200m Relay	Girls
1:25	4 x 200m Relay	Boys
1:45	1500m Run	Girls
2:05	Mile Run	Boys
2:20	400m Dash	Girls
2:40	400m Dash	Boys
3:00	800m Dash	Girls
3:15	800m Dash	Boys
3:25	200m Dash	Girls
3:45	200m Dash	Boys
4:00	4 x 400m Relay	Girls
4:30	4 x 400m Relay	Boys

**Running Time Schedule! If we get ahead of schedule we will continue to stay ahead!*



Buena Vista Indoor Friday, March 15



Shuttle Hurdle Relay			
Name	Split	Place	PR
Avery Bock			
Kamden Bruhn			
Alejandra Cardenas			
Kysa Neddermeyer			
Total			44.41

Shuttle Hurdle Relay			
Name	Split	Place	PR
Hannah Harris			
Rylan Ipsen			
Atong Agang			
Jenna Meadows			
Total			44.41

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kyia Clark			
Sam Chandler			
Lauryn Turin			
Lola Mendlik			
Total			4:36.13

4 X 800 Meter Relay			
Name	Split	Place	PR
Alexa Tremblay			
Charlotte Schrum			
Jenna Meadows			
Christell Salazar			
Total			11:41.89

60 Meter Hurdles			
Name	Time	Place	PR
Avery Bock			10.75
Kamden Bruhn			11.00
Hannah Harris			

60 Meter Dash			
Name	Time	Place	PR
Kysa Neddermeyer			9.39
Piomo Okwer			9.68

4 X 200 Meter Relay			
Name	Split	Place	PR
Sam Chandler			
Lauryn Turin			
Hannah Harris			
Kyia Clark			
Total			

4 X 200 Meter Relay			
Name	Split	Place	PR
Alejandra Cardenas			
Emily Gehlsen			
Ann Wessel			
Atong Agang			
Total			

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:05.80
Analuisa Cruz Nieto			

400 Meter Dash			
Name	Time	Place	PR
Piomo Okwer			
Naomi Rivera			

800 Meter Run			
Name	Time	Place	PR
Lola Mendlik			2:38.47
Alexa Tremblay			

200 Meter Run			
Name	Time	Place	PR
Kyia Clark			
Lauryn Turin			

4 X 400 Meter Relay			
Name	Split	Place	PR
Charlotte Schrum			
Kamden Bruhn			
Atong Agang			
Jenna Meadows			
Total			

4 X 400 Meter Relay			
Name	Split	Place	PR
Kysa Neddermeyer			
Rylan Ipsen			
Ann Wessel			
Anna Galvin			
Total			

Shot Put			
Name	Distance	Place	PR
Mayah Slater			29-7.75
Emily Gehlsen			28-3
Ann Wessel			

High Jump			
Name	Distance	Place	PR
Charlotte Schrum			J4-8

Long Jump			
Name	Distance	Place	PR
Avery Bock			15-9.25
Kyia Clark			13-7.75

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