



# Ace Nelson Meet

## Monday, April 15



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Hannah Harris			
Sam Chandler			
Piomo Okwer			
Alexa Tremblay			
<b>Total</b>			1:59.72

3000 Meter Run			
Name	Time	Place	PR
Heidi Duarte			

4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows			
Analuisa Cruz Nieto			
Anna Galvin			
Christell Salazar			
<b>Total</b>			11:27.94

Shuttle Hurdle Relay			
Name	Split	Place	PR
Kamden Bruhn			
Kysa Neddermeyer			
Rylan Ipsen			
Atong Agang			
<b>Total</b>			

100 Meter Dash			
Name	Time	Place	PR
Alexa Santos			14.29
Hannah Harris			14.96
Nyamun Koang			15.76
Hailey Galvin			16.63
Katherine Ramirez			16.64
Kimberly Ramirez			17.57

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kyia Clark			
Sam Chandler			
Lauryn Turin			
Lola Mendlik			
<b>Total</b>			4:35.29

400 Meter Dash			
Name	Time	Place	PR
Piomo Okwer			1:08.93
Charlotte Schrum			1:11.07

4 X 200 Meter Relay			
Name	Split	Place	PR
Kamden Bruhn			
Atong Agang			
Alexa Santos			
Ann Wessel			
<b>Total</b>			2:00.07

100 Meter Hurdles			
Name	Time	Place	PR
Rylan Ipsen			21.23

800 Meter Run			
	Time	Place	PR
Lola Mendlik			2:32.00
Alexa Tremblay			2:42.85
Heidi Duarte			3:26.35

200 Meter Dash			
	Time	Place	PR
Kyia Clark			27.94
Lauryn Turin			28.76
Nyamun Koang			32.72
Ann Wessel			32.79
Emily Gehlsen			
Kimberly Ramirez			34.81
Katherine Ramirez			36.59
Hailey Galvin			37.05

1500 Meter Run			
Name	Time	Place	PR
Lola Mendlik			5:05.80
Alexa Tremblay			5:39.82
Annaluisa Cruz Nieto			6:41.69
Anna Galvin			7:14.59
Christell Salazar			7:37.15
Rylan Ipsen			

4 X 100 Relay			
Name	Split	Place	PR
Kyia Clark			
Sam Chandler			
Hannah Harris			
Lauryn Turin			
<b>Total</b>			55.34

4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum			
Kamden Bruhn			
Jenna Meadows			
Atong Agang			
<b>Total</b>			4:42.82

High Jump			
Name	Distance	Place	PR
Charlotte Schrum			J4-6

Shot Put			
Name	Distance	Place	PR
Mayah Slater			32-10
Emily Gehlsen			28-3
Adrianna Lupian			28-0.5
Ann Wessel			27-0
Gracen Plagge			25-1
Diana Medina			22-4
Belinda Garcia			20-9.5

Discus			
Name	Distance	Place	PR
Mayah Slater			101-1
Emily Gehlsen			86-10
Ann Wessel			76-3
Adrianna Lupian			76-3
Diana Medina			73-3
Gracen Plagge			72-5
Belinda Garcia			61-10

**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**

Girls: 800 Sprint Medley

Boys: 800 Sprint Medley

Girls: 3000 Meter Run

Boys: 3200 Meter Run

Girls: 4 x 800 Meter Relay

Boys: 4 x 800 Meter Relay

Girls: Shuttle Hurdle Relay

Boys: Shuttle Hurdle Relay

Girls: 100 Meter Dash

Boys: 100 Meter Dash

Girls: 1600 Distance Medley Relay

Boys: 1600 Distance Medley Relay

Girls: 400 Meter Dash

Boys: 400 Meter Dash

Girls: 4 x 200 Meter Relay

Boys: 4 x 200 Meter Relay

Girls: 100 Meter Hurdles

Boys: 110 Meter High Hurdles

Girls: 800 Meter Run

Boys: 800 Meter Run

Girls: 200 Meter Dash

Boys: 200 Meter Dash

Girls: 400 Meter Hurdles

Boys: 400 Meter Hurdles

Girls: 1500 Meter Run

Boys: 1600 Meter Run

Girls: 4 x 100 Meter Relay

Boys: 4 x 100 Meter Relay

Girls: 4 x 400 Meter Relay

Boys: 4 x 400 Meter Relay