



Ace Nelson Relays
Tuesday, April 22



Sprint Medley Relay (100-100-200-400)			
Name	Split	Place	PR
Michelle Palma			
Cheyenne Vogt			
Alejandra Cardenas			
Alexa Garcia			
Total			

3000 Meter Run			
Name	Time	Place	PR
Lola Mendlik			12:00.68

4 X 800 Meter Relay			
Name	Split	Place	PR
Jenna Meadows			
Ann Wessel			
Chloe Galvin			
Addison Schillerberg			
Total			

Shuttle Hurdle Relay			
Name	Split	Place	PR
Itzel Palma			
Rylan Ipsen			
Kysa Neddermeyer			
Piomo Okwer			
Total			

100 Meter Dash			
Name	Time	Place	PR
Kyia Clark			12.9
Lauryn Turin			13.85
Michelle Palma			14.42
Claire Olsen			14.67
Brooklyn Schneckloth			15.02
Karen Hernandez			15.96
Hailey Galvin			16.62
Kimberly Ramirez			16.77

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
Kyia Clark			
Piomo Okwer			
Lauryn Turin			
Lola Mendlik			
Total			4:41.20

400 Meter Dash			
Name	Time	Place	PR
Alexa Garcia			1:15.97
Heidi Duarte			1:16.43
Addison Schillerberg			1:18.47
Anna Galvin			1:21.02
Lisset Lara			1:27.90
Claire Olsen			
Brooklyn Schneckloth			
Alexa Santos			
Dyanara Magana			
Monica Garza			
Alondra Rodriguez			

4 X 200 Meter Relay			
Name	Split	Place	PR
Michelle Palma			
Alejandra Cardenas			
Kysa Neddermeyer			
Cheyenne Vogt			
Total			

100 Meter Hurdles			
Name	Time	Place	PR
Piomo Okwer			16.42
Rylan Ipsen			19.20
Itzel Palma			20.64
Dyanara Magana			21.48

800 Meter Run			
Name	Time	Place	PR
Charlotte Schrum			2:46.61
Rylan Ipsen			3:05.45
Addison Schillernerg			3:09.56
Lisset Lara			3:52.62

200 Meter Dash			
	Time	Place	PR
Kyia Clark			27.05
Lauryn Turin			29.00
Itzel Palma			30.83
Michelle Palma			31.37
Brooklyn Schneckloth			31.86
Alexa Santos			32.39
Karen Hernandez			33.78
Kimberly Ramirez			34.69
Hailey Galvin			36.64
Alondra Rodriguez			37.30
Claire Olsen			
Sara Mun			
Monica Garza			
Dyanara Magana			

400 Meter Hurdles			
Name	Time	Place	PR
Lola Mendlik			1:13.41

1500 Meter Run			
Name	Time	Place	PR
Chloe Galvin			6:31.41
Anna Galvin			7:03.12
Heidi Duarte			7:11.09

4 X 100 Relay			
Name	Split	Place	PR
Kyia Clark			
Lauryn Turin			
Alejandra Cardenas			
Piomo Okwer			
Total			53.28



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4 X 400 Relay			
Name	Split	Place	PR
Charlotte Schrum			
Kysa Neddermeyer			
Ann Wessel			
Jenna Meadows			
Total			4:38.55

High Jump			
Name	Height	Place	PR
Sara Mun			J5-0

Shot Put			
Name	Distance	Place	PR
Mayah Slater			33-10
Lauren Lambert			31-5
Gracen Plagge			29-5.75
Kazandra Ochoa			25-7.75
Nyalad Koang			17-3.5
Guadalupe Ramos			13-1

Discus			
Name	Distance	Place	PR
Mayah Slater			113-11
Lauren Lambert			89-9
Gracen Plagge			83-8
Kara Korner			67-5
Belinda Garcia			54-9
Vanessa Flores			44-6

It is NORMAL to SWEAT before your race!!

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

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